Vol. 30 Edition 3

www.TryIt.org

2010 SPRING

What's Inside

- Origami and Origami
- Superstitious Joy of Making Matcha Sushi
- Let's Build DIY Kitchen for Kids
- Learn Wax Casting for Jewelry
- African Dance
- Modern Revolution in Physics
- I Want To DJ A Radio Show
- CPR First Aid Blended Learning (online)
- Digital Photo Albums in PowerPoint
- Social Techniques
- Brick Building

UFM Community Learning Center
1221 Thurston St.
Manhattan, KS 66502

or Current Resident
>Welcome to UFM! Table of Contents

4 AQUATICS
SWIM LESSONS
INTERMEDIATE KAYAK CHAPTER WORKSHOP
SHALLOW & DEEP WATER AEROBICS
LIFEGUARD TRAINING/INSTRUCTOR/WSI
FITNESS SWIMMING

14 EARTH & NATURE
HOME LANDSCAPE DESIGN
FLY FISHING
TRANSITION MANHATTAN
UTILITY-CONNECTED PHOTOVOLTAICS

21 LANGUAGE
CHINESE
JAPANESE
SPANISH

24 RECREATION & FITNESS
GOLF
BALLETT
MARATHON TRAINING
MODERN DANCE

8 CAREER & FINANCE
LSAT AND GRE TEST PREP
FOUNDATIONS OF INVESTING
COMPUTER CLASSES

16 FUN FOODS
ASIAN CUISINE
PERUVIAN CUISINE
DINING WITH EDERIA: MODERN GREEK CUISINE
SWEETS OF THE SUN: MEDITERRANEAN DESSERTS

22 MARTIAL ARTS
TAE KWON DO
LAO HU PAI KUNG FU
KARATE SELF-DEFENSE

30 YOUTH
INTRO TO NUTCRACKER BALLET AND TAP
KARATE
COMPUTER AND KIDS
MATH CIRCLE FOR GRADES 1-3

10 CREATIVE FREE TIME
INTERMEDIATE KnITTING
SOCK TECHNIQUES
SCENE AND STRUCTURE FOR YOUR NOVEL
BEGINNING GUITAR

17 HEALTH & WELLNESS
CPR/FIRST AID BLENDED ONLINE LEARNING
LIVING THE ART: JIN SHIN JYUTSU
YOGA OVER 40
TAI CHI

23 PERSONAL INTEREST
CLUTTER CLEANING
I WANT TO DJ A RADIO SHOW
INTRO TO VOICEOVERS
MODERN REVOLUTION IN PHYSICS

31 KSU CREDIT & SALINA CLASSES
SCUBA DIVING
GOLF
TENNIS
SWING & SALSA
ARCHERY
TURBO KICK™
INDOOR CYCLING
CANOEING

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

39 INFORMATION
ABOUT UFM
CANCELLATION POLICIES
GENERAL POLICIES
UNIVERSITY CREDIT INFORMATION
INCLEMENT WEATHER POLICY
CLASS REGISTRATION FORMS

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

ON CAMPUS REGISTRATIONS
The following dates and locations have been scheduled to make registering for a UFM class even easier!

DATE: January 28, 2010 (Thursday)
TIME: 11:00 AM to 1:00 PM
LOCATION: KSU Student Union

BECOME A FAN OF UFM ON FACEBOOK!
>>SEARCH UFM COMMUNITY LEARNING CENTER

FOLLOW US ON TWITTER
HTTP://TWITTER.COM/UFMCLC

ENROLL ONLINE AT WWW.TRYUFM.ORG

www.tryufm.org

UFM OFFICE HOURS
Monday - Friday | 8:30 am - 5 pm
(Closed Noon - 1 pm)
1221 Thurston St. | Manhattan, KS 66502
785.539.8763 | 785.539.9460 (fax)
info@tryufm.org
*Call if you need to visit the office at lunchtime and we will make arrangements to be open for you.

1221 Thurston St.
785.539.8763
**Education**

UFM’s Education Program offers diverse credit and noncredit classes as well as test preparation courses. Classes are taught by people who want to share their interest with others. Participants range from students, Manhattan area residents and KSU faculty/staff.

**CRA-State Outreach**

UFM’s State Outreach Program provides consultation, technical assistance and mini-grants to Kansas communities interested in starting their own community education and development programs.

**Lou Douglas Lecture Series on Public Issues**

Focuses on social justice, human rights, world peace and international development.

**Teen Mentoring Program**

The Teen Mentoring Program was developed as a way to provide support and positive interaction to youth who have trouble relating to traditional youth programs. A varied curriculum is planned with opportunities for recreation and learning experiences. Middle and High School group meets two days a week after school. Call Amber at 539.8763 or amber@tryufm.org.

**Manhattan Community Garden**

The Manhattan Community Garden is a cooperative gardening project with over 170 plots. Plot sign-ups occur in February and March each year.

**Flint Hills Community Radio**

KONZ is UFM’s newest collaborative project. It will provide forums for discussing public issues and will offer unduplicated entertainment. Stay tuned as Flint Hills Community Radio becomes a reality! To learn more and get involved, visit www.konzfm.org.
BEGINNING & ENDING DATES (Levels I-VI, Adult Lessons and Lap Swimming) (*Except Where Noted):

Session A: Monday, Feb. 8 to April 19
(No class 3/15)

Session B: Tuesday, Feb. 9 to April 20
(No class 3/16)

Session C: Wednesday, Feb. 10 to April 21
(No class 3/17)

Session D: Thursday, Feb. 11 to April 22
(No class 3/18)

Session E: Saturday, Feb. 13 to April 17
(No classes 3/13, 3/20)

*Session E will meet 8 times for 45 minutes for Levels I-VI and Adult Swim; 4 times for 35 minutes for Privates, Tot Transition and Parent and Child.

Parent and Child Aquatics (12 mos-3 yrs)
Parent and Child Aquatics introduces basic skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children are introduced to basic skills that lay a foundation to help them learn to swim. Several water safety topics are also introduced that are directed to parents.

Fee: $29.00 per session (5 lessons)

Tuesday
AQ-01T1 Feb. 9 to March 9
AQ-01T2 March 23 to April 20

Wednesday
AQ-03T1 Feb. 10 to March 10
AQ-03T2 March 24 to April 21

Saturday
9:30 AM to 10:05 AM
*AQ-05T1E Feb. 13 to March 6
*AQ-05T2E March 27 to April 17

Tot Transition (3-4 yrs)
If your toddler is ready to try the water without a parent, but not ready for Level 1, this short class is for them. The primary objective of preschool aquatics is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children. Some of the skills to be introduced include: water entry and exit, breath control and submerging, buoyancy, changing direction and position, treading and swimming on front and back.

Fee: $29.00 per session (5 lessons)

PARENT AND CHILD AQUATICS CONTINUED

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.
Level I: Introduction to Water Skills

The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. At this level, participants start developing positive attitudes, good swimming habits and safe practices in and around the water.

Fee: $54.00 per session (10 lessons)

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Level II: Fundamental Aquatic Skills

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

Fee: $54.00 per session (10 lessons)

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Level III: Stroke Development

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

Fee: $54.00 per session (10 lessons)

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<td>AQ-03D</td>
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<td>10:15 AM to 11:00 AM</td>
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Level IV: Stroke Improvement

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

Fee: $54.00 per session (10 lessons)

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<th>Code</th>
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Level V: Stroke Refinement

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

Fee: $54.00 per session (10 lessons)

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<td>*AQ-05E</td>
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<td>10:15 AM to 11:00 AM</td>
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Level VI: Swimming and Skill Proficiency

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

Fee: $54.00 per session (10 lessons)

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<th>Code</th>
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<td>AQ-06B</td>
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<td>6:45 PM to 7:25 PM</td>
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<tr>
<td>*AQ-06E</td>
<td>Saturday</td>
<td>10:15 AM to 11:00 AM</td>
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Adult Swim Lessons

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

Fee: $54.00 per session (8 lessons)

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<tr>
<td>AQ-22E</td>
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<td>9:30 AM to 10:15 AM</td>
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Lap Swimming: Ages 13+

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

Fee: $19.00 per session (10 times)

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<th>Code</th>
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<tr>
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<td>AQLSB</td>
<td>Tuesday</td>
<td>6:00 PM to 7:30 PM</td>
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<td>AQLSC</td>
<td>Wednesday</td>
<td>6:00 PM to 7:30 PM</td>
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<td>AQLSD</td>
<td>Thursday</td>
<td>6:00 PM to 7:30 PM</td>
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<tr>
<td>AQLSE</td>
<td>Saturday</td>
<td>9:30 AM to 11:00 AM</td>
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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 else swim? Well, you don't need to anymore. Now's your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons.

Fee: $54.00 per session (8 lessons)

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<td>AQ-22E</td>
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Shallow Water Aerobics: Water Exercise

This is a 50-minute water exercise class that uses water resistance to give participants a great workout. This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility and cardiovascular endurance. Exercises are done in a vertical position with head and shoulders out of the water. Both the swimmer and the non-swimmer will benefit from this class. ***NOTE: Students can choose from one to four times per week with fees listed under FEE BREAKDOWN.

Session AQSHA: 01/19/2009 to 02/11/2009
Monday - Thursday (6:40pm to 7:30pm)
Fee: $20 for 1 time per week per session
$24 for 2 times a week per session
$29 for 3 times a week per session
$33 for 4 times a week per session

Session AQSHB: 02/15/2009 to 03/11/2009
Monday - Thursday (6:40pm to 7:30pm)
Fee: $20 for 1 time per week per session
$24 for 2 times a week per session
$29 for 3 times a week per session
$33 for 4 times a week per session

Shallow Water Aerobics for the Entire Semester
Session AQSHS: 01/19/2009 to 05/13/2009
Monday - Thursday (6:40pm to 7:30pm)
Fee: $36 for 1 time per week per session
$48 for 2 times a week per session
$54 for 3 times a week per session
$62 for 4 times a week per session

Deep Water Aerobics

During deep water hydroaerobics participants will be issued an aquajogger belt to help provide buoyancy in the water. The structure for this class will be similar to regular hydroaerobics classes but will be taught in the diving well. This class is intended to add variety to your workout. Only swimmers who can tread water without a floatation device are allowed to participate in the class. Choose from one or two times per week.

Session A: 01/19/2009 to 02/11/2009
AA-100A 6:40 PM to 7:30 PM (Tu/Th)
Fee: $29.00 per session (2x)
$18.00 per session (1x)

Session B: 02/16/2009 to 03/11/2009
AA-100B 6:40 PM to 7:30 PM (Tu/Th)
Fee: $29.00 per session (2x)
$18.00 per session (1x)

Session C: 03/23/2009 to 04/15/2009
AA-100C 6:40 PM to 7:30 PM (Tu/Th)
Fee: $29.00 per session (2x)
$18.00 per session (1x)

Session D: 04/20/2009 to 05/13/2009
AA-100D 6:40 PM to 7:30 PM (Tu/Th)
Fee: $29.00 per session (2x)
$18.00 per session (1x)

Deep Water Hydroaerobics for the Entire Semester
Session E: 01/19/2009 to 05/13/2009
AA-100E 6:40 PM to 7:30 PM (Tu/Th)
Fee: $62.00 (2x)
$38.00 (1x)

www.truym.org
1221 Thurston St.
785.539.8763
Private Swim Lessons  AQ103
Private lessons provide one-on-one instruction for any level of swimmer. Lessons occur once a week. M-Th lessons are 30 minutes for 5 lessons; Sat lessons are 35 minutes for 4 lessons. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. Due to time constraints, THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Private Lessons:

<table>
<thead>
<tr>
<th>Session A1:</th>
<th>Session A2:</th>
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<tr>
<td>Monday</td>
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<td>Feb. 8 to March 8</td>
<td>March 22 to April 19</td>
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<td>Session B1:</td>
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<td>Tuesday</td>
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<td>Feb. 9 to March 9</td>
<td>March 23 to April 20</td>
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<td>Session D1:</td>
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<td>Feb. 11 to March 11</td>
<td>March 25 to April 22</td>
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<td>*Session E1:</td>
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<td>Saturday</td>
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<td>Feb. 13 to March 6</td>
<td>March 27 to April 17</td>
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Times for Monday - Thursday sessions: 6:00 PM to 6:30 PM
Times for Saturday sessions: 9:30 AM to 10:05 AM

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

Open Swim Appreciation  10AAQ31A
For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. There is no charge for this activity. However, registration with the number of participants planning to attend is requested so that we can provide adequate lifeguards. The session may be cancelled if no pre-registration is received. The session will be open to UFM participants only.

Date:  04/11/2010 (Su)
Time:  6:00 PM to 10:00 PM
Fee:   No charge
Location:  Natatorium, KSU Campus

Open Swim Appreciation  10AAQ31B

Date:  04/25/2010 (Su)
Time:  5:00 PM to 7:00 PM
Fee:   No charge
Location:  Natatorium, KSU Campus

Sunday Family Swim  10AAQ32
Bring the family out for a refreshing evening of swimming. Each family session will be a 30 minute block for the entire family. This will allow your family to enjoy the pool at the same time. If you are planning to attend is requested so that we can provide adequate lifeguards. There is no charge for this activity. However, registration with the number of participants planning to attend is requested so that we can provide adequate lifeguards. The session may be cancelled if no pre-registration is received.

Date:  04/11/2010 to 05/02/2010 (Su)
Time:  5:00 PM to 7:00 PM
Fee:   $8.00/Individual; $20.00/Family
Location:  Natatorium, KSU Campus

Lifeguard Training  10AAQ35A
The American Red Cross program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. There will be a lunch or dinner break. Enroll and certification requirements for this class are included in the fee; please pick up a UFM, 1221 Thurston St. before class begins.

Instructor:  Abby Thrash, abbythrash@gmail.com

Date:  04/12/2010 to 04/24/2010 (M/F/Sa)
Time:  6:00 PM to 7:30 PM (M)
4/16 & 4/23 from 4:00 PM to 8:00 PM (F)
4/17 & 4/24 from 8:00 AM to 6:00 PM (Sa)
Fee:  $149.00 (Available for KSU Credit)
Location:  Natatorium, KSU Campus

Lifeguard Training  10AAQ35AZ
The American Red Cross program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. There will be a lunch or dinner break. Enroll and certification requirements for this class are listed at www.tryufm.org. Materials are required and NOT included in fee; please pick up at UFM, 1221 Thurston St. before class begins.

Instructor:  Carol Russell, iteach@ksu.edu

Date:  01/25/2010 to 03/01/2010 (M)
Time:  6:00 PM to 9:00 PM
Fee:  $257.00 (Available for KSU Credit)
Location:  Natatorium, KSU Campus

Scuba Diving  10AAQ105AZ
This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of $75.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student’s expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from $100 to $175. There is a non-refundable material fee of $50 for withdrawing from the class after the first day.

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

Date:  03/22/2010 to 04/26/2010 (M)
Time:  6:00 PM to 10:00 PM
Fee:  $257.00 (Available for KSU Credit)
Location:  Natatorium, KSU Campus

Scuba Diving  10AAQ105BZ
This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of $75.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student’s expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from $100 to $175. There is a non-refundable material fee of $50 for withdrawing from the class after the first day.

