Fall at UFM is busy, busy. We are sponsoring the Lou Douglas Lectures in September and October, offering a new Osher program for older adults and we are involved with the K-State Book Network project (read The Hunger Games by Suzanne Collins!)

The season change might mean more layers and staying indoors, so...

Before winter weather arrives, get out and try a UFM class! Learn a new skill, gain a new hobby, or just get up and get moving.

Come to UFM and take a class to keep you busy until spring. Fall and winter doesn’t have to be boring, try UFM!
### 2010 FALL 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.

<table>
<thead>
<tr>
<th>Mark Ahrens</th>
<th>Linda Clemens</th>
<th>Jeff Gwirtz</th>
<th>Debbie Newton</th>
<th>Paul Sodemann</th>
</tr>
</thead>
<tbody>
<tr>
<td>Richard Ahrens</td>
<td>Jacqueline Coggins</td>
<td>Rebecca Hickert</td>
<td>Brit Nicholls</td>
<td>Kendra Staley</td>
</tr>
<tr>
<td>Voices For All, LLC</td>
<td>Melissa Copp</td>
<td>Palma Holden</td>
<td>Mick O’Shea</td>
<td>Susie Stanfield</td>
</tr>
<tr>
<td>Cathia Bailey Kreibiel</td>
<td>Randi Dale</td>
<td>Brooke Hollis</td>
<td>Meghan Olson</td>
<td>Mei Hwa (Tina) Terhune</td>
</tr>
<tr>
<td>Walter Barr</td>
<td>Thad Dall</td>
<td>Michele Janette</td>
<td>Steven Paul</td>
<td>Abby Thras</td>
</tr>
<tr>
<td>Carol Barta</td>
<td>Habib Diop</td>
<td>Gaythi Kambhampati</td>
<td>Ashley Penner</td>
<td>Elsa Toburen</td>
</tr>
<tr>
<td>Scott Bean</td>
<td>Bill Dorsett</td>
<td>Brandi (Anisa) Kasekel</td>
<td>Jim Peterson</td>
<td>Michael Tran</td>
</tr>
<tr>
<td>Corey Bervoetsen</td>
<td>Terri Eddy</td>
<td>Jim Kiker</td>
<td>Karen Poiuson</td>
<td>Amy Trujillo</td>
</tr>
<tr>
<td>Dan Boyle</td>
<td>David Espenpa</td>
<td>Abigail Klutz</td>
<td>Christopher Renner</td>
<td>Kennita Tully</td>
</tr>
<tr>
<td>Charlotte Braddock</td>
<td>Bill Fraley</td>
<td>Diana Knox</td>
<td>Lorissa Ridley-Fink</td>
<td>Alison Watson</td>
</tr>
<tr>
<td>Shannon Branson</td>
<td>Ana Franklin</td>
<td>Tom Korte</td>
<td>Karen Sanders</td>
<td>Paul Weidhaas</td>
</tr>
<tr>
<td>Jenni Brenner</td>
<td>John Garetson</td>
<td>Cherry Leaym</td>
<td>Dominique Saunders</td>
<td>Jeff Wilson</td>
</tr>
<tr>
<td>Gregory Brown</td>
<td>Jeff Gill</td>
<td>Jo Maseberg-Tom</td>
<td>Keegan (Katari) Schroeder</td>
<td>Stan Wilson</td>
</tr>
<tr>
<td>Henry Brown</td>
<td>Jim Gregory</td>
<td>Judy Metcalfe</td>
<td>David Seamon</td>
<td>Chutlee Yaege</td>
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<tr>
<td>Charlene Brownein</td>
<td>Ken Guan</td>
<td>David Moore</td>
<td>Tim Sidofrsky</td>
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<tr>
<td>Kate Cashman</td>
<td>Jennifer Guilford</td>
<td>Amy Muse</td>
<td>Glenn Sibury</td>
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</tbody>
</table>

UFM would like to acknowledge and thank The Manhattan Mercury for their support and catalog printing.
LEARN TO SWIM CLASSES

UFM proudly offers the American Red Cross Swim Lessons Levels I - VI, Parent and Child Aquatics, and Tot Transition. UFM also offers private and adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is reinforced with tips and practice each day. The first day of class each student is evaluated to assure that they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

LOCATION: KSU Natatorium - Ahearn Complex on Denison Ave.

PARKING: Parking is available in the KSU student/faculty parking lot on Denison Ave. across the street west of Natatorium after 5 pm or on side streets.

SWIM PROGRAM MAKE-UP & REFUND POLICY
When a class is cancelled due to severe weather, or other circumstances when a lesson cannot be provided by UFM, a make-up class will be scheduled OR a refund will be issued in the amount of the missed lesson.

When class participants are absent from class, UFM will not issue a refund or make-up session due to staff availability, budgeting and scheduling constraints.

NOTE: Minimum enrollment for all classes is 4. If less than 4 enroll, classes may be combined, changed to private or semi-private lessons or cancelled.

AQUATICS

BEGINNING & ENDING DATES (Levels I-VI, Adult Swim and Lap Swimming) (Except Where Noted):

<table>
<thead>
<tr>
<th>Session</th>
<th>Day</th>
<th>Date</th>
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<tbody>
<tr>
<td>Session A</td>
<td>Monday</td>
<td>Sept. 13 to Nov. 15</td>
</tr>
<tr>
<td>Session B</td>
<td>Tuesday</td>
<td>Sept. 14 to Nov. 16</td>
</tr>
<tr>
<td>Session C</td>
<td>Wednesday</td>
<td>Sept. 15 to Nov. 17</td>
</tr>
<tr>
<td>Session D</td>
<td>Thursday</td>
<td>Sept. 16 to Nov. 18</td>
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</table>

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/30 min)

Tot Transition (3-4 yrs)

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

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

Level I: Introduction to Water Skills

The objectives of Level I 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/40 min)

<table>
<thead>
<tr>
<th>Session</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>AQ-01A</td>
<td>Monday</td>
<td>6:45 PM to 7:25 PM</td>
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<tr>
<td>AQ-01B</td>
<td>Tuesday</td>
<td>6:45 PM to 7:25 PM</td>
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<td>AQ-01C</td>
<td>Wednesday</td>
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<tr>
<td>AQ-01D</td>
<td>Thursday</td>
<td>6:45 PM to 7:25 PM</td>
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</table>

Level II: Fundamental Aquatic Skills

The objective of Level 2 is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. 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/40 min)

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<thead>
<tr>
<th>Session</th>
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<td>AQ-02A</td>
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<tr>
<td>AQ-02D</td>
<td>Thursday</td>
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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 swim forward, 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 the poolside. As in all levels, safety skills will be presented.