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

Date:  03/22/2010 to 04/26/2010 (M)
Time:  6:00 PM to 10:00 PM
Fee:  $257.00 (Available for KSU Credit)
Location:  Natatorium, KSU Campus

**ENROLL ONLINE AT WWW.TRYUFM.ORG**
Scuba Diving 10AAQ105CZ
Instructor: Jeff Wilson, (785) 313-4231
wheatlandssports@twinsvalley.net

Date: 01/23/2010 to 03/06/2010 (Sa)
Time: 9:30 AM to 1:30 PM
Fee: $257.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Lifeguard Review 10AAQ106
A review for those who are already certified Lifeguards, but their certification is coming due or is within 30 days of expiration. Participants will demonstrate all rescue skills, plus a prerequisite swim.
Instructor: Abby Thrash, abbytrash@gmail.com

Date: 06/02/2010 (W)
Time: 5:00 PM to 10:00 PM
Fee: $25.00
Location: Natatorium, KSU campus

Fitness Swimming 10AAQ108AZ
Emphasis will be on analyzing and refining stroke technique and additional competitive skills, improving/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. Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing.
Instructor: Melissa Copp, mcopp@ksu.edu

Date: 01/26/2010 to 03/11/2010 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: $82.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Intermediate Kayak Chapter Workshop 10AAQ109A
Instructor: T.J. Hittle, tjhittle@yahoo.com

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

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

EQUIPMENT AND LOCATION NECESSITIES:
- Bring your own Touring or Whitewater Kayak, PFD, paddle, floatation, paddle float, pump, towel, swim suit, change of clothes, goggles, dive mask or nose clips. Come with your swimsuit and be prepared to get wet.
- 1. Your boats must be washed and cleaned ahead of the class.
- 2. Boats and gear must be out of the Natatorium by 12:00 noon.
- Park in west parking lot across the street from the Natatorium (off of Denison Ave.) Drop boats off in the Natatorium Alley.
- Your boats must be washed and cleaned inside and out prior to the class. Instructors are to quit your boat(s) must be washed and cleaned inside and out prior to the class. Instructors & Instructor Aides will be on hand from the Kansas Canoe Association (KCA) Kayak Chapter.

Instructor: Carol Russell, iteach@ksu.edu

Date: 04/09/2010 to 05/08/2010 (M/F/Sa)
Time: 8:00 AM to 10:00 AM
Fee: $180.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Intermediate Kayak Chapter Workshop 10AAQ109B
Instructor: T.J. Hittle, tjhittle@yahoo.com

Date: 02/21/2010 (Su)
Time: 8:30 AM to 12:30 PM
Fee: $22.00
Location: Natatorium, KSU Campus

Professional Certification Courses*

*Professional Certification Courses*

UFM offers a wide variety of professional certification courses ranging from:
- *CPR/First Aid/AED
- *Lifeguard Instructor/Training
- *Water Safety Instructor Training
- *Responding to Emergencies and many others

Classes that can be taken for KSU credit are denoted with an asterisk (*). UFM also offers Lifeguard, CPR and First Aid review courses for those students who are already certified and about to expire. To view the current class listings, visit www.tryufm.org, click on noncredit classes.

Enroll at www.tryufm.org or call 589.8763

www.tryufm.org
1221 Thurston St.
785.539.8763
Instructor: Amy Trujillo, amyellen@me.com

In this digital age, everyone is getting digital cameras! What happened to just developing your film? If you have a collection of photos on your computer or camera but are not sure about editing or printing them, then this is class for you! Learn how to edit your digital pictures and print, email, and share them. Some of the Web Sites that will be discussed during class are Walgreens Photo, Wal-Mart Photo, Flickr, FotoFlexer, and Picnik.

Instructor: Amy Trujillo, amyellen@me.com

Microsoft Excel Basics 10AFC54
This is a basic class covering the basic Excel features. We will cover the toolbars, differences between the versions of Excel, templates, functions, tables, how to save, print, and email your documents. It is a great class for those that don’t want to be afraid of using the computer (and Microsoft Excel) anymore.

Instructor: Amy Trujillo, amyellen@me.com

PowerPoint Basics 10AFC55
This is a basic class covering the basic PowerPoint features. We will cover the toolbars, differences between the versions of PowerPoint, templates, adding pictures, transitions, and how to save, print, and email your document. It is a great class for those that have not had exposure to PowerPoint. This is also a helpful class to enroll in if you want to take the Digital Photo Albums in PowerPoint class in the afternoon.

Instructor: Amy Trujillo, amyellen@me.com

Digital Photo Albums in PowerPoint 10AFC57
Bring your photos to class and create a digital photo album that will awe your friends! PowerPoint is an easy way to share your vacation photos with family and friends. Learn how to import photos, select music, do your own narration and make a beautiful slideshow. Please bring photos on a USB drive so you have digital copies of them and you can save your PowerPoint slideshow.

Instructor: Amy Trujillo, amyellen@me.com

100 Top Web Sites 10AFC86
Find out about fun and educational web sites for children, how to decide if a web site is appropriate, safety guidelines, and online resources for parents. The 100 Top Web Sites will be available online so participants can get updated web sites even after class is over. If your children are taking the Computing for Kids, they are welcome to attend this class as well. They will be able to visit the web sites discussed during class.

Instructor: Amy Trujillo, amyellen@me.com

Recipes Online 10AFC89
Summer is approaching! Ready for some new recipes? Visit top-rated recipe web sites, rate recipes, write reviews, and email recipes. Recipes applications are also available for iPad, Touches and iPhones. If you have one of those, bring it along and check out the yummiest recipe apps! If not, there is still plenty of recipes and web sites that you can use.

Instructor: Amy Trujillo, amyellen@me.com
YouTube and TeacherTube  10AFC90
Learn how to search, download and share videos. We will also create an account so we can keep our favorites and learn to post our own videos. This class is designed for beginners but everyone is welcome. If you have videos that you want to upload, please bring them to class on a flash drive or email them to yourself so we can access them during class.
Instructor: Amy Trujillo, amyellen@me.com
Date: 05/15/2010 (Sa)
Time: 12 N to 1:00 PM
Fee: $12.00
Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.

Investment Perspective - Current Topics of Investing  10AFC91
The topics we will be discussing are current investment issues discussed in detail in the February issue of Investment Perspective. Investment Perspective is a monthly newsletter focusing on investment strategy and market commentary specifically geared toward individual investors. A complimentary subscription to the newsletter will be included for class participants.
Instructor: Gail Urban
Date: 02/02/2010 (Tu)
Time: 7:00 PM to 8:00 PM
Fee: $12.00
Location: UFM Conference Room, 1221 Thurston

Foundations of Investing  10AFC92
Fear of the unknown sometimes prevents people from investing in the future. Developing an understanding of the basics simplifies the process of getting started in an investment program. This seminar addresses needs of new investors as well as those needing a refresher.
During the seminar, participants will learn more about:
• The key features of bonds, stocks and mutual funds
• The importance of asset allocation
• The impact of inflation on your long-term goals
Instructor: Gail Urban
Date: 04/06/2010 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: $12.00
Location: UFM Conference Room, 1221 Thurston

Hello! My name is Amy Trujillo. That is pronounced True-he-yo if you are wondering. I am the wife of James Trujillo, a Web Page design student at Full Sail University. My children are Zakk and Ellen. Zakk is in kindergarten now and Ellen is in fifth grade. During the school year, I am the English Language Learner (ELL) teacher at Spring Valley Elementary in Junction City. This is my third year of teaching and I am loving every moment of it. I serve on the PTO at the kid’s school and on the Site Council of the school I work at. I transfer my love of technology, especially in the classroom, to articles and lesson plans that I write for The Master Teacher. I also work for the Ogden Green House as a maintenance volunteer.

INSTRUCTOR SPOTLIGHT

AMY TRUJILLO

I started conversing with the UFM in January 2008 about teaching computer classes and started teaching them that summer. It feels like I have always known the people at UFM and the wonderful students that enroll in the classes. If there is a class that someone wants to have offered, I am always willing to add it to the schedule. I try to make the computer classes stress-free, low-cost, educational, and fun. I want to make sure that everyone feels welcome, regardless of language, abilities, or backgrounds. Hope to see you in class!

Amy volunteers her time as an instructor for UFM. We appreciate her time and all the wonderful computer classes she offers.

www.truufm.org
1221 Thurston St.
785.539.8763
Beginning Knitting 10ACF05A
Two projects (headband and hat) will be completed as you learn to cast-on, the knit stitch, the purl stitch, binding off, shaping and seaming. Materials for the first class project are short size 10 needles and a light-colored bulky weight smooth yarn. These materials will be available for purchase at the first class. A materials list for the second project will be given in the first class.
Instructor: Kennita Tully, (785) 537-1826
Kennita Tully is a nationally recognized freelance knitwear designer whose work has appeared in most knitting publications including Knitters, Interweave Knits, Vogue Knitting, Family Circle Easy Knitting, Knit It! and others. She also designs for yarn companies and her shop, Wildflower Yarns and Knitwear is in downtown Manhattan.
Date:   02/17/2010 to 03/10/2010 (W)
Time:   7:00 PM to 8:30 PM
Fee:   $31.00
Location:  300 Poyntz Ave.
Wildflower Yarns and Knitwear

Intermediate Knitting 10ACF07A
This is designed as a continuation of beginning knitting. Students will make a hat, knit on circular needles and a small felted bag. Techniques covered will be reading a pattern, knitting in the round, picking up stitches, stitch patterns and increasing. You will need 2 colors of worsted weight yarn, size US8 circular and double point needles for the first project. Materials for 2nd project will be given at the first class.
Instructor: Kennita Tully, (785) 537-1826
Date:   01/20/2010 to 02/10/2010 (W)
Time:   6:30 PM to 8:30 PM
Fee:   $40.00
Location:  300 Poyntz Ave.
Wildflower Yarns and Knitwear

Basic Jewelry Making 10ACF11
In this class, students will learn the basic techniques of fabricating fine jewelry through a series of 3 planned projects. All projects will be in sterling silver and include a basic band, a bezel ring set with a genuine semi-precious gem and pierced earrings. Techniques learned will include sawing, bending, soldering, forming, filing, sanding, polishing, furnishing, piercing (metal, not ears), etc. Children under 15 must be accompanied by an adult or have parent registered.
NOTE: Fee covers materials for all projects including silver and gemstones. Recommended tools list will be sent to all participants and can be purchased at cost through the instructor.
Instructor: Daniel Bostrom
daniel_j_bostrom@sbcglobal.net
Daniel began collecting rocks and minerals at the age of 7. By the age of 13 he was cutting his own gemstones. In high school he began making jewelry as a hobby. As a professional Senior Goldsmith working toward a Master Goldsmith certification, he works full time making and repairing fine jewerly in gold, silver and platinum.
Date:   03/13/2010 to 05/01/2010 (sa)
(No class 3/20)
Time:   sa from 9:00 am to 12 N
Fee:   $125.00
Location:  UFM Solar Addition, 1221 Thurston st.
The Digital Darkroom for Photographers: Introduction to Photoshop, Image Processing & Printing 10ACF65
The first part of this class will cover some basics of getting started in the “digital darkroom” and will cover the idea of a “workflow” for processing digital images, image file types, image size and resolution and how they are related.

The class will also cover an introduction to image processing using Photoshop Elements 5 and basic adjustments such as cropping and resizing images, adjusting the tonality using levels, color correction, image cleanup using the healing brush and clone stamp tools, an introduction to layers and how to use them in your workflow, black and white conversions, putting panoramas together, high dynamic range photography and an introduction to camera RAW.

Issues such as color management, file management, and backing up your work will also be covered. Students will have the opportunity to work on photos in class and are encouraged to bring their own laptops (not required though) and photos to the class.
Instructor: Scott Bean, (785) 776-2725, srbean@ksu.edu

Scott Bean has been enjoying the hobby of nature photography for several years. Photography is a wonderful way to enjoy the beauty of nature. Each photograph represents a unique view of our world. Scott 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 and help you get the most out of your camera and avoid being frustrated with your camera.

Date: 04/06/2010 to 04/15/2010 (Tu/Th)
Time: 7:00 PM to 9:00 PM
Fee: $48.00
Location: UFM Computer Lab, 1221 Thurston St.

Introduction to Photography 10ACF78
This class will focus on basic concepts of photography. To get the most out of this class, participants should have either a film or digital camera that users can take complete manual control of settings such as aperture (f-stop) and shutter speed; such as SLR’s or advanced compact cameras.

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

The class will include 5 classroom meetings and 3 field trips. Exact times of the field trips will be discussed at the first class, but will be on Saturday evenings a couple of hours before sunset. Participants will be responsible for their own film and development costs if applicable.
Instructor: Scott Bean, (785) 776-2725, srbean@ksu.edu

Date: 02/17/2010 to 03/11/2010 (W/Sa)
Time: 7:00 PM to 9:00 PM
Fee: $66.00
Location: UFM Conference Room 1221 Thurston St., 2nd floor
**Card Workshop**

10ACF96

Learn to design and make your own greeting cards from minimal supplies. We’ll use stamp sets and stickers to decorate several greeting cards that you’ll be able to take with you after the class for your upcoming special events and seasons. Deadline for registration one week before class.

Instructor: Donna Wilkins, (785) 317-0981

sgtmom2@juno.com

Date: 03/23/2010 (Tu)

Time: 6:00 PM to 8:00 PM

Fee: $10.00

Location: UFM Conference Room, 1221 Thurston St.

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**Scrapbook Basics and Rubber Stamping**

10ACF118

Learn about basic layout patterns and how to understand scrapbook terms and techniques. You’ll also learn how to use clear stamps in your scrapbooking or card making. You’ll get to make two complete 12 x 12 page layouts at class! Deadline for registration one week before class.

Instructor: Donna Wilkins, (785) 317-0981

sgtmom2@juno.com

Date: 04/20/2010 (Tu)

Time: 6:00 PM to 8:00 PM

Fee: $10.00

Location: UFM Multipurpose Room, 1221 Thurston St.

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**Beginning Adult Drawing**

10ACF93A

For ages 16+. Learn to draw, no matter what your skill level. All materials provided. See www.tryufm.org for more details.

Instructor: Linda Rae, (785) 317-4499

lindarae@lindaraestudio.com

Linda has taught children’s and adult art classes and workshops in formal educational settings as well as private instruction.

Date: 01/25/2010 to 03/01/2010 (M)

Time: 6:15 PM to 7:15 PM

Fee: $67.00

Location: UFM Conference Room, 1221 Thurston

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**Beginning Adult Drawing**

10ACF93B

Instructor: Linda Rae, (785) 317-4499

lindarae@lindaraestudio.com

Date: 03/22/2010 to 04/26/2010 (M)

Time: 6:15 PM to 7:15 PM

Fee: $67.00

Location: UFM Conference Room, 1221 Thurston

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**Beginning Wire Jewelry**

10ACF111A

Instructor: Cherry Leaym, cherryleaym@yahoo.com

Cherry Leaym started learning to make hand-crafted jewelry in 2005. She enrolled in an internet class and went on to create some unique jewelry items. She has since taken classes and workshops in various jewelry-making techniques and now teaches her own workshops.

Date: 01/21/2010 to 02/25/2010 (Th)

Time: 7:00 PM to 8:00 PM

Fee: $54.00

Location: UFM Multipurpose Room, 1221 Thurston St.

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**Beginning Guitar Class**

10ACF104

This class is designed to give beginning guitar players the tools and references to be able to perform at a level at which they can play songs they have heard of, like, or would like to play. A portion of the class will be about music theory, but most will be focused on performance skills in class and individual basis. This will allow the student to become comfortable playing simple songs to friends and family. Hopefully it will inspire students to continue their studies at their leisure and be proficient and knowledgeable to play with other people of similar talents. Ages 4+.

Instructor: Mark F. Vacca, vaccamark@hotmail.com

Mark Vacca has been playing the guitar and bass for over 40 years. He has played solo on 6-string guitar and harmonica for over 20 years and has experience with a multiplicity of musical organizations (workshops, bands, teaching, "jam parties").

Date: 03/22/2010 to 04/14/2010 (M/W)

Time: 5:30 PM to 6:30 PM

Fee: $50.00

Location: UFM Solar Addition, 1221 Thurston St.

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**New Classes for January**

- **Children’s Theatre**
  - Missoula Children’s Theatre
  - *Rumpelstiltskin*
    - Auditions Jan 11 4-6pm
    - Performances Jan 16 3&7pm
  - Paul Mesner Puppets
  - *George & The Dragon*
    - March 13 3&7pm

- **Theatre**
  - *The Dining Room*
    - Feb 26-28 & March 4-7
  - *Clue: The Musical*
    - Music by Galen Blum, Lyrics by Tom Chiodo

  **In the MAC galleries:**
  - Jan 9-Feb 21: "A Creative Journey Together" and "Take A Stand: the WONDER WORKSHOP Underground Railroad Children’s Quilt"
  - Feb 27-April 10: "SOPHISTICATED-

**STRECKER-NELSON GALLERY**

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The Manhattan Arts Center is supported in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency, which believes that a great nation deserves great art. Additional funding is provided by the City of Manhattan, the Manhattan Fund, a fund of the McCormick Tribune Foundation, and MAC members and friends.
Fearless Creative Writing  
Expository writing has its place, but here’s a class for the writer who wants to put more life and uniqueness into his or her ideas, fiction or non-fiction, journal writing or family history, through self-expression, imagination, and emotion.

The workshop atmosphere will feature lecture elements, in-class readings of appropriate published examples, and class discussion of creativity and how to kick-start it. Class will include handouts. Bring pen and paper and be prepared to work on in-class exercises. Registration deadline is February 7.

Instructor: Linda Madl, lsmadl@att.net

Linda Madl’s work includes ten novels, nine novellas, short stories, and numerous nonfiction articles and newsletters. She is also a charter member and past president of Kansas Fiction Writers Inc. and a Fellow of the Kansas Center for the Book. She has presented programs and workshops at numerous conferences.

Date: 02/10/2010 (W)
Time: 7:00 PM to 9:00 PM
Fee: $22.00
Location: UFM Multipurpose Room, 1221 Thurston St.

Scene and Structure for Your Novel  
Give your novel drama through the scenes. Scene requires characters with purpose, conflict, and then the next step. Scenes make up chapters and chapters make up a book. Examine what’s a strong scene and what’s a weak scene and how to make a weak scene stronger. In addition, point of view, dialogue, and conflict will be discussed.

The class will feature lecture elements, in-class readings of appropriate scenes from published stories, and in-class discussion about memorable scenes. Class will include handouts and in-class writing exercises. Bring pen and paper. Registration deadline is February 14.

Instructor: Linda Madl, lsmadl@att.net

Date: 02/17/2010 (W)
Time: 7:00 PM to 9:00 PM
Fee: $22.00
Location: UFM Multipurpose Room, 1221 Thurston St.

Story: Beginning, Middle and End  
Fulfill your promise to give the reader a tight, thrilling story: Make the beginning exciting, the middle strong and the ending worth the read. This class will outline the basics of the Beginning, Middle, and Ending of fiction stories and explore the elements that deliver on your author’s promise to satisfy the reader to the last page.

The class will feature lecture elements, in-class readings of memorable openings and endings. Class will also include handouts and in-class writing exercises. Bring pen and paper. Registration deadline is February 21.

Instructor: Linda Madl, lsmadl@att.net

Date: 02/24/2010 (W)
Time: 7:00 PM to 9:00 PM
Fee: $22.00
Location: UFM Multipurpose Room, 1221 Thurston St.

Making a Leather Journal Cover  
Learn some basic leather working techniques by making a very attractive and durable hand tooled and stitched leather journal cover. Add a rich, personal touch to your own journal or sketchbook, or make a Christmas gift that will be treasured. Students can choose from 3 different designs, and a variety of tooling/art patterns.

The course fee covers the project materials and instruction booklet. All tools will be provided for the class. Tool kits will also be available for optional purchase for students who want to have their own tools. Enrollment deadline is February 13.

Instructor: Kate Dubiel, (785) 532-9768, kdbiel@cox.net

Kate Dubiel has been designing, making and selling leather-toppeed game boards and other items since 2002. In 2008, she wrote the book, “Complete Photo Guide to Leather Crafting”, which is due to be released in 2010. She was first introduced to leather craft by her father during the early 70’s.

Date: 02/27/2010 (Sa)
Time: 1:00 PM to 4:00 PM
Fee: $48.50
Location: UFM Solar Addition, 1221 Thurston St

Robot Building  
Are you ready for some serious play? Come and learn to build a robot! The instructor will provide parts: embedded controllers (Ridgescot Intelbralin and the Parallax Javelin), parts (GPS receivers, radios, various sensors, etc.), and mobile bases (an MIMP, R/C cars capable of 30 mph, a 1/8 scale Stuart tank, etc.). This is cutting edge technology and only the serious should attend!

Instructor: Bill Rust

Date: 01/19/2010 to 03/30/2010 (Tu)
Time: 7:00 PM to 9:00 AM
Fee: $130.00
Location: UFM Multipurpose Room, 1221 Thurston St
**Leaf & Nature**

**Fly Fishing** 10AEN04BZ
This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up and put down, false casting and shooting a line. We will also cover tying fys, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry fys, wet fys, and nymphs. All equipment needed will be provided by the instructor. There is a non-refundable material fee of $40 for withdrawing from the class after the first day.

Instructor: Paul Sodemann, (785) 494-2340

Date: 04/19/2010 to 04/29/2010 (M-Th)
Time: 6:00 PM to 8:00 PM
Fee: $95.00
Location: K-State Durland Hall Room 1061

**Gardening 101 for Novices** 10AEN05
Welcome to America’s #1 hobby! You're eager to get started but 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 of these questions no matter what type of garden you want. You will take home lots of information! Your specific questions are welcome, too!

Instructor: Colleen Hampton, (785) 539-5934 cmhampton314@sbcglobal.net

Colleen Hampton is a seasoned Riley County Extension Master Gardener who has a passion for all types of gardening. She has taught UFM gardening classes for over 15 years. She is a member of the Manhattan Community Garden and several area garden clubs. Colleen welcomes your questions and class participation.

Date: 03/13/2010 (Sa)
Time: 10:00 AM to 12 N
Fee: $12.00

**Growing Veggies 4 Flavor & Fun** 10AEN61
People who have never gardened or those who haven't in a while are now growing vegetables and herbs for fun, health, and economy. Garden for freshness and flavor, to save on your grocery bill, minimize pesticide exposure, and avoid tainted produce. It's also a way to share with your neighbors and friends!

Instructor: Colleen Hampton, (785) 539-5934 cmhampton314@sbcglobal.net

Date: 04/03/2010 (Sa)
Time: 10:00 AM to 12 N
Fee: $12.00
Location: UFM Fireplace Room, 1221 Thurston St.

**Perennial Flowers & Grasses** 10AEN62
Kansas has a climate that can be difficult for flowering plants. Find out which perennials cannot only tolerate but do well in our sun and wind.

Instructor: Colleen Hampton, (785) 539-5934 cmhampton314@sbcglobal.net

Date: 04/17/2010 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: $12.00
Location: UFM Fireplace Room, 1221 Thurston St.

**Let’s Make Hypertufa!** 10AEN64
What's a hypertufa pot? Well, if you purchase one of these pots, it can be very expensive. If you make it yourself, it's a very affordable pot that resembles the stone troughs and pots that are common in England. Hypertufa is actually a mixture of cement, peat moss, perlite, and fiber mesh that you then make into a round or square pot or a longer trough (materials included). After curing, you’ll be able to use it as a planter! Participants will need to wear clothes that they don’t mind getting dirty (muddy is more like it) and they will need a pair of rubber gloves (like the Playtex ones used for washing dishes). They also have to be able to cart this pot/trough home that day.

Instructor: Colleen Hampton, (785) 539-5934 cmhampton314@sbcglobal.net and Kent Hampton

Date: 05/08/2010 (Sa)
Time: 9:00 AM to 11:00 AM
Fee: $30.00
Location: UFM Solar Addition, 1221 Thurston St.

**Spring Plant Swap** 10AEN37
Participate in UFM’s Spring Plant Swap!!! As the perennials you have multiply, do you wish you had less of them and more of something else? Rejuvenate your flower garden by dividing your perennials and bring them to trade to enhance your color and variety!!! This is a great opportunity to expand your garden with new and different plants as well as meet old and new friends! Ideas for plants to swap include iris, peony, herbs, vines, house plants, small trees, or even seeds. If you have gardening magazines you no longer want, bring them to share as well!

Instructor: Colleen Hampton, (785) 539-5934 cmhampton314@sbcglobal.net

Date: 05/08/2010 (Sa)
Time: 11:00 AM to 12 N
Fee: No Charge
Location: UFM Solar Addition, 1221 Thurston St.
Home Landscape Design 10AEN08
Learn the basics of landscaping your home! Locally available resources will be presented. Property values can be increased by as much as 10-20% by smart landscape design. This course is a must for residents new to the Manhattan community or those of us with “brown thumbs.” Single home owner and/or couples are encouraged to enroll.
Instructor: Gregg Eyestone
Date: 02/03/2010 to 02/17/2010 (W)
Time: 6:30 PM to 8:30 PM
Fee: Individual-$21.00/Couple-$30.00
Location: Cico Park-Pottorf Hall

Transition Manhattan 10AEN66
The two toughest challenges facing humankind at the beginning of the 21st century are climate change and peak oil. While climate change is well documented and very visible in the media, there is much less public awareness around the issue of peak oil. And yet, the imminent decline of fossil fuel availability that peak oil refers to may well prevent the economic and social stability that is essential if we are to mitigate the threats posed by climate change.
Transition Initiatives, designed to achieve relocalization at the community level, currently represent one of the most promising ways of engaging people and communities in strengthening themselves against the effects of these two monumental challenges, resulting in a life that is more fulfilling, socially connected and resilient.
Join us in a conversation about transitioning to a greener and more locally focused Manhattan community. *meets 2/4, 3/11, 4/1 at uFm and 5/6 class will be held at Long’s Park. There will be four stand alone sessions:
1. Dreaming a greener, more local Manhattan
2. Planning a greener, more local Manhattan
3. Creating a greener, more local Manhattan
4. Celebrating a greener, more local Manhattan
Instructors: Rhonda Janke, (785) 532-0409
rrjanke@ksu.edu and Carla Barta, (785) 410-8608
snowsage54@hotmail.com

Second Tuesday Sustenance 10AEN67
Sustainable relationships need sustenance. This gathering is an opportunity to share stories of our efforts to relate sustainably. Bring something for the vegetarian soup and we’ll eat at 6. *Meets 2/9, 3/9 and 4/13.
Instructor: Thea Nietfeld, thean@ksu.edu

Utility-Connected Photovoltaics for Your Home 10AEN68
Lessons learned from three different Manhattan systems... three of the first in Kansas. With step-by-step photos of designing and installing solar electric systems using the latest hardware, we’re going to discuss the advantages and disadvantages of various choices. We can also talk about how these systems compare with battery backup or independent systems. Come with questions and new information for discussion.
Instructor: Bill Dorsett, (785) 539-1956
wmdorsett@sbcglobal.net
Bill Dorsett has been working in solar energy since 1975, both in passive and active thermal systems and in solar electric applications.

The Manhattan Community Garden is a cooperative gardening project located in the south part of Manhattan, Kansas. Land is provided by the City of Manhattan and supervised by UFM. The Garden is located in southern Manhattan at 9th and Riley Lane. Over 150 plots are available on an annual basis. A small plot rental fee is charged to cover costs of operating the program. Rent is charged on a sliding fee scale to allow all income groups to participate. Water, mulch, tools, seeds and advice are available.
For more information, call UFM at (785) 539-8763 or e-mail info@tryufm.org.

Enroll online at our website: www.tryufm.org
*View class descriptions
*Times, dates and locations

www.tryufm.org
1221 Thurston St.
785.539.8763
Beer Tasting 10AFF39
Tallgrass Brewing Company’s Brewmaster will guide students during a beer tasting of various beer styles from around the world. Students will learn about the influence of barley, wheat, hops, water, and yeast on the flavor of beer, and how to recognize those flavors in fine beers. Class will be held at Tallgrass Brewing Company. Participants must be 21 years and older.
Instructor: Jeff Gill
Date: 04/16/2010 (F)
Time: 6:30 PM to 8:30 PM
Fee: $12.00
Location: Tallgrass Brewing Company
Directions: 8845 Quail Lane, Suite 1. East on US-24, Left on Dempsey Road, Continue on Green Valley Road then turn right on Quail Lane.

Peruvian Cuisine 10AFF48
Come and discover a fun way to learn to cook Peruvian dishes and the richness of the Peruvian cuisine. We will prepare three dishes, one from each region of Peru (coast, highland and jungle). Peruvian food is often considered to be the best food in South America.
Instructor: Elsa Toburen, (785) 844-2016 elsatob@hotmail.com
Elsa Toburen was born and raised in Tarapoto, Peru. She grew up listening to Latin music. Her mother is a Peruvian folk dancer. She became a Zumba instructor in 2007.
Date: 03/05/2010 (F)
Time: 6:30 PM to 8:30 PM
Fee: $24.00
Location: UFM Kitchen, 1221 Thurston St.

Asian Cuisine 10AFF57
The cooking class will cover the most popular food in both China and Korea. This workshop allows students to prepare whole course meals in class and they are encouraged to do everything hands-on. They will learn about basic ingredients, cooking, storing, cleaning and marinating methods, presentation, and a little background history. Dishes include: Chinese dumplings, Korean mixed vegetables, spicy rice cake and other side dishes. Students are encouraged to bring Tupperware to take home samples or stay after class to relax and share their meal.
Instructor: Pei Liu
Pei Liu is currently a Hospitality and Dietetics student at K-State. She has volunteered at catering events, and worked in both American and Korean restaurants. She is an expert in both Korean and Chinese cooking.
Date: 01/15/2010 (F)
Time: 6:00 PM to 8:00 PM
Fee: $22.00
Location: UFM Kitchen, 1221 Thurston St.

Sweets of the Sun: Mediterranean Desserts 10AFF58
Join us in preparing sweet delicacies from the sun-drenched counties of the Mediterranean. From France to Morocco, this class will awaken your appetite to a variety of surprisingly gorgeous flavors and aromas. This course will include copies of featured recipes along with a few extras!
Deadline for registration is January 22nd.
Instructor: Dominique Saunders dominique.saunders@gmail.com
Dominique Sanders has been enjoying cooking for over 25 years. Likewise, Dominique has been an ovo-lacto vegetarian for approximately 14 years and is a mother to an 11 year old child, who is also a vegetarian.
Date: 01/29/2010 (F)
Time: 7:00 PM to 8:30 PM
Fee: $29.00
Location: UFM Kitchen, 1221 Thurston St.

Dining with Edesia:
Modern Greek Cuisine 10AFF59
Giasou! Join us in preparing sweet delicacies from the sun-drenched counties of the Mediterranean. From France to Morocco, this class will awaken your appetite to a variety of surprisingly gorgeous flavors and aromas. This course will include copies of featured recipes and Greek recipe resources. Deadline for registration is March 19th.
Instructor: Dominique Saunders dominique.saunders@gmail.com
Giasou! Join us in preparing sweet delicacies from the sun-drenched counties of the Mediterranean. From France to Morocco, this class will awaken your appetite to a variety of surprisingly gorgeous flavors and aromas. This course will include copies of featured recipes and Greek recipe resources. Deadline for registration is March 19th.
Instructor: Dominique Saunders dominique.saunders@gmail.com
Date: 03/26/2010 (F)
Time: 7:00 PM to 8:30 PM
Fee: $29.00
Location: UFM Kitchen, 1221 Thurston St.

Su-Meshi: The Joy of Making Maki-Sushi, Onigiri and Abura-Age 10AFF60
Join us in exploring a variety of delightful Japanese foods that can be prepared using su-meshi. This class is designed to teach you the basic knowledge and techniques of how to make rolled sushi (Maki), stuffed rice triangles (Onigiri) and filled fried tofu pouches (Abura-Age). This will also include instruction on how to prepare vinegar rice (Su-Meshi), an explanation of basic ingredients and equipment for sushi making, and the history of sushi. This class is vegetarian friendly and will also include copies of featured recipes.
Deadline for registration is April 9th.
Instructor: Dominique Saunders dominique.saunders@gmail.com
Date: 04/16/2010 (F)
Time: 7:00 PM to 8:30 PM
Fee: $29.00
Location: UFM Kitchen, 1221 Thurston St.

www.tryufm.org
1221 Thurston St.
785.539.8763
Sahaj Marg Meditation
10AHW02
Sahaj Marg translates to “The Natural Path.” It is a natural, simple system of meditation and spiritual practice that helps one realize the ultimate potential within one’s self. Regular spiritual practice under capable guidance enables aspirants to progressively experience the sublime presence of the divine in their daily lives. The Sahaj Marg system is freely offered to seekers worldwide, and is effectively practiced by individuals from all walks of life, diverse nationalities, religious backgrounds, and various social conditions. The first class will be an overview of the system and involves one-on-one training sessions followed by weekly group meditation sessions.