Fee: $54.00 per session (10 lessons/40 min)

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<tr>
<td>AQ-03D</td>
<td>Thursday</td>
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</table>

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 treading at a wall.

Fee: $54.00 per session (10 lessons/40 min)

<table>
<thead>
<tr>
<th>Session</th>
<th>Day</th>
<th>Time</th>
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<td>AQ-04A</td>
<td>Monday</td>
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<tr>
<td>AQ-04B</td>
<td>Tuesday</td>
<td>6:45 PM to 7:25 PM</td>
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<td>AQ-04C</td>
<td>Wednesday</td>
<td>6:45 PM to 7:25 PM</td>
</tr>
<tr>
<td>AQ-04D</td>
<td>Thursday</td>
<td>6:45 PM to 7:25 PM</td>
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</table>

Level V: Stroke Refinement

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

Fee: $54.00 per session (10 lessons/40 min)

<table>
<thead>
<tr>
<th>Session</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>AQ-05A</td>
<td>Monday</td>
<td>6:45 PM to 7:25 PM</td>
</tr>
<tr>
<td>AQ-05C</td>
<td>Wednesday</td>
<td>6:45 PM to 7:25 PM</td>
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</table>

Manhattan Marlins Swim Team

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

Ages: 5 years through college

www.manhattanmarlins.org

For more information contact: Curtis Robinson at 916-813-4648 or Nellie Bucholtz at 785-587-8770
Level VI: Swimming and Skill Proficiency
The objectives of this level are to refine strokes so participants can swim them with more ease, efficiency, power and smoothness and over greater distances. Level 6 also introduces other aquatic activities and offers three options - Personal Water Safety, Fundamentals of Diving and Fitness Swimmer. These options focus on preparing participants for more advanced courses, such as the Water Safety Instructor course, or other aquatics activities, such as competitive swimming or diving.

Fee: $54.00 per session (10 lessons/40 min)

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

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

Fee: $54.00 per session (10 lessons/40 min)

AQ-22A Monday 6:00 PM to 6:40 PM

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)

AQLSA Monday 6:00 PM to 7:30 PM
AQLSB Tuesday 6:00 PM to 7:30 PM
AQLSC Wednesday 6:00 PM to 7:30 PM
AQLSD Thursday 6:00 PM to 7:30 PM

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

Fee: $16.00 per session (10 times)

AQLPA Monday 6:00 PM to 7:30 PM
AQLPB Tuesday 6:00 PM to 7:30 PM
AQLPC Wednesday 6:00 PM to 7:30 PM
AQLPD Thursday 6:00 PM to 7:30 PM

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

Deep Water participants will be issued an aquajogger belt to help provide buoyancy in the water and is taught in the diving well. Only swimmers who can tread water without a flotation device are allowed to participate in the class.

*Deep Water only meets on Tues/Thurs.

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.

Private Swim Lessons
Private lessons provide one-on-one instruction for any level of swimmer. There are 5 lessons, 30 minutes each that occur once per week. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Private Lessons:

<table>
<thead>
<tr>
<th>Session</th>
<th>Days</th>
<th>Date Range</th>
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</thead>
<tbody>
<tr>
<td>A1</td>
<td>Monday</td>
<td>Sept. 13 to Oct. 11</td>
</tr>
<tr>
<td>B1</td>
<td>Tuesday</td>
<td>Sept. 14 to Oct. 12</td>
</tr>
<tr>
<td>C1</td>
<td>Wednesday</td>
<td>Sept. 15 to Oct. 13</td>
</tr>
<tr>
<td>D1</td>
<td>Thursday</td>
<td>Sept. 16 to Oct. 14</td>
</tr>
<tr>
<td>E1-E3</td>
<td>Saturday</td>
<td>Sept. 25 to Oct. 30</td>
</tr>
</tbody>
</table>

(No class 10/16)

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

Times for Saturday sessions:
E1: 9:30 AM to 10:00 AM
E2: 10:10 AM to 10:40 AM
E3: 10:50 AM to 11:20 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
For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. There is no charge for this activity. However, registration with the number of participants planning to attend is requested so that we can provide adequate lifeguards. The session may be cancelled if no pre-registration is received.

Date: 10/10/2010 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, K-State Campus

Open Swim Appreciation
Date: 10/24/2010 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, K-State Campus

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

Date: 09/26/2010 to 10/24/2010 (Su)
(No class 10/17)
Time: 5:00 PM to 7:00 PM
Fee: $8.00/Individual; $20.00/Family
Location: Natatorium, K-State Campus
**Scuba Diving**  
**10CAQ105AZ**  
Instructor: Jeff Wilson, (785) 313-4231  
wheatlandsports@twinvalley.net  
Date: 09/13/2010 to 10/18/2010 (M)  
Time: 6:00 PM to 10:00 PM  
Fee: $257.00 (Available for KSU Credit)  
Location: Natatorium, K-State Campus  
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 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

**Fitness Swimming**  
**10CAQ108AZ**  
Instructor: Melissa Copp, mcopp@ksu.edu  
Date: 08/24/2010 to 10/12/2010 (Tu/Th)  
Time: 6:00 PM to 7:30 PM  
Fee: $95.00 (Available for KSU Credit)  
Location: Natatorium, K-State Campus  
Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills, improving/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.  
Instructor: Melissa Copp, mcopp@ksu.edu

**Fitness Swimming**  
**10CAQ108BZ**  
Instructor: Melissa Copp, mcopp@ksu.edu  
Date: 10/14/2010 to 12/09/2010 (Tu/Th)  
(No class 11/23, 11/25)  
Time: 6:00 PM to 7:30 PM  
Fee: $95.00 (Available for KSU Credit)  
Location: Natatorium, K-State Campus  
Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills, improving/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.  
Instructor: Melissa Copp, mcopp@ksu.edu

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 539.8763**

We WANT You!
Interested in teaching a class for UFM. We are looking for people to teach!