*PLEASE NOTE: All classes offered at no charge have been sponsored by the instructor or an organization.

Instructor: Gayathri Kambhampati

Date: 02/07/2010 to 05/09/2010 (su)

Fee: *No Charge

Location: UFM Solar Addition, 1221 Thurston St.

Living the Art: Jin Shin Jyutsu
10AHW08A
Jin Shin Jyutsu is the art of harmonizing ourselves with the creator. It is simple, powerful and profound. The body intuitively works toward balance and always communicates its needs. Jin Shin Jyutsu is a way for us to interpret those messages and help ourselves. Healing is often a side effect of the art. Almost all of our class time will be spent practicing self-help. Wear comfortable clothes and bring a smile. Please bring a sack lunch.

Instructor: Kate Cashman, (785) 537-1911

Kate Cashman was introduced to Jin Shin Jyutsu when she took a self-help class from UFM in 1998! She continues to study the art and loves sharing it. Kate is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: 02/27/2010 to 02/27/2010 (sa)

Location: 1421 Colorado Street

Beginning Yoga
10AHW15AZ
This course will cover the basic fundamentals of yoga. Sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy.

Instructor: Ana Franklin, (785) 537-8224
yogaconnection@gmail.com

Ana has been teaching yoga since 1984. She began her own practice of yoga in the early 1970’s. She believes yoga is a commitment and a love affair. One must practice this discipline daily to feel your best every day.

Date: 01/14/2010 to 03/04/2010 (Th/Tu)

Time: 10:00 AM to 11:00 AM

Fee: $28.00

Location: 1421 Colorado Street

Beginning Yoga
10AHW15BZ
Instructor: Ana Franklin, (785) 537-8224
yogaconnection@gmail.com

Date: 01/20/2010 to 03/10/2010 (W/M)

Time: 10:00 AM to 11:00 AM

Fee: $99.00

Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Intermediate Yoga
10AHW21Z
This course will increase the student’s understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and study of Yoga Sutras. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the individual body-type.

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

Prerequisite: Eligibility for this course requires a personal interview with Ana Franklin. Students must make arrangements to meet with Ana to receive permission to enroll for this course.

Instructor: Ana Franklin, (785) 537-8224
yogaconnection@gmail.com

Date: 03/09/2010 to 05/06/2010 (Tu/Th)

Time: 10:00 AM to 11:00 AM

Fee: $99.00

Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Yoga Connection
321 Poyntz, Suite A
Manhattan, Kansas
785-537-8224 or 785-341-0008

Workshops, Private Lessons & Classes
With Ana Franklin
Teaching Yoga since 1976

Website: www.yogaconnection.kansascity.net
Email: yogaconnection@kansascity.net

“Stretching Body, Breath & Mind”

www.tryufm.org
1221 Thurston St.
785.539.8763

HAVE AN IDEA FOR A UFM CLASS OR INTERESTED IN TEACHING A CLASS? UFM IS ALWAYS LOOKING FOR NEW IDEAS AND PROJECTS. WE WANT TO HEAR FROM YOU! CALL US AT 539.8763 OR EMAIL INFO@TRYUFM.ORG TO SHARE YOUR IDEAS!
Yoga Over Forty 10AHW99
This class will heal your body, heart and mind. All you have to do is arrive at each class with an empty stomach, a willingness to relax and listen to your body’s messages. Yoga can help you in all areas of your life - heart health, weight and stress reduction, emotional health and mental focus. Yoga means integration of the whole person. Hormone balance is also gained from regular practice.
Instructor: Ana Franklin, (785) 537-8224
yogacommunication@gmail.com

Instructor: abby Thrash, abbythrash@gmail.com
non-refundable deposit for this class.
useful skills. Textbook included in fee. There will be a $20
infants, and children; control bleeding; and many other
care for breathing and cardiac emergencies in adults,
1221 Thurston st., 2nd floor
Location: uFm Conference Room
Fee: $45.00
Time: 12:00 Pm to 7:00 Pm
Date: 01/23/2010 (sa)
Community CPR, First Aid & AED
10AHW25A
This course includes training in Adult, Infant CPR, First Aid and AED. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; control bleeding; and many other useful skills. Textbook included in fee. There will be a $20 non-refundable deposit for this class.
Instructor: Abby Thrash, abbythrash@gmail.com

Community CPR, First Aid & AED
10AHW25C
Date: 01/29/2010 to 01/30/2010 (F/Sa)
Time: F from 8:30 PM to 9:30 PM; Sa from 8 AM to Noon
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, First Aid & AED
10AHW25D
Date: 01/30/2010 (Sa)
Time: 12:00 PM to 7:00 PM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, First Aid & AED
10AHW25E
Date: 04/09/2010 to 04/10/2010 (F/Sa)
Time: F from 8:30 PM to 9:00 PM; Sa from 8 AM to Noon
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

CPR Review for Professional Rescuer 10AHW27A
This class is for those already certified in CPR for the Professional Rescuer and either their certification is coming due, is within 30 days of expiration or they would like to be updated to the new skills. Participants must demonstrate all skills involved with CPR. Bring a pocket mask or purchase at UFM, 1221 Thurston St.
Instructor: Abby Thrash, abbythrash@gmail.com

Community CPR, First Aid & AED
10AHW25B
Date: 03/20/2010 (Sa)
Time: 12:00 PM to 7:00 PM
Fee: $45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Beginning Tai Chi Chaun 10AHW31
Practiced by millions of people around the world, the ancient and gentle Chinese martial art of tai chi offers the perfect balance of mind and body, strength and flexibility, grace and agility. Its smooth, fluid movements offer exercisers of all ages improved fitness, stress reduction, and total relaxation. In this class, we will introduce the Yang style short form, which can be practiced by young and old, anytime, anyplace.
Instructor: Mei Hwa Terhune (Tina), (785) 539-4277
Mei Hwa Terhune (Tina) is a native of China where she acquired her knowledge of Tai Chi Chaun while attending Ming Chung University in Taipei, Taiwan. She is a certified instructor for Tai Chi for Arthritis and Yogafit. She specializes in 24 movement Beijing style, and “Cheng Man-Ching” Yang style.

Guided Meditation: Journey to the Seven Directions 10AHW66A
The instructor will lead participants first through relaxation and grounding exercises then into a taped guided meditation by a Native American shaman. Record your experiences of meeting spirit guides (animals, ancestors, angels) at each of the seven directions.
Instructor: Palma Holden, (785) 539-1183
Palma Holden is a lightworker and intuitive, providing spiritual guidance, teachings and readings to those wishing to bridge the practical and spiritual.

Date: 02/10/2010 to 03/03/2010 (W)
Time: 5:30 PM to 6:30 PM
Fee: $43.00
Location: UFM Banquet Room, 1221 Thurston St.
CPR/First Aid Blended Learning 10AHW70A
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 01/19/2010 to 02/08/2010 (M)
Time: 7:15 PM to 8:45 PM
Location: UFM Conference Room, 1221 Thurston St, 2nd floor

CPR/First Aid Blended Learning 10AHW70B
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 02/15/2010 to 03/08/2010 (M)
Time: 11:00 AM to 12 N
Location: UFM Conference Room, 1221 Thurston St, 2nd floor

CPR/First Aid Blended Learning 10AHW70C
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 03/22/2010 to 04/12/2010 (M)
Time: 7:15 PM to 8:45 PM
Location: UFM Conference Room, 1221 Thurston St, 2nd floor

CPR/First Aid Blended Learning 10AHW70D
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 04/10/2010 to 04/12/2010 (M)
Time: 11:00 AM to 12 N
Location: UFM Conference Room, 1221 Thurston St, 2nd floor

CPR/First Aid Blended Learning 10AHW70E
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 04/10/2010 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: $45.00
Location: UFM Conference Room, 1221 Thurston St, 2nd floor

CPR/First Aid Blended Learning 10AHW70F
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 04/10/2010 (Sa)
Time: 11:00 AM to 12 N
Fee: $45.00
Location: UFM Conference Room, 1221 Thurston St, 2nd floor

Evening Yoga 10AHW88A
Instructor: Debbie Newton, (785) 539-8973
dnewton@flinthills.com
Date: 01/18/2010 to 02/08/2010 (M)
Time: 7:15 PM to 8:45 PM
Fee: $27.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Evening Yoga 10AHW88B
Instructor: Debbie Newton, (785) 539-8973
dnewton@flinthills.com
Date: 02/15/2010 to 03/08/2010 (M)
Time: 7:15 PM to 8:45 PM
Fee: $27.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Evening Yoga 10AHW88C
Instructor: Debbie Newton, (785) 539-8973
dnewton@flinthills.com
Date: 03/22/2010 to 04/12/2010 (M)
Time: 7:15 PM to 8:45 PM
Fee: $27.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.
Evening Yoga 10AHW88D
Instructor: Debbie Newton, (785) 539-8973
dnewton@flinthills.com
Date: 04/19/2010 to 05/10/2010 (M)
Time: 7:15 PM to 8:45 PM
Fee: $27.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Morning Yoga 10AHW89A
Instructor: Debbie Newton, (785) 539-8973
dnewton@flinthills.com
Date: 01/18/2010 to 02/06/2010 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $27.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Morning Yoga 10AHW89B
Instructor: Debbie Newton, (785) 539-8973
dnewton@flinthills.com
Date: 02/13/2010 to 03/06/2010 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $27.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Morning Yoga 10AHW89C
Instructor: Debbie Newton, (785) 539-8973
dnewton@flinthills.com
Date: 03/13/2010 to 04/03/2010 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $27.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Morning Yoga 10AHW89D
Instructor: Debbie Newton, (785) 539-8973
dnewton@flinthills.com
Date: 04/10/2010 to 05/01/2010 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $27.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Awareness-Based Stress Reduction 10AHW95
Please come once and see for yourself how wonderful life can be with less stress and more awareness.
Instructor: Dr. Matthew Cobb

Dr. Matthew Cobb is a board certified chaplain and pastoral counselor. He experienced a healing shortly after beginning to practice the art of awareness. By offering courses that cultivate awareness, Dr. Cobb is offering skilled means and service to K-State and our community to increase wholeness of life.
Date: 01/25/2010 to 05/17/2010 (M)
Time: 5:15 PM to 6:00 PM
Fee: No Charge
Location: UFM Solar Addition, 1221 Thurston St.

Ask about our Adult & Youth scholarships at 539.8763
Beginning Spanish for Adults 10ALA02
This introductory class will emphasize basic written and oral communication in Spanish. Classes are adapted to students’ preferences and pace, with main topics including greetings, numbers, colors, clothing and common adjectives.
Instructor: TBA

Date: View www.tryufm.org for update info.
Time: TBA
Fee: TBA
Location: UFM

French Language 10ALA04
This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and everyday vocabulary.
Instructor: Emilie Rabbat, (785) 587-9036

Emilie Rabbat is a naturalized citizen and is originally from Egypt. Her training course, “Stage de Formation Pedagogic” 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. Her learning experience includes working with adult Egyptian teachers and teaching French for 20 years at a Jesuit French School in Cairo.

Date: 01/20/2010 to 02/12/2010 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: $46.00
Location: UFM Fireplace Room
1221 Thurston St.

Beginning Conversational Sign Language 10ALA23
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. Participants should leave the class with a better understanding of American Sign Language.
Instructors: Toni Kroll, (785) 313-5555 and Joyce Smith

Toni Kroll is a Certified Interpreter who has 20 years of experience as a sign language interpreter. Toni has worked as an interpreter in Washington D.C., Seattle, and now Kansas. She is in her 4th year as a KSU interpreter as well as doing community work here in Manhattan and the surrounding area.

Date: 01/20/2010 to 03/10/2010 (W)
Time: 6:30 PM to 7:30 PM
Fee: $59.00
Location: KSU-Justin Hall Room 341

Chinese I 10ALA26
Throughout this class, you will learn basic Chinese such as greetings, numbers, bargaining, asking directions, etc, but also about the Chinese culture. You will have a chance to learn one or two Chinese songs. This class will be a good start for anyone who is interested in Chinese language and culture. It will be very helpful if you are planning a trip to China or for business or personal reasons, and much more.
Instructor: Yi (Lily) Xiao

Date: 01/21/2010 to 02/25/2010 (Th)
Time: 7:00 PM to 8:00 PM
Fee: $47.00
Location: UFM Fireplace Room
1221 Thurston St.

Chinese II 10ALA27
Throughout this class, you will learn very useful Chinese phrases and sentences, which you can find practical uses for, like asking directions, ordering food, seeking help, etc. You will also learn some basic knowledge about how to read and write Chinese characters. Some interesting Chinese traditions and customs will also be addressed during the class.
Instructor: Andrew Hua, andrew0845@hotmail.com

Andrew Hua is a current KSU graduate student. He came from China a few years ago and can speak authentic Chinese (Mandarin). He has teaching experience and knowledge of China’s history, past and present. He enjoys working with people, especially those from different cultures.

Date: 01/20/2010 to 03/10/2010 (W)
Time: 7:00 PM to 8:00 PM
Fee: $51.00
Location: UFM Fireplace Room
1221 Thurston St.

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.

Txt Ur Way 2 :) 10ALA000
Do you have trouble telling people how you really feel? How can you break up with someone when the love is no longer there? H2H talks may not b 4 u!
If you would like to avoid conflict, and learn a new communication skill, this is the class for you! How is this possible? Two words: text messaging. In this class, you will learn to express your feelings and use emoticons to your advantage! By using just 160 characters (or less!) get your worries off your chest! You will learn important abbreviations to say things like: I h8 u! We R Ova >:0 and u+me=<3 NOT! The concepts learned can also be applied to your boss, intrusive in-laws or needy BFFs.

The best part is, you can always undo any damage with a simple j/k!

Date: 02/14/2010 (Su)
Time: 1:00 PM to 1:30 PM
Fee: -$1.00
Location: Meet @ =((LVRs LN

Flint Hills PFLAG
(Parents, Families and Friends of Lesbians and Gays)

Monthly Educational meetings:
7:00 pm, third Tuesday of each month
First Congregational Church
700 Poyntz Ave, Manhattan, KS

Educational presentation on GLBT issues and an opportunity to socialize and network.

Family Support:
Call 785-410-3130 for more information on support resources and activities, and dates and location for informal support group meetings.

Join with us as we continue to listen to, support, and advocate for gay, lesbian, and transgender people and their families. More info at www.fhpflag.org

www.tryufm.org
1221 Thurston St.
785.539.8763
**Tae Kwon Do** 10AMA01Z
Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance and flexibility. The basics of blocking, punching, kicking, self-defense and white belt form will be covered. Class will consist of practicing these skills as a group, working with other classmates and the instructor.
Instructor: David Moore

- **Date:** 02/03/2010 to 04/28/2010 (W)
- **Time:** 7:00 PM to 8:00 PM
- **Fee:** $64.00
- **Location:** KSU-Ahearn Fieldhouse

**Basic White Phoenix Systems** 10AMA03
The White Phoenix System is a self-defense oriented martial art. In this class, we will work on basic Kung Fu solo techniques such as stances, blocks, kicks, punches and strikes plus 20 Jujutsu two-person self-defense techniques. This is a basic class that will give the student a foundation for further study. Ages 18+. Instructor: Stan Wilson

- **Date:** 02/01/2010 to 04/26/2010 (M)
- **Time:** 6:30 PM to 7:30 PM
- **Fee:** $64.00
- **Location:** Sun Yi’s Academy, 1650 Hayes Dr

**Advanced White Phoenix System** 10AMA06
This class is open to anyone who has some experience in both the striking and grappling aspects of the martial arts. What we will work on depends on the needs of the students who sign up for the class. Advanced work in the WPS includes dynamic tension forms to build strength, two-person techniques for self-defense knowledge and solo forms for both exercise and self-defense skill. Ages 18+. Instructor: Stan Wilson

- **Date:** 02/01/2010 to 04/28/2010 (M)
- **Time:** 7:30 PM to 8:30 PM
- **Fee:** $64.00
- **Location:** KSU-Ahearn Fieldhouse

**Aikijujutsu and Self-Defense** 10AMA11
This class will work on falling without getting hurt, the basic waza (techniques) of Hakkoryu (aiki) Jujutsu, Hakkosen solo walking exercises, and 20 Jujutsu self-defense techniques. Aikijujutsu is a method of self-defense that uses the extension of the defender's energy in executing the techniques. The student should wear loose, comfortable clothing. Ages 18+. Instructor: Stan Wilson

- **Date:** 01/14/2010 to 05/06/2010 (Th/Tu)
- **Time:** 8:00 PM to 9:00 PM
- **Fee:** $75.00
- **Location:** KSU Ahearn Room 302

**La Ho Pai Kung Fu** 10AMA05
Students will learn and be promoted in a unique system where the original founder mastered the Chinese (Tibetan) Kung Fu and Japanese (Okinawan) Karate. Students will learn basic stances, blocks, punches, kicks, exercises, forms and fighting techniques. Students will soon learn opponent control (jujutsu and chi na) and take downs. Animal forms and animal fighting techniques will be taught as students advance. This class is for students age 14+. Instructor: Dr. Michael Tran

- **Date:** 01/20/2010 to 05/05/2010 (W)
- **Time:** 6:00 PM to 8:00 PM
- **Fee:** $62.00
- **Location:** KSU Ahearn Gym-2nd floor

**Judo I** 10AMA08Z
Judo is intended not for gaining proficiency, but to gain understanding of how principles of dynamics (force, acceleration, momentum, work, rotation, moment of inertia, etc.) are used to gain physical advantage (subduing the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles.
Instructor: Isaac Wakabayashi

- **Date:** 01/14/2010 to 05/06/2010 (Th/Tu)
- **Time:** (No class 3/16, 3/18)
- **Fee:** $75.00
- **Location:** KSU Ahearn Room 302

**Judo II** 10AMA09Z
In Judo II participants continue to gain understanding of how principles of dynamics are used to gain physical advantage. New and advanced skills are taught along with safety techniques. In preparation for competitive effectiveness, techniques will be tailored to fit the individual's physique.
Instructor: Isaac Wakabayashi

- **Date:** 01/14/2010 to 05/06/2010 (Th/Tu)
- **Time:** (No class 3/16, 3/18)
- **Fee:** $75.00
- **Location:** KSU Ahearn Room 302

**Karate & Self-Defense**

**Adults & Youth** 10AMA10
Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion ("Kihon") with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combativeness principles and sparring ("Kumite"). No matter your current situation, you will be guided step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+). Class will meet on the north end of Ahearn Fieldhouse, close to College Heights St.
Instructor: Habib Diop

- **Date:** 03/25/2010 to 05/06/2010 (Th)
- **Time:** 6:00 PM to 7:00 PM
- **Fee:** $51.00
- **Location:** KSU-Ahearn Fieldhouse

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22
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Clutter Clearing 10API22
Clearing our environment is a dynamic tool for change. Clutter holds us in the past, preventing us from fully living. We will examine the energetics of clutter and discuss ideas that empower us to let go of our excess baggage! A variety of organizing strategies and principles of feng shui will also be utilized. Homework assignments are an integral part of class. Come prepared to liberate yourself!
Instructors: Kate Cashman, (785) 537-1911 and Elizabeth Jankford
Not neatniks by nature, Kate Cashman and Elizabeth Jankford have discovered that the energetic approach to clutter works.

Date: 04/12/2010 to 04/26/2010 (M)
Time: 7:00 PM to 9:00 PM
Fee: $35.00
Location: 1421 Colorado St.

Introduction to Citizen Journalism 10API14
If you are interested in being part of the news staff, then Introduction to Citizen Journalism is the course for you. It will focus on developing a news story, preparing a news program, script writing, journalism ethics, different writing formats for print, web, and radio stories, developing a “beat,” etc. Participants will have weekly assignments that require reading and writing and will publish their stories to the Community News feature on the KONZ website. Participants need to have access to a computer in order to write their news stories and feature articles. (Ages 16 and older)
Instructor: Christopher Renner, (785) 341-9459
rennerchristopher@yahoo.com

Christopher E. Renner is a Ph.D candidate at Kansas State University in Curriculum and Instruction and in the Graduate Certificate program in Women’s Studies. He holds a Master of International Education from Framingham (MA) State College and has done graduate work through Cambridge University (UK), Teachers College - Columbia University, St. John’s University, and Mt. St. Joseph College. He has presented at numerous national and regional conferences.

I Want to DJ a Radio Show! 10API65
KONZ wants to feature an eclectic mix of adventurous music shows produced by knowledgeable and passionate DJs. Throughout the week we want listeners to be able to hear everything from world music to jazz, classic blues, old-time country, bluegrass & folk recordings to the latest from the local music scene and independent musicians. For people who are interested in hosting music shows or public affairs programs, we will offer a general orientation session and then will work one-on-one with interested individuals to develop program proposals, develop weekly content and help you become an award-winning DJ.

Please choose ONE from the following dates: April 10, 10:00 am - noon OR May 8 from 1:00 - 3:00 pm.
Instructor: Christopher Renner, (785) 341-9459 rennerchristopher@yahoo.com

The Modern Revolution in Physics 10API66
We will spend 5-6 classes together (“bi-monthly) to discuss the modern revolution in physics since the beginning of 20th century. Before that, most physicists believed that the physics building had firmly been established by Newton (mechanics), Gibbs (thermodynamics), and Maxwell (electromagnetism). However, things have changed dramatically since then, and we physicists are still struggling to figure out what the physics building really looks like. We will try to cover the following topics:
1. Relativity
2. Rules of Randomness
3. Light as a Particle
4. Matter as a Wave
5. The Atom
Instructor: Dr. Chang-hua Zhang
Dr. Chang-hua Zhang is from China and received his B.S. in 1993 from China and Ph.D in physics from the University of Arizona in 2004. He currently is a research associate in the Physics Department at K-State University.

Date: *02/06/2010 to 04/24/2010 (Sa)
Time: 1:00 PM to 2:00 PM
Fee: $20.00
Location: UFM Conference Room, 1221 Thurston

Introduction to Voiceovers 10API67
Fun, one-on-one online class to get started in Professional Voice Acting, covering some of the many details of the industry. Receive a professional voice evaluation. This class is taught by a professional voice actor from the voice acting training company, Voices For All. Requirements: Students must have Internet Access and Video Chatting capabilities using either of the following free methods: Skype (for PC users) or iChat (for Mac Users) to conduct the class from the convenience of your home. Please be sure to include email and phone number with registration. NOTE: Instructor will contact student with further information regarding time/date. This class meets only once. View www.tryufm.org for information.
Instructor: Voices for All

Date: 01/19/2010 to 05/04/2010
Time: Instructor will contact student
Fee: $30.00
Introduction to Golf 10ARF04A
Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of score card and handicaps. *First class meets from 6-7 pm, the second and third meet from 6-7:30 pm. Instructor: Jim Gregory, (785) 539-1041

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

Date: 04/08/2010 to 04/22/2010 (Th)
Time: *6:00 Pm to 7:00 Pm
Fee: $41.00
Location: Stagg Hill Golf Club, 4441 Fort Riley Blvd.

Introduction to Golf 10ARF04B
*First class meets from 6-7 pm, the second and third meet from 6-7:30 pm.
Instructor: Jim Gregory, (785) 539-1041

Date: 05/06/2010 to 05/20/2010 (Th)
Time: *6:00 Pm to 7:00 Pm
Fee: $41.00
Location: Stagg Hill Golf Club, 4441 Fort Riley Blvd.

Golf in Junction City 10ARF30AZ
This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.
Instructor: Jim Peterson

Date: 03/02/2010 to 04/27/2010 (Tu)
(No class 03/16)
Time: 5:00 PM to 7:00 PM
Fee: $132.00
Location: Rolling Meadows Golf Course, 6514 Old Milford Rd., Junction City

Golf in Junction City 10ARF30BZ
Instructor: Jim Peterson

Date: 03/03/2010 to 04/28/2010 (W)
(No class 03/18)
Time: 5:00 PM to 7:00 PM
Fee: $132.00
Location: Rolling Meadows Golf Course, 6514 Old Milford Rd., Junction City

Zumba Dance 10ARF08A
Zumba is a dance-based fitness class that features Latin and exotic music flavors including salsa, merengue, cumbia, flamenco, reggaeton, samba and many other international flavors. ZUMBA is designed for everyone, every shape, and every age. ZUMBA is an absolute blast!!! Ages 13 and up.
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com

Elsa Toburen was born and raised in Tarapoto, Peru. She grew up listening to Latin music. Her mother is a Peruvian folk dancer. She became a Zumba instructor in 2007. She loves Zumba because it gives her a way to express her passion for Latin dance and at the same time, teach others her passion and help them get fit.

Date: 01/05/2010 to 01/26/2010 (Tu)
Time: 5:30 PM to 6:30 PM
Fee: $38.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10ARF08B
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com

Date: 02/02/2010 to 02/23/2010 (Tu)
Time: 5:30 PM to 6:30 PM
Fee: $38.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10ARF08C
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com

Date: 03/02/2010 to 03/30/2010 (Tu)
(No class 3/16)
Time: 5:30 PM to 6:30 PM
Fee: $38.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10ARF08D
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com

Date: 04/06/2010 to 04/27/2010 (Tu)
Time: 5:30 PM to 6:30 PM
Fee: $38.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10ARF08E
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com

Date: 05/04/2010 to 06/01/2010 (Tu)
(No class 5/25)
Time: 5:30 PM to 6:30 PM
Fee: $38.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10ARF08F
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com

Date: 06/08/2010 to 06/29/2010 (Tu)
(No class 6/22)
Time: 5:30 PM to 6:30 PM
Fee: $38.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10ARF08G
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com

Date: 07/06/2010 to 07/27/2010 (Tu)
(No class 7/20)
Time: 5:30 PM to 6:30 PM
Fee: $38.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.
Zumba Dance 10ARF08H
Instructor: Elsa Toburen, (785) 844-2016  elsatob@hotmail.com
Date: 03/10/2010 to 04/07/2010 (W)
(No class 3/17)
Time: 6:40 PM to 7:40 PM
Fee: $38.00
Location: KSU Mike Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10ARF08I
Instructor: Elsa Toburen, (785) 844-2016  elsatob@hotmail.com
Date: 04/14/2010 to 05/05/2010 (W)
Time: 6:40 PM to 7:40 PM
Fee: $38.00
Location: KSU Mike Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10ARF08J
Instructor: Elsa Toburen, (785) 844-2016  elsatob@hotmail.com
Date: 05/12/2010 to 06/02/2010 (W)
Time: 6:40 PM to 7:40 PM
Fee: $38.00
Location: KSU Mike Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Beginning Belly Dance 10ARF09A
This course will cover the fundamentals of Middle Eastern Dance, more commonly known as Belly Dance. It will include basic moves such as hip and rib isolations, traditional arm moves, undulations and traveling steps. You will also learn a fun choreography to put all the moves together! Please wear comfortable clothing and be prepared to have fun!
Instructor: Keegan (Ketari) Schroeder

Keegan has been studying different forms of dance all of her life. Ballet was her focus until she reached Kansas State, where she began taking classes with the Maya Zahira School. Since 2005, Keegan has found a new love in belly dance. She encourages women of all shapes and sizes to try the dance because it truly enables women to see themselves as beautiful on both the inside and on the outside.

Date: 02/02/2010 to 04/27/2010 (Tu)
(No class 3/16)
Time: 7:00 PM to 8:00 PM
Fee: $96.00
Location: KSU International Student Center, Multipurpose Room

Beginning Belly Dance 10ARF09B
Instructor: Keegan (Ketari) Schroeder

Keegan has been studying different forms of dance all of her life. Ballet was her focus until she reached Kansas State, where she began taking classes with the Maya Zahira School. Since 2005, Keegan has found a new love in belly dance. She encourages women of all shapes and sizes to try the dance because it truly enables women to see themselves as beautiful on both the inside and on the outside.

Date: 02/04/2010 to 04/29/2010 (Th)
(No class 3/18)
Time: 7:00 PM to 8:00 PM
Fee: $96.00
Location: KSU International Student Center, Multipurpose Room

Intermediate Belly Dance 10ARF10
Come and get your shimmy on! This class will take you beyond the basics of Belly Dance by teaching you how to layer moves together and to find grace and fluidity in your dancing. New skills will also be covered, such as zills (or finger cymbals) and dancing with a veil. Students must have at least one session of Beginning Belly Dance or equivalent.
Instructor: Lisa McNeil, (785) 565-3466  bellydancerbarbie@hotmail.com

Lisa "Gaitri" McNeil has been dancing for the past 8 years. In 2001, she joined the dance department at K-State and spent 4 years studying modern dance, various forms of improvisation, and choreography. In that time she also began to informally study Belly Dancing and has since immersed herself in this ancient art form by studying with national starts such as Morocco, Jillina, Meera and Sharon Khara. Lisa has been teaching belly dance for 4 years and is dedicated to sharing her passion with others.

Date: 02/03/2010 to 04/28/2010 (W)
(No class 3/17)
Time: 6:30 PM to 7:30 PM
Fee: $96.00
Location: KSU International Student Center, Multipurpose Room

Advanced Belly Dance 10ARF11
In this class, we will not only learn advanced moves, but will also delve into more specialized areas of Belly Dance. Topics may include: Gypsy, drum solos, advanced zills, double dumb, veil balancing, and oh so much more! Be prepared to challenge yourself as we explore the many sides of Belly Dance! Student must have at least one session in Intermediate Belly Dance or equivalent.
Instructor: Nichole Jarboe-Paxson
Date: 03/22/2010 to 04/26/2010 (M)
Time: 6:30 PM to 8:30 PM
Fee: $48.00
Location: KSU International Student Center, Multipurpose Room

Belly Dance Conditioning Workout 10ARF12A
Looking for a fab workout that’s also a lot of fun? Welcome to the Belly Dance Workout class! Belly Dancing is designed to echo the natural movements of the female body, and celebrates our bodies as well as keeping us strong and fit. Using moves from Belly Dance, this class combines a high-energy cardiovascular workout with strengthening exercises that tone the abs, arms, chest, legs, and hips. No previous experience with Belly Dancing is necessary; all steps will be taught in class. A friendly, fast-paced aerobic workout, this class is great for all ages and body types!
Instructor: Michele Janette, mjanette@ksu.edu
Michele Janette has studied tap, ballet, and jazz dance as well as Belly Dancing. She has been teaching the Belly Dance Workout class for three years, and looks forward to many more!

Date: 01/27/2010 to 03/03/2010 (W)
Time: 5:20 PM to 6:20 PM
Fee: $48.00
Location: KSU International Student Center, Multipurpose Room

Belly Dance Conditioning Workout 10ARF12B
Instructor: Michele Janette, mjanette@ksu.edu
Date: 03/24/2010 to 04/28/2010 (W)
Time: 5:20 PM to 6:20 PM
Fee: $48.00
Location: KSU International Student Center, Multipurpose Room

Ballroom Dance 10ARF13A
Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. Swing, foxtrot, waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Learn something new each time you enroll! Classes fill rapidly, and it is advisable to register early. Partners are welcome but not required for this class.
Instructor: Rebecca Hickert, rebeccahickert@gmail.com
Date: 01/22/2010 to 02/26/2010 (F)
Time: 7:00 PM to 8:00 PM
Fee: Individual - $50.00
Location: ECM, 1021 Denison Ave., across the street from KSU Durland-Fiedler-Rathbone College of Engineering Complex.

Ballroom Dance 10ARF13B
Instructor: Rebecca Hickert, rebeccahickert@gmail.com
Date: 03/05/2010 to 04/16/2010 (F)
(No class 3/19)
Time: 7:00 PM to 8:00 PM
Fee: Individual - $50.00
Location: ECM, 1021 Denison Ave., across the street from KSU Durland-Fiedler-Rathbone College of Engineering Complex.