**Foreign Language**

**Youth Recreational Activities**

**GRE/LSAT Prep**

We are always looking for new and interesting class ideas!

info@tryufm.org  
785-539-8763  
www.tryufm.org

To view instructor’s bios visit www.tryufm.org
**CAREER & FINANCE**

**Gain Control of Your Money 10CFC01**
Do you have too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on debt and insurance? You will learn to identify problem areas in your finances so that you can start to take control of your money. Learn to buy wisely and set realistic financial goals. Topics will include debt, insurance, and investment basics. Learn how to develop a personal financial plan so that you can accumulate more wealth and have a better quality of life.

_Instructor: Charlene Brownson, (785) 539-8763_

**Microsoft Excel Basics 10CFC54**
This is a basic class covering the basic Word features. We will cover the toolbars, the 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_

**GRE Prep Course 10CFC06**
Graduate Record Exam Preparation Course. Review and practice the three GRE subject areas of Math, Logic and Verbal skills, learn strategies for successful test-taking and analyze the reason for correct responses. Materials included in fee. Deadline one week prior to class or $20 extra fee to order materials.

_Instructor: Corey Boernsen_

**Basic Computer and Internet Skills 10CFC51**
Afraid to turn on a computer? This is the class for you! You will learn how to identify the basic parts of the computer, how to use the mouse, and explore Microsoft Office and Internet Explorer. Once you have the basics down, you will learn how to manage your free email account and how to search on the Internet. If children are enrolling, please contact the instructor beforehand so the projects can be modified to meet the needs of those attending. This class is open to everyone 10 and over. Children must be accompanied by an adult. (A great way to take a class together!)

_Instructor: Amy Trujillo, amyellen@me.com_

**Social Networking 10CFC52**
Trying to navigate your way around all of the social networking hype? This class will introduce you to Twitter, Facebook, Foursquare, LinkedIn and others. All can be used for personal as well as professional reasons. Participants of all ages are welcome but those under 16 need to bring a parent or guardian.

_Instructor: Amy Trujillo, amyellen@me.com_

**Twitter 101 10CFC63**
Can you say that in 140 characters or less? Are you confused on the whole Twitter craze? Learn how to manage personalized lists, privacy settings, find interesting people and organizations to follow, and how to reach clients and prospective clients in 140 characters. Participants must be 18+ unless accompanied by an adult.

_Instructor: Amy Trujillo, amyellen@me.com_

**Microsoft Excel Basics 10CFC54**
This is a basic class covering the basic Word features. We will cover the toolbars, the 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_

**Facebook 10CFC64**
Have a Facebook page but have no idea on what to do now? This class will cover privacy settings, modifying what you see on your wall, searching for local businesses and organizations, and other items based on the needs/wants of the participants. Participants must be 18+ unless accompanied by an adult.

_Instructor: Amy Trujillo, amyellen@me.com_

**Getting a Job with the Federal Government: What you need to know! 10CFC103C**
Looking to land a job with the federal government? Whether you are already “in the system” or just starting your search for that perfect “GS or NSPS Position” you will learn the tools needed to successfully locate and apply to federal jobs. Participants will learn how to identify resources to locate federal job vacancy announcements, understand classifications including types of jobs, series, grades, and steps available, and describe applicable preferences. Additionally, participants will learn special information and keywords to include in a federal resume and KSA Narrative, specifically the RESUMIX system.

_Instructor: Shannon Branson, (678) 643-2627_

**Resumes for Career Changes & Unconventional Career Paths 10CFC104A**
Experienced an unconventional career path? Retiring and want to market yourself for another career? Re-entering the workforce after taking time off to raise kids? Gaps in employment history? If you answered yes to any of the above, this class is for you! Statistics show the average worker changes career fields 3-5 times during the course of their working life. Learn what you need to know to create a power resume that targets the job you really WANT!

_Instructor: Shannon Branson, (678) 643-2627_

**Getting a Job with the Federal Government: What you need to know! 10CFC103C**
Looking to land a job with the federal government? Whether you are already “in the system” or just starting your search for that perfect “GS or NSPS Position” you will learn the tools needed to successfully locate and apply to federal jobs. Participants will learn how to identify resources to locate federal job vacancy announcements, understand classifications including types of jobs, series, grades, and steps available, and describe applicable preferences. Additionally, participants will learn special information and keywords to include in a federal resume and KSA Narrative, specifically the RESUMIX system.

_Instructor: Shannon Branson, (678) 643-2627_

**Getting a Job with the Federal Government: What you need to know! 10CFC103B**
Looking to land a job with the federal government? Whether you are already “in the system” or just starting your search for that perfect “GS or NSPS Position” you will learn the tools needed to successfully locate and apply to federal jobs. Participants will learn how to identify resources to locate federal job vacancy announcements, understand classifications including types of jobs, series, grades, and steps available, and describe applicable preferences. Additionally, participants will learn special information and keywords to include in a federal resume and KSA Narrative, specifically the RESUMIX system.

_Instructor: Shannon Branson, (678) 643-2627_

**Secrets to Creating Professional & Executive Resumes for Today’s Economy 10CFC105A**
One size doesn’t fit all when it comes to creating your personal marketing masterpiece! Learn how to give your resume a make-over that will set you apart from the masses. Pinpoint and market your skills and achievements through the creation of a Value-Based Resume using the Law of Messaging, the 6-8-05 formula, and formatting techniques. Additionally, participants will learn the ABC’s of online resumes and master the art of writing cover letters, reference pages, and career cards.

_Instructor: Shannon Branson, (678) 643-2627_

**Resumes for Career Changes & Unconventional Career Paths 10CFC104B**
Experienced an unconventional career path? Retiring and want to market yourself for another career? Re-entering the workforce after taking time off to raise kids? Gaps in employment history? If you answered yes to any of the above, this class is for you! Statistics show the average worker changes career fields 3-5 times during the course of their working life. Learn what you need to know to create a power resume that targets the job you really WANT!

_Instructor: Shannon Branson, (678) 643-2627_

**Getting a Job with the Federal Government: What you need to know! 10CFC103B**
Looking to land a job with the federal government? Whether you are already “in the system” or just starting your search for that perfect “GS or NSPS Position” you will learn the tools needed to successfully locate and apply to federal jobs. Participants will learn how to identify resources to locate federal job vacancy announcements, understand classifications including types of jobs, series, grades, and steps available, and describe applicable preferences. Additionally, participants will learn special information and keywords to include in a federal resume and KSA Narrative, specifically the RESUMIX system.