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Swing & Salsa Dance 10ARF27A
This is an intermediate course on swing dancing that emphasizes technique and style of Jitterbug, Lindy and West Coast swing. The emphasis will be on partnering and rhythmic articulation. Demonstrations, performances and videos will supplement the course. Prerequisites: Ballroom Dance I or a minimum of 6 months of social level dance classes or significant training in Ballet, Jazz or Modern dance is strongly recommended before entering this swing and salsa dance course. Partners are welcome but not required for this class.
Instructor: Rebecca Hickert, rebeccahickert@gmail.com
Date: 01/19/2010 to 05/04/2010 (Tu) (No class 3/16)
Time: 7:00 PM to 8:00 PM
Fee: Individual - $75.00
Location: ECM, 1021 Denison Ave., across the street from KSU Durland-Fiedler-Rathbone College of Engineering Complex.

Swing & Salsa Dance 10ARF27B
Instructor: Rebecca Hickert, rebeccahickert@gmail.com
Date: 03/05/2010 to 04/16/2010 (F) (No class 3/19)
Time: 8:00 PM to 9:00 PM
Fee: Individual - $50.00
Location: ECM, 1021 Denison Ave., across the street from KSU Durland-Fiedler-Rathbone College of Engineering Complex.

Ballroom Dance II 10ARF28Z
This course is an intermediate level course in the principles of ballroom dancing. It includes further emphasis on dance position, correct body alignment and positions, and partnering. Leading and following as well as the formal dance patterns and advanced variations of several Smooth, Rhythmic and Latin forms will be taught. Selected dances for this course may include but are not limited to the following: American Waltz, Viennese Waltz, Quickstep, Fox trot, Tango, Paso Doble, West Coast Swing, Jitterbug, Lindyhop, Jive, Merengue, Samba, Mambo, and Cha Cha.
Instructor: Rebecca Hickert, rebeccahickert@gmail.com
Date: 01/19/2010 to 05/04/2010 (Tu) (No class 3/16)
Time: 6:00 PM to 7:00 PM
Fee: Individual - $75.00
Location: ECM, 1021 Denison Ave., across the street from KSU Durland-Fiedler-Rathbone College of Engineering Complex.

Beginning Dance for Couples 10ARF38B
“For Couples Only!” Bring your partner and HAVE FUN learning how to dance to rhythms of Foxtrot, Swing, and Latin. This class is designed for beginning dancers who wish to learn how to dance with their partners and for intermediate or experienced dancers who wish to spend time dancing with that “special someone”. Learn something new each time you enroll! A partner is required for this class. Each partner needs to register and pay individually.
Instructor: Rebecca Hickert, rebeccahickert@gmail.com
Date: 01/14/2010 to 03/04/2010 (Th/Tu)
Time: 2:00 PM to 3:00 PM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

Boxing 10ARF14AZ
This 8-week introductory course will introduce students to the sport of USA Olympic Style Boxing in a safe and comfortable environment. This course is for both men and women of all shapes and sizes that have the desire to learn how to box. Whether you are interested in losing weight, getting in great shape, gaining boxing knowledge or even wishing to become an amateur boxer, this is where your training begins. Equipment used: heavy bags, speed bags and double-end bags. Mitts, gloves and jump rope. No sparring during course.
Instructor: Lorissa Ridley-Fink, (785) 341-1708
Date: 01/14/2010 to 03/04/2010 (Th/Tu)
Time: 6:30 PM to 7:30 PM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

Lorissa Ridley-Fink, founder and CEO of K.O. Boxing, Inc., is a USA certified boxing coach and holds over 25 years experience coaching athletes.

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Boxing 10ARF14CZ
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 01/20/2010 to 03/10/2010 (W/M)
Time: 2:00 PM to 3:00 PM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Center

Boxing 10ARF14DZ
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 01/20/2010 to 03/10/2010 (W/M)
Time: 2:00 PM to 3:00 PM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Center

Boxing 10ARF14EZ
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 03/09/2010 to 04/29/2010 (Tu/Th)
(No class 3/16, 3/18)
Time: 2:00 PM to 3:00 PM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Center

Boxing 10ARF14FZ
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 03/09/2010 to 04/29/2010 (Tu/Th)
(No class 3/16, 3/18)
Time: 6:30 PM to 7:30 PM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Center

Intermediate Boxing 10ARF54BZ
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 03/09/2010 to 05/06/2010 (Tu/Th)
(No class 3/16, 3/18)
Time: 7:30 PM to 8:30 PM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Center

Intermediate Boxing 10ARF54CZ
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 01/20/2010 to 03/10/2010 (W/M)
Time: 7:30 PM to 8:30 PM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Center

Intermediate Boxing 10ARF54DZ
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net
Date: 03/22/2010 to 05/05/2010 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: $148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Center

Ten·nis 10ARF19AZ
The focus of this tennis class will be to introduce the proper
technique of each tennis stroke. Scoring, rules, single and
doubles formations, shot selection, and match play will also be covered. Enjoy the “Sport of a Lifetime.” All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Students must provide their own tennis rackets.
Instructor: Bill Fraley
Date: 02/02/2010 to 04/20/2010 (Tu)
(No class 3/16)
Time: 1:30 PM to 3:00 PM
Fee: $82.00
Location: 3615 Claflin Road,
Cotton Wood Racquet Club

Tennis 10ARF19BZ
Instructor: Bill Fraley
Date: 02/03/2010 to 04/21/2010 (W)
(No class 03/17)
Time: 1:30 PM to 3:00 PM
Fee: $82.00
Location: 3615 Claflin Road,
Cotton Wood Racquet Club

Beginning Fencing 10ARF21AZ
Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) 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.
Instructor: Jeff Gwirtz
Date: 01/25/2010 to 05/03/2010 (M)
(No class 3/15)
Time: 6:00 PM to 7:30 PM
Fee: Has equipment - $60.00,
Use instructors - $93.00
Location: KSU-Ahearn Fieldhouse
Intermediate Fencing 10ARF22Z
Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and boutting.
Instructor: Jeff Gwritz
Date: 01/25/2010 to 05/03/2010 (M)
(No class 03/15)
Time: 7:30 PM to 9:00 PM
Fee: Has equipment - $60.00,
Use instructors - $93.00
Location: KSU-Ahearn Fieldhouse

African Dance 10ARF29
Ever been to Africa? If not, then take a trip with me through the enjoyment of African dance. Learn African movement from a mixture of countries in Africa. This high energy class will have you moving to the soulful sounds of African drums while getting fit with fun and athletic moves of Africa.
Instructor: Karen Sanders, (785) 317-6567
KAREN SANDERS IS A DETAINTO-DORN DANCER WHO RECEIVED HER B.A. IN DANCE IN MAY 2007 FROM MARY GROVE COLLEGE. SHE HAS TAUGHT MODERN, BALLET, HIP HOP, AFRICAN AND LITURGICAL DANCE. HER STUDENTS HAVE RANGED FROM AGES 3 TO ADULT.
Date: 02/05/2010 to 03/12/2010 (F)
Time: 4:00 PM to 5:00 PM
Fee: $52.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Modern Dance 10ARF85
Modern Dance is based on Lester Horton Modern, a great pioneer of dance. This class is a foundational-based technique and focuses on alignment, balance, strength, stretch and grace. Attire: leotard, tights or loose-fitting clothes. (No class 3/15, 3/17, 3/19)
Instructor: Karen Sanders, (785) 317-6567
Date: 02/05/2010 to 03/12/2010 (F)
Time: 6:00 PM to 7:30 PM
Fee: $54.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Canoe Camping 10ARF53Z
This class covers the interface between canoeing and camping. Learn how canoeing changes when adapting to the camping environment. The material will not be related to basics of camping (putting up tents, building fires, etc). Instead, the class will cover topics like planning, wet-condition packing, navigation, specialized gear requirements, how paddling changes when paddling loaded canoes, focused safety issues, etc - all topics that people need to be proficient in before venturing out on their own canoe camping trips.
Instructor: Steve Spencer, quietwater@wildblue.net
Date: 02/27/2010 to 02/28/2010 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: $101.00
Location: Natatorium, KSU campus

Marathon Training 10ARF68
If you have ever wanted to finish a marathon or run a personal best, but didn’t know how to begin or train, this is the class for you! This class will cover setting a marathon goal, designing a marathon schedule, selecting a marathon, nutrition, hydration, weather, prerace routines and postrace recovery. The course structure will consist of classroom lectures, discussions and some running. All participants are encouraged to meet outside of class time for organized runs. In addition, there will be opportunities to meet with the instructor at different locations outside of regularly scheduled classes for organized runs. This course is recommended for individuals that have been running at least 30 minutes per day, 4-7 days per week for 6 weeks. You must be able to run at least 6 miles the first week of class. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to incorporate a running program into your lifestyle. You must have the physical ability to begin a program based on walking and running.
Instructor: Dan Boyle, (785) 532-0134, dboyle@ksu.edu
Date: 03/01/2010 to 04/16/2010 (M/W/F)
Time: 6:00 PM to 7:00 PM
Fee: $145.00
Location: KSU-Ahearn Field House Indoor Track

Adult Ballet 10ARF71A
This ballet class is challenging and fun for teens or adults looking to learn or refresh an enjoyment of classical ballet. This class is geared toward beginning students, but intermediate and advanced students are welcome. We’ll work on body placement, technique at the barre, and center exercises including turns, jumps and leaps. Ballet slippers are recommended, but socks are fine. All ages welcome.
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com
Alison Watson has studied dance and performed her own dance choreography in Siracusa, Sicily and in Times Square in New York. After graduating with a Bachelor of Arts degree, she enrolled in a professional dance program in Kansas City. The following year she performed with Kansas City Contemporary Dance for their 2007 season. Alison will dance and move anywhere there is space! She performed with the K-State dance department and has taught dance and gymnastics classes in Manhattan. She hopes you’ll join her in these upcoming sessions!
Date: 02/20/2010 to 02/23/2010 (Tu)
Time: 6:30 PM to 8:00 PM
Fee: $46.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Let’s Get Running! 10ARF72
If you have ever wanted to start running, but didn’t know how to begin, this is the class for you! This training program is designed for people who have never run before, those who may have tried to run, then stopped, and those who used to run and want to begin again. The program starts with walking/running workouts with a goal to run continuously for 30 minutes or 5 km by the end of the 6 week program. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to incorporate a running program into your lifestyle. You must have the physical ability to begin a program based on walking and running.
Instructor: Dan Boyle, (785) 532-0134, dboyle@ksu.edu
Date: 03/01/2010 to 04/16/2010 (M/W/F)
(No class 3/15)
Time: 6:00 PM to 7:00 PM
Fee: $145.00
Location: KSU-Ahearn Field House Indoor Track

Archery Instructor Training & Certification 10ARF37Z
In this Level I Basic Training and Certification archery program, you will learn how to set up and operate a safe, short-term archery program, how to teach new archers, how to maintain your equipment, and how to create fun games for your new archers. The required NADA textbook will be available for purchase for the instructor at the first class meeting.
Instructor: Tom Korte, (785) 494-8889
Date: 01/25/2010 to 03/22/2010 (M)
(No class 3/15)
Time: 7:00 PM to 8:45 PM
Fee: $96.00
Location: Archery Range, 8330 East HWY 24

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach. He has helped numerous athletes from around the US achieve their goals at distances from 2 miles up to the marathon distance. To view Dan’s many running achievements, please visit www.truyfmr.org, find class, then instructor information.
Date: 03/23/2010 to 05/13/2010 (Tu/Th)
Time: 5:30 PM to 6:30 PM
Fee: $140.00
Location: UFM Conference Room, 1221 Thurston

www.tryufm.org
1221 Thurston St.
785.539.8763
Adult Ballet
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com
Date: 03/02/2010 to 03/30/2010 (Tu)
Time: 6:30 PM to 8:00 PM
Fee: $46.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Adult Ballet
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com
Date: 04/06/2010 to 04/27/2010 (Tu)
Time: 6:30 PM to 8:00 PM
Fee: $46.00
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Yogilates
Yogilates is a hybrid class combining yoga and Pilates. The different styles of yoga will be introduced, as well as classical and modern Pilates. We will work on flexibility, balance, and strength. Beginners as well as experienced “yogi’s” and Pilates masters are welcome, as this class is taught with multi-levels. A sticky mat (yoga) is recommended, but not required. Please wear comfortable clothes that do not restrict movement and try not to eat two hours before class (a small snack is fine).
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu
Diana Knox has been involved in the fitness industry for over 14 years as a certified instructor and director. As the Fitness Director and a personal trainer at ProFitness in Aggieville, she offers classes incorporating step, yoga, stability ball, pilates, weight training/toning, kickboxing and yogilates. Her classes are available in Manhattan through UFM, K-State for credit and ProFitness.

Yogilates
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu
Date: 01/14/2010 to 03/04/2010 (Th/Tu)
Time: 12 N to 1:00 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu
Date: 01/14/2010 to 03/04/2010 (Th/Tu)
Time: 7:00 PM to 8:00 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu
Date: 01/20/2010 to 03/10/2010 (W/M)
Time: 9:00 AM to 10:00 AM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu
Date: 01/20/2010 to 03/10/2010 (W/M)
Time: 1:30 PM to 2:30 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu
Date: 03/09/2010 to 05/06/2010 (Tu/Th)
Time: 12 N to 1:00 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu
Date: 03/22/2010 to 05/05/2010 (M/W)
Time: 9:00 AM to 10:00 AM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Have an idea for a UFM class or interested in teaching a class? UFM is always looking for new ideas and projects. We want to hear from you! Call us at 539.8763 or email info@tryufm.org to share your ideas!

Ask about our Adult & Youth scholarships at 539.8763

Recycle this catalog!!
Introduction to Nutcracker Ballet and Tap Dancing 10AYO06A
This class is a wonderful way to introduce ballet and tap technique to children. A ballet dance from the Nutcracker Ballet will be taught. For the last part of class, tap steps will be learned to delightful music. No dance experience or formal dance attire necessary. For girls and boys ages 4-12. NOTE: Children can be divided by age if needed. Tennis shoes can be used as tap shoes.
Instructor: Randi Dale, (785) 539-5767
Randi Dale has taught dance for 47 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Master’s Degree in Education. In May 2008, her regular students performed the story “Nutcracker Ballet.” In the past her dancers have performed Coppelia, Alice in Wonderland and Swan Lake. Her original choreography is designed for children.
Date: 01/20/2010 to 01/27/2010 (W)
Time: 5:45 PM to 6:15 PM
Fee: $12.00
Location: 2416 Rogers Blvd.

Introduction to Nutcracker Ballet and Tap Dancing 10AYO06B
Instructor: Randi Dale, (785) 539-5767
Date: 01/20/2010 to 01/27/2010 (W)
Time: 5:45 PM to 6:15 PM
Fee: $12.00
Location: 2416 Rogers Blvd.

Karate & Self-Defense (Adults & Youth) 10AMA10
Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion (“Kihon”) with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combative principles and sparring (“Kumite”). No matter your current situation, you will be guided step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+). Class will meet on the north end of Ahearn Fieldhouse, close to College Heights St.
Instructor: Habib Diop, hdiop@ksu.edu
Date: 03/25/2010 to 05/06/2010 (Th)
Time: 6:00 PM to 7:00 PM
Fee: $51.00
Location: KSU-Ahearn Fieldhouse

Beginning Drawing for Youth (Ages 10-12) 10AYO39A
Learn to draw, no matter what your skill level. All materials provided. See website, www.tryufm.org, for more details.
Instructor: Linda Rae, (785) 317-4499
lindarae@lindaraestudio.com
Linda has taught children’s and adult art classes and workshops in formal educational settings as well as private instruction.
Date: 01/25/2010 to 03/01/2010 (M)
Time: 5:00 PM to 6:00 PM
Fee: $67.00
Location: UFM Conference Room, 1221 Thurston

Beginning Drawing for Youth (Ages 10-12) 10AYO39B
Instructor: Linda Rae, (785) 317-4499
Date: 03/22/2010 to 04/26/2010 (M)
Time: 5:00 PM to 6:00 PM
Fee: $67.00
Location: UFM Conference Room, 1221 Thurston

Computers and Kids 10AYO43
Children in kindergarten through 6th grade will have the opportunity to learn how to use PowerPoint. Students will create a presentation about themselves in PowerPoint with at least three slides with text, clip art, and transitions. Parents are welcome to attend but it is not necessary. This class is taught by a certified elementary school teacher.
Instructor: Amy Trujillo, amyellen@me.com
Amy Trujillo works for USD-475 as an English Language Learner (ELL) teacher, writes technology articles for a national publication, and is certified to teach Microsoft Office. She has taught computer classes from kindergarten to the community college level. Amy has maintained various websites and blogs for personal and professional use.
Date: 01/23/2010 (Sa)
Time: 12 N to 1:00 PM
Fee: $12.00
Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.

Math Circle for Grades 1-3 10AYO51
Is your child curious about math and want to continue exploring outside of the classroom? This may be the program for you! The meetings will be full of hands-on activities, games, and short problems. The primary objective of this group is to develop a positive attitude toward mathematics by introducing young children to the elements of mathematical culture.
Instructor: Natasha Rozhkovskaya
rozhkovs@math.ksu.edu
Natasha Rozhkovskaya is an assistant professor in the Department of Mathematics at K-State. In spring 2009, she taught math for a small, enthusiastic group of first graders. In fall 2009, she launched a new and very successful program in math for grades 1-3 as a part of Berkeley (CA) Math Circle. She is happy to offer her experience and enthusiasm to our local families.
Date: 01/28/2010 to 02/18/2010 (Th)
Time: 4:30 PM to 5:30 PM
Fee: $29.00
Location: UFM Multipurpose Room 1221 Thurston St.

Let’s Duel: Yu-Gi-Oh for Kids 10AYO53
Get ready to duel! This class will teach the basic rules of the trading card game Yu-Gi-Oh. Each student will receive a Yu-Gi-Oh starter deck and be expected to bring it back to class every week. Most of the class will focus on dueling with this deck. Additionally, students will receive three booster packs over the course of the class. During the final class, students will have the option to bring other decks to use in their duels. Fee covers materials (starter deck, booster packs, and handouts). Open to elementary ages 4-12. Registration deadline is January 7.
Instructor: Todd Easton, (785) 776-0690, teaston@ksu.edu
Todd Easton is a K-State professor and a local soccer coach. He is also a dad to three avid Yu-Gi-Oh fans. He has spent many nights dueling all three at once.
Date: 01/21/2010 to 02/25/2010 (Th)
Time: 5:30 PM to 6:30 PM
Fee: $47.00
Location: UFM Multipurpose Room 1221 Thurston St.
### Ballroom Dance I
**DANCE-599**
This is an introductory course in the principles of ballroom dancing and social dance etiquette. Emphasis will be placed on dance terminology, dance position, correct body alignment, and partnering. Techniques such as open and closed position, leading and following, and a variety of steps will be taught through the forms of Foxtrot, ChaCha, and Jitterbug. Demonstrations, performances, and videos will supplement the course. Partners are welcome but not required for this class; partners may enroll for non-credit through UFM by calling 785-539-8763. No textbook is required for this course; however, ordering information for optional text/DVD/dance shoes is available from the instructor.

**Instructor:** Rebecca Hickert, rebeccahickert@gmail.com

**Reference Number:** 20683  
**Date:** 01/19/2010 to 05/04/2010 (Tu) (No class 3/16)  
**Time:** 8:00 PM to 9:00 PM  
**Fee:** $346  
**Location:** ECM Auditorium, 1021 Denison

### Ballroom Dance II
**DANCE-599**
This course is an intermediate level course in the principles of ballroom dancing. It includes further emphasis on dance position, correct body alignment and positions, and partnering. Leading and following as well as the formal dance patterns and advanced variations of several Smooth, Rhythmic and Latin forms will be taught. Selected dances for this course may include but are not limited to the following: American Waltz, Viennese Waltz, Quickstep, Foxtrot, Tango, Paso Doble, West Coast Swing, Jitterbug, Lindyhop, Jive, Merengue, Samba, Mambo, and ChaCha. Prerequisites: Ballroom Dance 1 AND Swing and Salsa; OR a minimum of two semesters of social level dance classes; OR significant training in Ballet, Jazz, or Modern dance is strongly recommended before enrolling in this dance course. Partners are welcome but not required for this class; partners may enroll for non-credit through UFM by calling 785-539-8763. No textbook is required for this course; however, ordering information for optional text/DVD/dance shoes is available from the instructor.

**Instructor:** Rebecca Hickert, rebeccahickert@gmail.com

**Reference Number:** 20685  
**Date:** 01/19/2010 to 05/04/2010 (Tu) (3/16)  
**Time:** 6:00 PM to 7:00 PM  
**Fee:** $346  
**Location:** ECM Auditorium, 1021 Denison

### Swing and Salsa Dance
**DANCE-599**
This is an intermediate course in social dancing that emphasizes technique, partnering, rhythmic articulation, and style of Mambo, Lindyhop, and Jitterbug. Demonstrations, performances, and videos will supplement the course. Prerequisites: Ballroom Dance 1; OR a minimum of one semester of social level dance classes; OR significant training in Ballet, Jazz, or Modern dance is strongly recommended before enrolling this course. Partners are welcome but not required for this class; partners may enroll for non-credit through UFM by calling 785-539-8763. No textbook is required for this course; however, ordering information for optional text/DVD/dance shoes is available from the instructor.

**Instructor:** Rebecca Hickert, rebeccahickert@gmail.com

**Reference Number:** 20687  
**Date:** 01/19/2010 to 05/04/2010 (Tu) (No class 3/16)  
**Time:** 7:00 PM to 8:00 PM  
**Fee:** $346  
**Location:** ECM Auditorium, 1021 Denison

### Beginning Middle Eastern Dance (Belly Dance)
**DANCE-599**
In this dance technique class, students will learn all the foundations of Middle Eastern Dance, otherwise known as Belly Dance. This class will cover beginning level hip and rib cage isolations, arm and hand movements, turns, traveling steps, percussive body movements, veil work, stage dynamics, combinations, and choreography. Students will also be introduced to the fundamentals of Middle Eastern music and rhythms, history, culture, and costuming, as they apply to the dance. This class is open to both men and women. However, all students are expected to participate. Please wear comfortable clothing that allows for ease of movement. Form-fitting clothing allows you and the instructor to check for proper alignment and technique. Footwear: bare feet, stocking feet, ballet slippers or dance sandals.

**Instructor:** Amy Werner

**Reference Number:** 20674  
**Date:** 01/14/2010 to 03/04/2010 (Tu/Th) (No class 3/18)  
**Time:** 6:00 PM to 7:30 PM  
**Fee:** $278.20  
**Location:** KSU Ahearn Room 302

### Beginning Yoga
**DANCE-599**
This course will cover the basic fundamentals of yoga: Sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy.

**Instructor:** Ana Franklin, (785) 537-8224  
**Email:** yogaconnection@gmail.com

**Reference Number:** 20675  
**Date:** 01/20/2010 to 03/10/2010 (M/W)  
**Time:** 10:00 AM to 11:00 AM  
**Fee:** $278.20  
**Location:** KSU Ahearn Room 302

**Reference Number:** 20674  
**Date:** 02/04/2010 to 04/22/2010 (Th) (No class 3/18)  
**Time:** 6:00 PM to 7:30 PM  
**Fee:** $278.20  
**Location:** KSU Ahearn Room 302

**Reference Number:** 20677  
**Date:** 01/20/2010 to 03/10/2010 (M/W)  
**Time:** 5:30 PM to 6:30 PM  
**Fee:** $278.20  
**Location:** KSU Ahearn Room 302

**Reference Number:** 20676  
**Date:** 03/22/2010 to 05/05/2010 (M/W)  
**Time:** 10:00 AM to 11:00 AM  
**Fee:** $278.20  
**Location:** KSU Ahearn Room 302

**Reference Number:** 20679  
**Date:** 03/22/2010 to 05/05/2010 (M/W)  
**Time:** 5:30 PM to 6:30 PM  
**Fee:** $278.20  
**Location:** KSU Ahearn Room 302
Intermedie Yoga
DANCE-599
This course will increase the student’s understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and study of Yoga Sutras. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the individual body-type. Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class.
Prerequisite: Eligibility for this course requires a personal interview with Ana Franklin. Students must make arrangements to meet with Ana to receive permission to enroll for this course. Please call or email her at 785-341-9908 or yogaconnection@gmail.com.
Instructor: Ana Franklin
Reference Number: 20681
Date: 03/09/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)
Time: 10:00 AM to 11:00 AM
Fee: $279.20
Location: K-State Union Recreation Center

Archery
RRES-200
This course provides men and women with instruction in target style archery. Emphasis is on the archery form currently used in Olympic sports. Students will use only the recurve bow, the compound bow will not be used in this class. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught and all equipment will be provided by the instructor. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.
Instructor: Tom Korte, (785) 494-8889
Reference Number: 20605
Date: 01/14/2010 to 03/22/2010 (M) (No class 3/15)
Time: 8:00 PM to 9:45 PM
Fee: $339
Location: Archery Range, 8330 E. HWY 24

Archery Instructor Training and Certification - Level I
RRES-200
In this Level I Basic Training and Certification archery program, you will learn how to set up and operate a safe, short-term archery program, how to teach new archers, how to maintain your equipment, and how to create fun games for your new archers. The required NADA textbook will be available for purchase from the instructor at the first class meeting.
Instructor: Tom Korte, (785) 494-8889
Reference Number: 20606
Date: 01/25/2010 to 03/22/2010 (M) (No class 3/15)
Time: 7:00 PM to 8:45 PM
Fee: $339
Location: Archery Range, 8330 E. HWY 24

Beginning Bowling
RRES-200
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.
Instructor: Terri Eddy
Reference Number: 20496
Date: 01/19/2010 to 05/04/2010 (Tu) (No class 3/16)
Time: 10:30 AM to 11:20 AM
Fee: $258.20
Location: K-State Union Recreation Center

Reference Number: 20497
Date: 01/20/2010 to 05/05/2010 (W) (No class 3/17)
Time: 10:30 AM to 11:20 AM
Fee: $258.20
Location: K-State Union Recreation Center

Boxing
RRES-200
This 8-week introductory course will introduce students to the sport of USA Olympic Style Boxing in a safe and comfortable environment. This course is for both men and women of all shapes and sizes that have the desire to learn how to box. Whether you are interested in losing weight, getting in great shape, gaining boxing knowledge, or even wish to become an amateur boxer, this is where your training begins. No sparring during course. Students may bring their own equipment or may purchase on the first day of class. Equipment needed: 12 oz. Heavy Bag Gloves, Catch Mitts, Jump Ropes, and Hand-wraps.
Instructor: Lorissa Ridley-Fink, (785) 341-1708
Reference Number: 20692
Date: 01/14/2010 to 03/04/2010 (Tu/Th)
Time: 2:00 PM to 3:00 PM
Fee: $344
Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20691
Date: 01/20/2010 to 03/10/2010 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: $344
Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20690
Date: 03/09/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)
Time: 2:00 PM to 3:00 PM
Fee: $344
Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20607
Date: 03/09/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)
Time: 6:30 PM to 7:30 PM
Fee: $344
Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20694
Date: 03/22/2010 to 05/05/2010 (M/W)
Time: 2:00 PM to 3:00 PM
Fee: $344
Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20693
Date: 03/22/2010 to 05/05/2010 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: $344
Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Intermediate Boxing
RRES-200
Participants in boxing must protect themselves at all times. A boxer must be able to move easily with speed, power and agility, while thinking on their feet. Requirements for enrollment: completion of Beginning Boxing or have at least one year of boxing training. Students will continue working on their punches, execute combos, and participate in bag training. They will train their bodies and discipline their minds. In this no contact boxing class, students will not spar. There will be intense Catch Mitt training. Boxing conditioning in this class will include: power and speed drills, agility, hand-eye coordination exercises, balance and footwork drills, upper and lower body strength training, strong abs, and strengthening physical endurance. Endurance is pushing your body past your mind’s desire to stop. Glove up, protect yourself and be ready to move!
Instructor: Lorissa Ridley-Fink, (785) 341-1708
Reference Number: 20698
Date: 01/14/2010 to 03/04/2010 (Tu/Th)
Time: 7:30 PM to 8:30 PM
Fee: $344
Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr
RRES-200

**Canoe Camping**

This class covers the interface between canoeing and camping. Learn how canoeing changes when adapting to the camping environment. The material will not be related to basics of camping (putting up tents, building fires, etc.) Instead, the class will cover changes when adapting to the camping environment. The material will not be related to basics of camping (putting up tents, building fires, etc.) Instead, the class will cover changes when adapting to the camping environment.

Canoe Camping - RRES-200

- **Reference Number:** 20699
- **Date:** 03/22/2010 to 05/05/2010 (M/W)
- **Time:** 7:30 PM to 8:30 PM
- **Fee:** $344
- **Location:** K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

**Essentials to River Canoeing**

RRES-200

Essentials to River Canoeing focuses mainly on general use tandem canoes, such that are found at most camps, rental shops or outfitters. The course is designed to give the student the necessary tools needed to travel down a moving river (not white water). Students will be presented with information on river hazards and features, strokes and basic skills such as eddy turns and ferry's.

The course will start with a classroom session at the UFM building on Saturday morning. The remaining time will be spent practicing canoeing strokes and skills on the Kansas River.

- **Instructor:** Steve Spencer, quietwater@wildblue.net

**Fundamentals of Canoeing**

RRES-200

This class will help students learn to travel safely and efficiently by canoe. The class provides an in-depth introduction to the sport of touring canoeing (not whitewater or sprint canoeing). This class will emphasize tandem canoeing with an exposure to solo paddling. The students will have a chance to paddle a variety of canoes. The course includes a strong emphasis on stroke and paddle mechanics and a complex stroke/maneuver list. This is a participation-based class. Full attendance required to pass class.

- **Instructor:** Steve Spencer, quietwater@wildblue.net
- **Date:** 04/24/2010 to 04/25/2010 (Sa/Su)
- **Time:** 8:00 AM to 5:00 PM
- **Fee:** $346
- **Location:** UFM Conference room, 1221 Thurston St

**First Aid/CPR/AED**

RRES-200

This course is designed to give individuals the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over. The course will also address the recognition, prevention and control of possible health and safety issues, both in the workplace and personally, including topics such as Ergonomics, Slips, Trips, and Falls, Workplace Violence Awareness, Back Injury Prevention, Managing Stress, and Heart Health. Books and supplies are included in class fees.

- **Instructor:** Henry Brown
- **Date:** 01/25/2010 to 05/03/2010 (M) (No class 3/15)
- **Time:** Noon to 7:30 PM
- **Fee:** $260.20
- **Location:** Ksu Ahearn Fieldhouse

**Intermediate Fencing**

RRES-200

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

- **Instructor:** Jeff Gwirtz
- **Reference Number:** 20726
- **Date:** 01/25/2010 to 05/03/2010 (M) (No class 3/15)
- **Time:** 7:30 PM to 9:00 PM
- **Fee:** $260.20
- **Location:** Ksu Ahearn Fieldhouse
K-State Evening College is the perfect opportunity to take classes while balancing your busy lifestyle.

Classes are offered on the K-State campus in Manhattan in both 8- and 16-week schedules between 5:30 and 10:30 p.m.