_Instructor: Shannon Branson, (678) 643-2627_

**Secrets to Creating Professional & Executive Resumes for Today’s Economy 10CFC105B**
One size doesn’t fit all when it comes to creating your personal marketing masterpiece! Learn how to give your resume a make-over that will set you apart from the masses. Pinpoint and market your skills and achievements through the creation of a Value-Based Resume using the Law of Messaging, the 6-8-05 formula, and formatting techniques. Additionally, participants will learn the ABC’s of online resumes and master the art of writing cover letters, reference pages, and career cards.

_Instructor: Shannon Branson, (678) 643-2627_

**Secrets to Creating Professional & Executive Resumes for Today’s Economy 10CFC105C**
One size doesn’t fit all when it comes to creating your personal marketing masterpiece! Learn how to give your resume a make-over that will set you apart from the masses. Pinpoint and market your skills and achievements through the creation of a Value-Based Resume using the Law of Messaging, the 6-8-05 formula, and formatting techniques. Additionally, participants will learn the ABC’s of online resumes and master the art of writing cover letters, reference pages, and career cards.

_Instructor: Shannon Branson, (678) 643-2627_
Beginning Knitting 10CCF05A
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
Date: 09/07/2010 to 09/28/2010 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave., Wildflower Yarns and Knitwear

Brain Gym 101 Core Course 10CCF29
Discover a way to...learn ANYTHING faster and more easily with Brain Gym 101 Core Course. This 24-hour course introduces you to using Brain Gym to benefit yourself and others.
You will learn how to draw out potential in all areas of life by using powerful Brain Gym tools including: 4 steps to Get Ready. This 4 minute BG warm-up helps you feel focused, relaxed and ready to begin any new task or challenge.

26 Specific Movement Activities: Quick, simple physical movements that enhance specific skills. The 5-step Balance: This process targets a goal of your choice. Two Repatterning Sequences: Dennison Laterality Repatterning and Three Dimensional Repatterning "remind" different areas of your brain to work together synergistically. Class fee includes $85 in materials. For more information contact Judy Metcalf at kinlearn3jm@yahoo.com or log on to www.braingym.org. Judy Metcalf D: (571) 217-7736
Date: 09/18/2010 to 10/30/2010 (Sa)
Time: 9:00 AM to 4:30 PM
Fee: $373.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

An Introduction to Brain Gym : The Physical Skills of Comprehension 10CCF121
Within the Brain Gym 5 step process for making learning fun and easy, participants will learn PACE, a simple movement sequence that prepares the mind/body system for new learning experiences.
The technique of “Noticing” will be taught to refine body awareness skills and “the physical skills of communication” will be explored. Six Brain Gym Activities will be taught from the Centering Dimension.
Participants will benefit from bringing simple goals/intentions related to organization. Instructor: Judy Metcalf, (571) 217-7736
Date: 10/10/2010 (Su)
Time: 9:30 AM to 4:00 PM
Fee: $72.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Intermediate Knitting 10CCF07A
This is designed as a continuation of beginning knitting. Students will make a hat, a small felted bag and knit on circular needles. 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: 11/09/2010 to 11/30/2010 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave., Wildflower Yarns and Knitwear

An Introduction to Brain Gym : The Physical Skills of Communication 10CCF123
Within the Brain Gym 5 step process for making learning fun and easy, participants will learn PACE, a simple movement sequence that prepares the mind/body system for new learning experiences.
The technique of “Noticing” will be taught to refine body awareness skills and “the physical skills of communication” will be explored. Ten Brain Gym Activities will be taught from the Laterality Dimension.
Participants will benefit from bringing simple goals/intentions related to communication. Instructor: Judy Metcalf, (571) 217-7736
Date: 10/10/2010 (Su)
Time: 9:30 AM to 4:00 PM
Fee: $72.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Beginning Knitting 10CCF05C
Instructor: Kennita Tully, (785) 537-1826
Date: 10/06/2010 to 10/27/2010 (W)
Time: 7:00 PM to 8:30 PM
Fee: $31.00
Location: 300 Poyntz Ave., Wildflower Yarns and Knitwear

Intermediate Knitting 10CCF07B
Instructor: Kennita Tully, (785) 537-1826
Date: 11/10/2010 to 12/08/2010 (W)
No class 11/24
Time: 6:30 PM to 8:30 PM
Fee: $40.00
Location: 300 Poyntz Ave., Wildflower Yarns and Knitwear

Real Time Socks 10CCF115
Have you always wanted to knit socks, but need someone to guide you through the process? This class is for you! Knit a whole sock over the course of this 3-session class. Materials needed: worsted weight yarn, size US6 double-point needles and Knitting Pure & Simple pattern #9728, available at Wildflower during first day of class. Must know how to knit and purl.
Instructor: Kennita Tully, (785) 537-1826
Date: 09/04/2010 to 09/18/2010 (Sa)
Time: 9:00 AM to 12 N
Fee: $45.00
Location: 300 Poyntz Ave., Wildflower Yarns and Knitwear
Introduction to Digital Photo Processing 10CCF65
The first part of this class will cover some basics of getting started in processing digital images 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 8 and basic adjustments such as cropping and resizing images, adjusting the tonality using levels, color correction, image cleanup using the healing brush and clone stamp tools, and 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) and photos to the class.
Instructor: Scott Bean, (785) 341-1047 scott@scottbeanphoto.com
Date: 11/30/2010 to 12/09/2010 (Tu/Th)
Time: 7:00 PM to 9:00 PM
Fee: $48.00
Location: UFM Computer Lab, 1221 Thurston St., 2nd floor

Introduction to Photography 1:
The Basics 10CCF78
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 correct 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 Sunday evenings a couple of hours before sunset. Participants will be responsible for their own transportation to the shooting locations. Handouts and examples will be provided during the course.
Instructor: Scott Bean, (785) 341-1047 scott@scottbeanphoto.com
Date: 09/02/2010 to 09/30/2010 (Th/Su)
Time: 7:00 PM to 9:00 PM
Fee: $66.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

Introduction to Photography 2:
Improving Your Composition 10CCF120
This class is designed as a follow up to the “Introduction to Photography” class offered at UFM. Students should know how to use their cameras and understand the basic principles of photography (e.g. know what f-stop, shutter speed, depth of field, etc. are).

The class will be structured around the review and discussion of photographs taken during the class with the idea of helping students to think about creating photographs they wish to capture.

The first class will be a general review on composition, ‘seeing’, and the role of light in photography. Thereafter, each class will be a review of the photos taken during the previous shooting trips. Students will show and discuss their photos from the from the previous Sunday shooting trips and receive feedback in a positive way to help improve their work and bring out the message and vision of their photography. Discussions will involve how to improve composition and exposure in camera and also how post-processing can help translate your vision to your finished print.

Thursday classes will be 7-9 pm at UFM and Sunday field trips will take place a few hours before sunset and will be held in outdoor locations around Manhattan. Students will meet at the UFM parking lot on Sundays and then caravan to the shooting locations. Handouts and examples will be provided during the course.
Instructor: Scott Bean, (785) 341-1047 scott@scottbeanphoto.com
Date: 10/28/2010 to 11/18/2010 (Th/Su)
Time: 7:00 PM to 9:00 PM
Fee: $74.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

Novelty Soap Making 10CCF127A
Learn to make cute, melt and pour soaps with a microwave. Color layering and embedding methods will be used to create inexpensive wedding and baby shower gift soaps, or for your personal use. This class will also teach you to use herbs and all natural soap bases to make your own low cost, nourishing soaps. Instructor will provide all materials. Students will each take home two 4 ounce soap bars after every lesson. While waiting for soaps to cool in the mold, touching true stories of Chinese women will be shared.
Instructor: Cherry Leaym, (785) 537-0179 Ext153 (785) 341-8732, cherryleaym@yahoo.com
Date: 09/11/2010 to 10/16/2010 (Sa)
Time: 6:00 PM to 7:30 PM
Fee: $46.00
Location: UFM Kitchen, 1221 Thurston St.

Novelty Soap Making 10CCF127B
Instructor: Cherry Leaym, (785) 537-0179 Ext153 (785) 341-8732, cherryleaym@yahoo.com
Date: 10/23/2010 to 12/04/2010 (Sa)
Time: 6:00 PM to 7:30 PM
Fee: $46.00
Location: UFM Kitchen, 1221 Thurston St.
Philosophy of Gurdjieff & Ouspensky 10CCF128
Explore the psychological system of the two Russian philosophers and teachers: Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs by emphasizing a system of self-development grounded in verification through personal exercises, discussion and reading aloud from Ouspensky’s A Psychology of Man’s Possible Evolution.
Instructor: David Seamon
Date: 09/16/2010 to 10/28/2010 (Th)
Time: 7:30 PM to 9:00 PM
Fee: $19.00
Location: UFM Solar Addition, 1221 Thurston St.

Introduction to Voiceovers 10CCF129
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, LLC
Date: 09/07/2010 to 12/07/2010 (Tu)
Time: See class description
Fee: $30.00
Location: See class description

NetSmartz Workshop on Internet Safety 10CCF131
Do you wonder what your kids are doing when they are online? Do you wonder what information people can find out about you on the internet? If so, the NetSmartz Workshop is for you. The NetSmartz Workshop is an interactive presentation that discusses ways to protect yourself, and your kids from identity theft, online predators, and other online risks while surfing the internet.
Instructor: Jacqueline Coggins, (785) 539-1947
ksnetsmartz@gmail.com
Date: 09/13/2010 (M)
Time: 7:00 PM to 8:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

NetSmartz Workshop on Internet Safety 10CCF130B
Instructor: Jacqueline Coggins, (785) 539-1947
ksnetsmartz@gmail.com
Date: 10/12/2010 to 10/12/2010 (Tu)
Time: 7:00 PM to 8:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

NetSmartz Workshop on Internet Safety 10CCF130C
Instructor: Jacqueline Coggins, (785) 539-1947
ksnetsmartz@gmail.com
Date: 11/11/2010 (Th)
Time: 1:30 PM to 2:30 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Are YOU Distressed? 10CCF130
This class is designed to provide fun stress relief using distressing techniques while creating an adorable and fabulous “Mixed Up” Mini Chipboard Album. You will learn updated tips and techniques on distressing techniques designed to create many different looks to your projects, such as vintage, antiqued, grungy or trendy. You will be given materials to construct and go home with a finished mini album worthy of your precious memories. Please bring your favorite adhesive to class, as it is not included in the class fee, or purchase available adhesive offered at class.
Instructor: Amy Muse
Date: 09/26/2010 (Th)
Time: 7:00 PM to 8:30 PM
Fee: $23.00
Location: UFM Fireplace Room, 1221 Thurston St.
All About the Chipboard 10CCF132
Learn how to use chipboard products in your paper craft projects by creating a popular 6" X 12" My Word Chipboard Album. You will learn how to choose your supplies, adhering techniques for chipboard, discover easy ways to cover chipboard using various tools and accessories, work with acrylic paint, and learn unique embellishing techniques. You will be given materials and tools to construct and go home with a finished album worthy of your precious memories. Please bring your favorite adhesive to class, as it is not included in the class fee, or purchase available adhesive at class.
Instructor: Amy Muse
Date: 09/16/2010 (Th)
Time: 7:00 PM to 8:30 PM
Fee: $23.00
Location: UFM Fireplace Room, 1221 Thurston St.

Just Because Card Workshop 10CCF133
If you think making cute hand made cards to give friends and family is beyond your reach, this class is for you. You will be given materials to create 20 dramatic cards, two of each kind in the standard 5 1/2" by 4 1/4" size using just six sheets of paper, plus card bases. This is a quick, easy and economical way to let the ones you love know they are appreciated...Just Because! Please bring your favorite adhesive to class, as it is not included in the class fee, or purchase available adhesive at class.
Instructor: Amy Muse
Date: 10/21/2010 (Th)
Time: 7:00 PM to 8:30 PM
Fee: $23.00
Location: UFM Fireplace Room, 1221 Thurston St.

Scrapbooking on a Budget 10CCF134
Have you ever noticed how expensive paper crafting embellishments can be? Learn a few tricks and some fabulous tips on how to use seemingly ordinary items in extraordinary ways. If you think scrapbooking is expensive and time consuming, this class is for you. You will be given materials and tools to construct and go home with a finished album worthy of displaying on the coffee table. Please bring your favorite adhesive to class, as it is not included in the class fee or purchase available adhesive at class.
Instructor: Amy Muse
Date: 11/18/2010 (Th)
Time: 7:00 PM to 8:30 PM
Fee: $23.00
Location: UFM Fireplace Room, 1221 Thurston St.