K-State Evening courses offered in the Spring of 2010:
- **FIRST AID/CPR CONTINUED**
  - Reference Number: 20479
  - Date: 04/17/2010 to 04/18/2010 (Sa/Su)
  - Time: Noon to 7:30 PM
  - Fee: $314
  - Location: UFM Banquet Room, 1221 Thurston

- **Fitness Swimming**
  - Reference Number: 20482
  - Date: 03/23/2010 to 05/06/2010 (Tu/Th)
  - Time: 6:00 PM to 7:30 PM
  - Fee: $264.20
  - Location: Natatorium, KSU Campus

- **Fitball Fusion**
  - Reference Number: 20480
  - Date: 05/01/2010 to 05/02/2010 (Sa/Su)
  - Time: Noon to 7:30 PM
  - Fee: $314
  - Location: UFM Banquet Room, 1221 Thurston

- **Fitness Swimming**
  - Reference Number: 20478
  - Date: 04/24/2010 to 04/25/2010 (Sa/Su)
  - Time: Noon to 7:30 PM
  - Fee: $314
  - Location: UFM Banquet Room, 1221 Thurston

- **Fitness Swimming**
  - Reference Number: 20481
  - Date: 01/26/2010 to 03/11/2010 (Tu/Th)
  - Time: 6:00 PM to 7:30 PM
  - Fee: $264.20
  - Location: Natatorium, KSU Campus

- **Fitball Fusion**
  - Reference Number: 20479
  - Date: 04/17/2010 to 04/18/2010 (Sa/Su)
  - Time: Noon to 7:30 PM
  - Fee: $314
  - Location: UFM Banquet Room, 1221 Thurston

- **Fitness Swimming**
  - Reference Number: 20482
  - Date: 03/23/2010 to 05/06/2010 (Tu/Th)
  - Time: 6:00 PM to 7:30 PM
  - Fee: $264.20
  - Location: Natatorium, KSU Campus

- **Fitness Swimming**
  - Reference Number: 20481
  - Date: 01/26/2010 to 03/11/2010 (Tu/Th)
  - Time: 6:00 PM to 7:30 PM
  - Fee: $264.20
  - Location: Natatorium, KSU Campus

- **Fitball Fusion**
  - Reference Number: 20480
  - Date: 05/01/2010 to 05/02/2010 (Sa/Su)
  - Time: Noon to 7:30 PM
  - Fee: $314
  - Location: UFM Banquet Room, 1221 Thurston

- **Fitness Swimming**
  - Reference Number: 20478
  - Date: 04/24/2010 to 04/25/2010 (Sa/Su)
  - Time: Noon to 7:30 PM
  - Fee: $314
  - Location: UFM Banquet Room, 1221 Thurston

- **Fitness Swimming**
  - Reference Number: 20481
  - Date: 01/26/2010 to 03/11/2010 (Tu/Th)
  - Time: 6:00 PM to 7:30 PM
  - Fee: $264.20
  - Location: Natatorium, KSU Campus

- **Fitness Swimming**
  - Reference Number: 20482
  - Date: 03/23/2010 to 05/06/2010 (Tu/Th)
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- **Fitness Swimming**
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  - Time: 6:00 PM to 7:30 PM
  - Fee: $264.20
  - Location: Natatorium, KSU Campus

- **Fitness Swimming**
  - Reference Number: 20482
  - Date: 03/23/2010 to 05/06/2010 (Tu/Th)
  - Time: 6:00 PM to 7:30 PM
  - Fee: $264.20
  - Location: Natatorium, KSU Campus

- **Fly Fishing**
  - Reference Number: 20814
  - Date: 01/14/2010 to 03/04/2010 (Tu/Th)
  - Time: 10:00 AM to 11:00 AM
  - Fee: $338
  - Location: Mercy Fitness West, 315 Seth Childs Rd

- **Fly Fishing**
  - Reference Number: 20815
  - Date: 03/09/2010 to 05/06/2010 (Tu/Th)
  - Time: 10:00 AM to 11:00 AM
  - Fee: $338
  - Location: Mercy Fitness West, 315 Seth Childs Rd

- **Fitness Swimming**
  - Reference Number: 20816
  - Date: 04/05/2010 to 04/15/2010 (M-Th)
  - Time: 6:00 PM to 8:00 PM
  - Fee: $268.20
  - Location: Ksu Durland Hall Room 1061

- **Fitness Swimming**
  - Reference Number: 20817
  - Date: 04/05/2010 to 04/15/2010 (M-Th)
  - Time: 6:00 PM to 8:00 PM
  - Fee: $268.20
  - Location: Ksu Durland Hall Room 1061

K-State offers many opportunities to help you fit classes into your busy schedule.
FLY FISHING CONTINUED
Reference Number: 20608
Date: 04/19/2010 to 04/29/2010 (M-Th)
Time: 6:00 PM to 8:00 PM
Fee: $280.20
Location: KSU Durland Hall Room 1061

Golf
RRES-200
This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.
Instructor: Jim Gregory, (785) 539-1041
Reference Number: 20610
Date: 03/02/2010 to 04/27/2010 (Tu) (No class 3/16)
Time: 2:30 PM to 4:30 PM
Fee: $358
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 20611
Date: 03/03/2010 to 04/28/2010 (W) (No class 3/17)
Time: 1:30 PM to 3:30 PM
Fee: $358
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 20612
Date: 03/04/2010 to 04/29/2010 (Th) (No class 3/18)
Time: 9:30 AM to 11:30 AM
Fee: $358
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Golf in Junction City
RRES-200
This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.
Instructor: Jim Peterson
Reference Number: 20614
Date: 03/02/2010 to 04/27/2010 (Tu) (No class 3/16)
Time: 5:00 PM to 7:00 PM
Fee: $358
Location: Rolling Meadows Golf Course, 6514 Old Milford Rd., Junction City

Reference Number: 20615
Date: 03/03/2010 to 04/28/2010 (W) (No class 3/17)
Time: 5:00 PM to 7:00 PM
Fee: $358
Location: Rolling Meadows Golf Course, 6514 Old Milford Rd., Junction City

Indoor Cycling
RRES-200
This course is designed to introduce participants to the latest trend sweeping the fitness industry worldwide. There are no complicated moves to learn. This will be a motivating group environment with instructors and music that beg your legs to pedal. Students will find themselves having a blast while you ride your way to a leaner, stronger body. During the class a certified Schwinn cycling instructor will simulate a ride using Schwinn Evolution bikes all while pedaling to fun, energetic music. This is an exercise format that is truly open to any fitness level because you are in control of your pace, speed and resistance throughout the entire ride. Together, everyone will travel flat roads, climb hills, sprint and even race! Regardless of your fitness level you’ll get a heart-pounding yet low-impact workout while maintaining the ability to go at your own pace.
Instructor: Jenni Brenner
Reference Number: 20601
Date: 01/20/2010 to 03/10/2010 (M-W)
Time: 1:00 PM to 2:00 PM
Fee: $338
Location: Mercy Fitness West, 315 Seth Childs Rd

Reference Number: 20602
Date: 03/22/2010 to 05/05/2010 (M-W)
Time: 1:00 PM to 2:00 PM
Fee: $338
Location: Mercy Fitness West, 315 Seth Childs Rd
Responding to Emergencies
RRES-200
This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Certification requirements: attend all sessions and view all videos, successfully demonstrate all skills, correctly answer at least 80% of questions on all written exams. Textbooks and supplies are included in class fees. Two hours KSU credit.
Instructor: Henry Brown
Reference Number: 20480
Date: 02/06/2010 to 02/20/2010 (Su/Sa)
Time: Noon to 6:30 PM
Fee: $628 for 2 Hours KSU Credit
Location: UFM Banquet room, 1221 Thurston

Scuba Diving
RRES-200
This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of $75.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student’s expense. Students must provide their own masks, fins, and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from $100 to $175. There is a nonrefundable materials fee of $50 for withdrawing from the class after the first day.
Instructor: Jeff Wilson, (785) 313-4231, wheatlandsports@twinvalley.net
Reference Number: 20619
Date: 01/25/2010 to 03/01/2010 (M)
Time: 6:00 PM to 10:00 PM
Fee: $416.20
Location: Natatorium, KSU Campus

Reference Number: 20625
Date: 03/22/2010 to 04/26/2010 (M)
Time: 6:00 PM to 10:00 PM
Fee: $416.20
Location: Natatorium, KSU Campus

Reference Number: 20624
Date: 01/23/2010 to 03/06/2010 (Sa) (No class 2/6)
Time: 9:30 AM to 1:30 PM
Fee: $416.20
Location: Natatorium, KSU Campus

Tae Kwon Do I
RRES-200
Tae Kwon Do is an effective way to unify the mind and body. It helps develop one’s health by increasing cardiovascular abilities, strength, balance and flexibility. The basics of blocking, punching, kicking, self-defense and white belt form will be covered. Class will consist of practicing these skills as a group, working with other classmates and with the instructor. At the end of the semester, students will have the option to be tested for their orange belt.
Instructor: David Moore
Reference Number: 20508
Date: 01/14/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)
Time: 6:30 PM to 7:30 PM
Fee: $314
Location: Sun Yi’s Academy, 1650 Hayes Dr

Tennis
RRES-200
The focus of this introductory tennis class will be to introduce the proper technique of each tennis stroke. Scoring, rules, single and doubles formations, shot selection, and match play will also be covered. Come enjoyut wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Students must provide their own tennis rackets.
Instructor: Bill Fraley
Reference Number: 20621
Date: 02/02/2010 to 04/20/2010 (Tu) (No class 3/16)
Time: 1:30 PM to 3:00 PM
Fee: $322
Location: Cottonwood Racket Club, 3615 Claflin Rd

www.tryufm.org
1221 Thurston St.
785.539.8763
TOTAL BODY TONING CONTINUED
Instructor: Daryl Bussen
Reference Number: 20626
Date: 01/20/2010 to 03/10/2010 (M/W)
Time: 4:20 PM to 5:20 PM
Fee: $338
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20627
Date: 03/22/2010 to 05/05/2010 (M/W)
Time: 4:20 PM to 5:20 PM
Fee: $338
Location: Pro Fitness West, 315 Seth Childs Rd

Instructor: Jenni Brenner
Reference Number: 20704
Date: 01/20/2010 to 03/10/2010 (M/W)
Time: 10:00 AM to 11:00 AM
Fee: $338
Location: Mercy Fitness West, 315 Seth Childs Rd

Reference Number: 20702
Date: 03/22/2010 to 05/05/2010 (M/W)
Time: 11:30 AM to 12:30 PM
Fee: $338
Location: Mercy Fitness West, 315 Seth Childs Rd

Reference Number: 20703
Date: 03/22/2010 to 05/05/2010 (M/W)
Time: 10:00 AM to 11:00 AM
Fee: $338
Location: Mercy Fitness West, 315 Seth Childs Rd

Reference Number: 20701
Date: 03/22/2010 to 05/05/2010 (M/W)
Time: 11:30 AM to 12:30 PM
Fee: $338
Location: Mercy Fitness West, 315 Seth Childs Rd

Turbo Kick™
RRES-200
Turbo Kick™ is an addictive, intense workout that combines shadow punching, sports drills, kicking, and simple dance moves in a fun atmosphere. Turbo Kick™ is an interval-based class that allows participants of any fitness level to participate and custom tailor their work-out. There will be 3 rounds learned in the 8-week session. While the feel and spirit of the workout remains consistent, each new workout is more fun, exciting, powerful and effective than the last!
Instructor: Jenni Brenner
Reference Number: 20623
Date: 01/14/2010 to 03/04/2010 (Tu/Th)
Time: 4:00 PM to 5:00 PM
Fee: $338
Location: Mercy Fitness West, 315 Seth Childs Rd

Reference Number: 20628
Date: 03/09/2010 to 05/06/2010 (Tu/Th)
Time: 4:00 PM to 5:00 PM
Fee: $338
Location: Mercy Fitness West, 315 Seth Childs Rd

Water Safety Instructor
RRES-200
The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach Swimming and Water Safety Program courses, including the Basic Water Rescue course, the six levels of Learn-to-Swim, WSI-aide, Water Safety Outreach presentations, and Parent and Child Aquatics. Please Note: The WSI course is NOT designed to teach you the required strokes and skills. Paired practice, coaching and drills are used to refine skills. Be prepared for reading, homework and presentations. Enrollment and certification requirements for this class are listed at www.tryufm.org. Materials are included in class fees.
Instructor: Carol Russell, ileach@ksu.edu
Reference Number: 20725
Dates: 04/26/2010 to 05/08/2010 (M/F/Sa)
Time: 4/26 from 6:00 PM to 9:00 PM (M)
4/30 from 6:00 PM to 9:00 PM (F)
5/1 & 5/8 from 8:00 AM to 6:00 PM (Sa)
5/3 from 4:00 PM to 9:00 PM (M)
5/7 from 4:00 PM to 8:00 PM (F)
Fee: $518.40 for 2 hours KSU Credit
Location: Natatorium, KSU Campus

Yogilates
RRES-200
Yogilates is a hybrid class combining yoga and Pilates. The different styles of yoga will be introduced, as well as classical and modern Pilates. We will work on flexibility, balance, and strength. Beginners as well as experienced “yogi’s” and Pilates masters are welcome, as this class is taught with multi-levels. A sticky mat (yoga) is recommended, but not required. Please wear comfortable clothes that do not restrict movement and try not to eat two hours before class (a small snack is fine).
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu
Reference Number: 20719
Date: 01/14/2010 to 03/04/2010 (Tu/Th)
Time: 12:00 PM to 1:00 PM
Fee: $338
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20718
Date: 01/20/2010 to 03/04/2010 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: $338
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20629
Date: 01/20/2010 to 03/10/2010 (M/W)
Time: 9:00 AM to 10:00 AM
Fee: $338
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20722
Date: 01/20/2010 to 03/10/2010 (M/W)
Time: 1:30 PM to 2:30 PM
Fee: $338
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20716
Date: 03/09/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)
Time: 12:00 PM to 1:00 PM
Fee: $338
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20721
Date: 03/22/2010 to 05/05/2010 (M/W)
Time: 9:00 AM to 10:00 AM
Fee: $338
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20720
Date: 03/22/2010 to 05/05/2010 (M/W)
Time: 1:30 PM to 2:30 PM
Fee: $338
Location: Pro Fitness, 1125 Laramie St.

Zumba
RRES-200
ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness interval training and a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.
Instructor: Jenni Brenner
Reference Number: 20730
Date: 01/14/2010 to 03/04/2010 (Tu/Th)
Time: 1:00 PM to 2:00 PM
Fee: $338
Location: Mercy Fitness West, 315 Seth Childs Rd

Reference Number: 20731
Date: 03/09/2010 to 05/06/2010 (Tu/Th)
Time: 1:00 PM to 2:00 PM
Fee: $338
Location: Mercy Fitness West, 315 Seth Childs Rd
We wish to thank the following contributors to UFM, the Lou Douglas Lecture Series and Flint Hills Community Radio for their financial contributions during 2009. These donations help underwrite general operating costs, lecture expenses and program development costs that make UFM program services, the Lou Douglas Lectures, and the creation of KONZ possible.

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- Donate to the KONZ Radio Equipment Fund. Every dollar you donate is matched by three dollars from the federal government.
- Donate to the KONZ Operations Fund to help get KONZ on the air!

Call Linda at 785.539.8763 for details and to discuss options.

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ABOUT UFM CLASSES

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

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor’s financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Marcia at 539.8763.

REFUND POLICY

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

REFUND POLICY

We will provide a full refund if a class is canceled by UFM. If a student withdraws from a class 48 hours before the class begins, a full refund may be given, except for any published non-refundable material fees. No refunds will be given once class has started.

INCLEMENT WEATHER POLICY

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

LIABILITY STATEMENT

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

NONTDISCRIMINATION POLICY

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

MAILING YOUR REGISTRATIONS?

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

DONATIONS

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

SPECIAL POLICIES FOR KSU CREDIT CLASSES

CREDIT REGISTRATION REFUNDS:
A full refund of tuition and fees, less any non-refundable material fee, may be given before 20% of the scheduled class meetings. A 50% refund of tuition and fees may be given, less any non-refundable material fee, between 20% and 25% of the scheduled class meetings. No refund is issued after 25% of the scheduled class meetings. A course dropped between 30% to 60% of the scheduled class meetings will have no “W” recorded on the students transcript. A course dropped between 30% to 63% of the scheduled class meetings will have a “W” recorded on the students transcript. Students dropping a course must either complete and submit the online drop form located at: http://www.dce.ksu.edu/dce/distance/forms.html or send written notification to the DCe Registration Office 785.532.5666 postmarked no later than the deadline. Students may not drop from a course after 63% of the course has been completed.

CREDIT ENROLLMENT FEE:
Courses taken for credit carry additional fees required for University administration of the credit program. A $25.00 late fee will be charged for enrollments taken after the first day of classes. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours. There is a non-refundable material fee for withdrawing from some classes after the first day.

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

2010 SPRING INSTRUCTORS

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

Carla Barta
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Ways to Register

Visit our secure website: www.tryufm.org
CLICK on non-credit classes and register online for any class. VIEW class descriptions, times and dates.

Call 539.8763 during business hours and use your Mastercard, Visa or Discover. Please have your card number and expiration date.

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

Stop by the UFM House, 1221 Thurston, between 8:30-Noon & 1:00-5:00 PM (Monday through Friday)