Solving a Rubik’s Cube 10CCF135
A step-by-step course on how to solve a standard 3x3 Rubik’s cube. The class will cover a brief history to gain an appreciation of the cube and demonstrate a few methods of solving it. We will go in depth on one specific method and discuss some advanced techniques just for fun. The class will be mostly lab-style; practicing and brainstorming as a group will make the information more fun to learn and easier for the students to remember.
Instructor: Gregory Brown
Date: 09/15/2010 to 10/20/2010 (W)
Time: 7:00 PM to 9:00 PM
Fee: $10.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Music Sign Language Class 10CCF30
This is a sign language class that focuses on learning vocabulary through music. This class will learn techniques involved in signing music, with a focus on Christmas music. In December, the class will perform as a group with the Manhattan Silent Singers in their annual Christmas performance at the mall. Individuals will be encouraged to also learn other Christmas songs that might be performed as solos or duets.
Instructor: Susie Stanfield, (785) 313-7307, isign@cox.net
Date: 10/04/2010 to 12/06/2010 (M)
Time: 7:00 PM to 8:00 PM
Fee: $78.00
Location: UFM Conference Room
1221 Thurston St., 2nd Floor

Basic Chinese 10CLA31
The Basic Chinese class will lead students through the door of learning Chinese. We will start from the most basic level. By the end of the course, you will learn: Pinyin - spelling and pronunciation; basic character writing - explaining the story of each simple character and how they are put together to become another word.
Instructor: Ken Guan, kenguan@ksu.edu
Date: 09/13/2010 to 11/01/2010 (M)
Time: 7:00 PM to 8:00 PM
Fee: $46.00
Location: UFM Fireplace Room, 1221 Thurston 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!
Libuse Binder

“10 Ways to Change the World in Your 20s”

Tuesday, September 14, 2010, 7:00 p.m.
Forum Hall, K-State Student Union

- An overview of the ideas featured in her book, *10 Ways to Change the World in Your 20s*, which are geared towards the next generation of leaders
- Tangible steps that each person can take to shape the world today
- Suggestions for resources and organizations that are active on campus and in the local community
- Tips on finding careers that align with students’ passions and values
- A chance to ask questions and offer suggestions about local and global activism

Binder provides a timely roadmap for individuals looking to make a difference—from eating locally and reducing waste, to starting a nonprofit organization or finding a career dedicated to helping others.

Manhattan Community Youth Scholarship Fund

Any Manhattan youth
Any Manhattan program
Scholarships available year-round

Scholarships cover up to 50% of the program cost up to $100

All youth in preschool to 12th grade are eligible

Funded by the City of Manhattan Social Services Advisory Board and administered by UFM Community Learning Center

Call UFM Community Learning Center at 539-8763 or go to www.tryufm.org for more information

FOCUSING ON SOCIAL JUSTICE, HUMAN RIGHTS, WORLD PEACE AND INTERNATIONAL DEVELOPMENT

For more information on Lou Douglas Lectures, call UFM at 539.8763 or visit UFM’s website: www.tryufm.org

To hear a past Lou Douglas Lecture, please visit, http://www.tryufm.org/LouDouglas.htm

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Fly Fishing 10CEN04AZ
This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick-up and put down, false casting and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor. There is a non-refundable material fee of $40 for withdrawing from the class after the first day.
Instructor: Paul Sodamann, (785) 494-2340
Date: 10/18/2010 to 10/28/2010 (M/Tu/W/Th)
Time: 6:00 PM to 8:00 PM
Fee: $95.00
Location: K-State Durland Hall Room 1061

Home Greenhouses and Sunrooms: Design Thoughts for Plants & Warmth 10CEN21
Whether you want flowers and winter greens or just to heat adjoining rooms, sunrooms are certain to add light and enjoyment to your home. With slides, we will discuss examples of sunrooms built here in Manhattan and talk of the various design considerations for both growing plants and exporting warmth. Bring your blueprints. Bill will be happy to discuss your particular home and plans.
Instructor: Bill Dorsett, (785) 539-1956
wmdorsett@sbcglobal.net
Date: 10/22/2010 to 10/22/2010 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: UFM Solar Addition, 1221 Thurston St.

Plugging into the Sun: Solar Energy 10CEN53
Whether you are concerned about energy independence, climate change, national security or just your own pocketbook, renewable energy is enormously popular for people from all political parties and backgrounds. We will also discuss the different parts of the system at UFM’s Solar Addition.

We are expanding this class to two Saturdays with two distinct subjects: Independent Power Supplies and Connected to the Power Lines (electric systems connected power lines in KS). We’ll discuss both choices as well as the hardware required to do either.
Instructor: Bill Dorsett, (785) 539-1956
wmdorsett@sbcglobal.net
Date: 10/03/2010 to 10/03/2010 (Su)
Time: 1:00 PM to 3:00 PM
Fee: No Charge
Location: UFM Solar Addition, 1221 Thurston St.

How to Choose, Use and Prepare Local Fruits & Vegetables 10CEN58
The class will cover some fruit and vegetable basics. We will answer questions while strolling through the farmers’ market and observing vegetables in their natural habitat. At the K-State Student farm (transportation provided). No prior knowledge is required. Attendees and their family and friends are invited to cook-out pot-luck luncheon at the student farm after the class.
Instructor: Jennifer Guilford, 1veggielady@gmail.com
Date: View www.tryufm.org for updated info.
Time: TBA
Fee: No charge

Wildflower Walks at Tuttle Creek Lake 10CEN69
Join members of the Kansas Native Plant Society, who also serve as Konza Prairie docents, on wildflower walks at Tuttle Creek Lake. We will identify and talk about the incredible variety of wildflowers which grace our local tall grass prairie environs. You are sure to come away with a renewed appreciation for Flint Hills flora. Please preregister so that we will know how many persons to expect.
Instructor: Paul Weidhaas, (785) 539-8511
Date: 08/28/2010 to 08/28/2010 (Sa)
Time: 1:30 PM to 3:30 PM
Fee: No Charge
Location: Tuttle Creek Lake Visitor’s Center 5020 Tuttle Creek Blvd

Circle of Simplicity 10CEN70
According to author Cecile Andrews, “the Simplicity Circle is a small group, participatory form of learning that helps people create lives focused on the well-being of both people and the planet. A simplicity circle is part discussion group, part consciousness raising group, part support group, part action group.” We will use Andrews text as the basis for our discussion as we gather in the cool of the evening. Deadline for registration is May 28.
Instructor: Carol Barta, (785) 410-8608
Date: 09/16/2010 to 11/04/2010 (Th)
Time: 6:30 PM to 8:00 PM
Fee: $5.00
Location: UFM Banquet Room, 1221 Thurston St.

5 WAYS TO START LIVING GREEN
1. RECYCLE THIS CATALOG
2. BRING YOUR OWN BAGS TO GROCERY STORE (SAVE 5 CENTS PER BAG AT DILLONS AND RAY’S APPLE MART)
3. ADJUST THERMOSTAT FOR THE SEASON
4. SWITCH TO COMPACT FLUORESCENT LIGHT BULBS
5. CHECK YOUR TIRE AIR PRESSURE (UNDERINFLATED TIRES REDUCE FUEL EFFICIENCY)

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.
Thai Noodles 10CFF12A
This class will introduce three simple kinds of Thai noodle dishes generally prepared in Thailand. Popular dishes include Pad Thai, Drunken Noodles and Soy Sauce Noodles and will be demonstrated in class. The instructor will provide all food ingredients and the students will have a chance to taste the dishes. Registration deadline is two days prior to class.
Instructor: Chulee Yaeg, ccyaege@hotmail.com
Date: 08/28/2010 to 09/11/2010 (Sa)
Time: 10:30 AM to 11:30 AM
Fee: $68.00
Location: UFM Kitchen, 1221 Thurston St.

Thai Noodles 10CFF12B
Instructor: Chulee Yaeg, ccyaege@hotmail.com
Date: 09/18/2010 to 10/02/2010 (Sa)
Time: 10:30 AM to 11:30 AM
Fee: $68.00
Location: UFM Kitchen, 1221 Thurston St.

Evening of Southern Italian Cooking 10CFF35A
With the arrival of the Fall harvest, Italian cooking traditionally changes in taste and aroma. Join us for an evening exploring some traditional recipes from southern Italy. Wine will also be provided for participants age 21 and older.
Instructor: Christopher Renner, (785) 341-9459 rennerchristopher@yahoo.com
Date: 08/13/2010 (F)
Time: 6:30 PM to 8:30 PM
Fee: $29.00
Location: UFM Banquet/Kitchen, 1221 Thurston

Evening of Southern Italian Cooking 10CFF35B
Instructor: Christopher Renner, (785) 341-9459 rennerchristopher@yahoo.com
Date: 09/10/2010 (F)
Time: 6:30 PM to 8:30 PM
Fee: $29.00
Location: UFM Banquet/Kitchen, 1221 Thurston

Beer Tasting 10CFF39
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: 10/01/2010 (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.
Fun Foods

Buen Provecho!
La Comida Guatemalteca 10CFF68
Try Guatemalan tipico (typical food), street food and las bebidas (drinks). The class is vegetarian friendly and will feature as many local, organic and fresh ingredients as possible. We'll explore the culture and cuisine of this beautiful country famous for the Mayan ruins of Tikal.
Instructor: Kendra Staley, kstaley327@hotmail.com
Date: 11/05/2010 (F)
Time: 6:30 PM to 9:00 PM
Fee: $29.00
Location: UFM Kitchen, 1221 Thurston St.

Favorite Spanish Dishes with Chef David 10CFF67
Enjoy a collection of Chef David Espenoza’s favorite Spanish dishes from past UFM classes. Students will help prepare a menu that includes appetizers, an entree and dessert. Drinks will be served for 21 and over.
Instructor: David Espenoza, (785) 341-3410 gabblelewds@cox.net
Date: 11/19/2010 (F)
Time: 6:00 PM to 9:00 PM
Fee: $30.00
Location: Clarion Hotel, 530 Richards Dr.

Exploring Wines of Kansas 10CFF69
Kansas is more known for its “amber waves of grain” than grapes, but there was a time (prior to Prohibition) when Kansas and the Midwest produced MOST of America’s wines. Wine production was not allowed again in Kansas until 1985, but since then, Kansas vineyards and wineries have returned to producing outstanding wines! Come learn about and taste some of the fine wines that Kansas has to offer from a local winemaker. Enroll in all wine classes and receive a discount!
Instructor: Britt Nicholls
Date: 09/14/2010 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: $25.00; Enroll in all 3 sessions, $70.00
Location: UFM Banquet Room, 1221 Thurston St.

Fruits of Autumn:
North American White Wines 10CFF70
The wines you serve should change with the seasons. Cool weather calls for crisp wines that make you think of changing leaves and cool, clear nights. Join us for a fun and relaxing evening led by a local vintner to learn and sample white wines, which are best defined by their light color, body and complex taste.
Instructor: Britt Nicholls
Date: 10/05/2010 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: $25.00; Enroll in all 3 sessions, $70.00
Location: Vin Vivante Winery
514 Lincoln St in Wamego, KS

Fruits of Autumn:
North American Red Wines 10CFF71
Fruity and spicy, strong and sweet, red wines vary widely in flavor and color. Enjoy an evening learning about the characteristics of several North American reds - a perfect way to warm up a cool fall evening! Enroll in all wine classes and receive a discount!
Instructor: Britt Nicholls
Date: 11/09/2010 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: $25.00; Enroll in all 3 sessions, $70.00
Location: UFM Banquet Room, 1221 Thurston St.

Gluten-Free Pizza Party - At Home! 10CFF73
Wish you could enjoy a pizza on Friday night without driving over an hour to a restaurant with gluten-free crust? You can! In the time it takes other people to order takeout, you can whip up a fabulous gluten-free pizza crust, bake and top it, and throw a pan of amazing gluten-free brownies in the oven. Come hungry and ready to cook.
Instructor: Jo Maseberg-Tom
Date: 09/24/2010 (F)
Time: 6:00 PM to 8:30 PM
Fee: $30.00
Location: UFM Kitchen, 1221 Thurston St.

Gluten-Free Holiday Cooking 10CFF74
Thanksgiving, Hanukkah, and Christmas are right around the corner. We picture the turkey with tasty bread stuffing, the pecan and pumpkin pies, beautiful fried potato latkes, and delicate Christmas cookies being passed about at work and cringe. Cringe no more! Come learn to make gluten-free bread stuffing (with homemade gluten-free bread), fantastic gluten-free pie crust, gorgeous potato latkes and Christmas cookies your friends will swear contain gluten (even though they don’t!). Treat yourself or someone you love to a gluten-free holiday feast they’ll talk about all year. Come ready to bake, ingredients and recipes provided.
Instructor: Jo Maseberg-Tom
Date: 11/06/2010 (Sa)
Time: 2:00 PM to 5:00 PM
Fee: $30.00
Location: UFM Kitchen, 1221 Thurston St.

Ayo Makanan Indonesia Dual 10CFF66
Ayo Makanan Indonesia Dual! (Let’s Go Indonesian Part 2!) will sample a variety of Indonesian dishes from different islands such as Sulawesi, Java and Bali. There will be a number of new dishes not featured in the first Ayo Makanan Indonesia! The class is vegetarian friendly and will feature as many local, organic and fresh ingredients as possible. Learn about culture and cuisine of this fascinating country as we combine fresh vegetables and fruits with tasty spices and herbs.
Instructor: Kendra Staley, kstaley327@hotmail.com
Date: 10/01/2010 (F)
Time: 6:30 PM to 9:00 PM
Fee: $29.00
Location: UFM Kitchen, 1221 Thurston St.

A La Comida Guatemalteca 10CFF68
Come try Guatemalan tipico (typical food), street food and las bebidas (drinks). The class is vegetarian friendly and will feature as many local, organic and fresh ingredients as possible. We’ll explore the culture and cuisine of this beautiful country famous for the Mayan ruins of Tikal.
Instructor: Kendra Staley, kstaley327@hotmail.com
Date: 11/05/2010 (F)
Time: 6:30 PM to 9:00 PM
Fee: $29.00
Location: UFM Kitchen, 1221 Thurston St.

A Mexican dinner will feature as many local, organic and fresh ingredients as possible. Learn about culture and cuisine of this fascinating country as we combine fresh vegetables and fruits with tasty spices and herbs.
Instructor: Kendra Staley, kstaley327@hotmail.com
Date: 10/01/2010 (F)
Time: 6:30 PM to 9:00 PM
Fee: $29.00
Location: UFM Kitchen, 1221 Thurston St.

Delicatessen Days 10CFF75
Learn to make a sandwich - the most important meal of the day! Come together, choosing the right condiment and how bread can help your sandwich go from Po’ Boy to a Masterpiece. We will take field trips to nearby sandwich shops to witness true sandwich construction by the pros.
Instructor: Del A. Citassen
Date: 09/23/2010 (M)
Time: Lunch time
Fee: $1.00
Location: Home Counter

Save on Gluten-Free Baking
Enroll in all gluten-free classes and receive a discount! A successful and satisfying gluten-free diet can be achieved and maintained with the right knowledge and support. From the most basic cold dish (appetizer) to the main course. Nothing too fancy, but homemade food. Delicious!
Instructor: Ken Guan, kguan@ksu.edu
Date: 11/11/2010 to 12/02/2010 (Th)
Time: 6:30 PM to 8:30 PM
Fee: $36.00
Location: UFM Kitchen, 1221 Thurston St.

Gluten-Free Holiday Cooking 10CFF74
Thanksgiving, Hanukkah, and Christmas are right around the corner. We picture the turkey with tasty bread stuffing, the pecan and pumpkin pies, beautiful fried potato latkes, and delicate Christmas cookies being passed about at work and cringe. Cringe no more! Come learn to make gluten-free bread stuffing (with homemade gluten-free bread), fantastic gluten-free pie crust, gorgeous potato latkes and Christmas cookies your friends will swear contain gluten (even though they don’t!). Treat yourself or someone you love to a gluten-free holiday feast they’ll talk about all year. Come ready to bake, ingredients and recipes provided.
Instructor: Jo Maseberg-Tom
Date: 11/06/2010 (Sa)
Time: 2:00 PM to 5:00 PM
Fee: $30.00
Location: UFM Kitchen, 1221 Thurston St.

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Manhattan, KS 66502
785.539.4811
http://www.peoplesgrocery.biz

OPEN SEVEN DAYS A WEEK: 9AM-8PM

Cooking Chinese Food 10CFF72
From the most basic cold dish (appetizer) to the main course. Nothing too fancy, but homemade food. Delicious!
Instructor: Ken Guan, kguan@ksu.edu
Date: 11/11/2010 to 12/02/2010 (Th)
Time: 6:30 PM to 8:30 PM
Fee: $36.00
Location: UFM Kitchen, 1221 Thurston St.

Thanksgiving, Hanukkah, and Christmas are right around the corner. We picture the turkey with tasty bread stuffing, the pecan and pumpkin pies, beautiful fried potato latkes, and delicate Christmas cookies being passed about at work and cringe. Cringe no more! Come learn to make gluten-free bread stuffing (with homemade gluten-free bread), fantastic gluten-free pie crust, gorgeous potato latkes and Christmas cookies your friends will swear contain gluten (even though they don’t!). Treat yourself or someone you love to a gluten-free holiday feast they’ll talk about all year. Come ready to bake, ingredients and recipes provided.
Instructor: Jo Maseberg-Tom
Date: 11/06/2010 (Sa)
Time: 2:00 PM to 5:00 PM
Fee: $30.00
Location: UFM Kitchen, 1221 Thurston St.

RECYLE THIS CATALOG!!
Sahaj Marg Meditation 10CHW02
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: Gayatrih Kambahpati,
Date: 09/26/2010 to 12/19/2010 (Su)
Time: 7:30 AM to 9:30 AM
Fee: No Charge
Location: UFM Solar Addition, 1221 Thurston St.

Living the Art: Jin Shin Jyutsu 10CHW08A
Living the Art JSJ is an ancient art that through simple practice promotes harmony within our mind, body and spirit. It is based on the premise that we are energetic beings and when energy becomes stuck or stagnant (whether from lifestyle, injuries, attitudes, environment) we feel discomfort, pain or may experience illness. JSJ is a way to get to know and help one’s self and promote happiness. Healing may be a side effect! We will be engaged in self help during most of class time. Wear comfortable clothes, sack lunch for Saturday class and bring a smile!

Instructor: Kate Cashman, (785) 537-1911
Date: 09/13/2010 to 09/27/2010 (M)
Time: 7:30 PM to 9:00 PM
Fee: $26.00
Location: 1421 Colorado Street

Living the Art: Jin Shin Jyutsu 10CHW08A
Instructor: Kate Cashman, (785) 537-1911
Date: 10/09/2010 (Sa)
Time: 10:00 AM to 3:00 PM
Fee: $22.00
Location: 1421 Colorado Street

Jin Shin Jyutsu and Our Animal Friends 10CHW103
Jin Shin Jyutsu is a harmonizing art that is helpful not only to us, but to our pets. Come learn and practice this simple, profound art. We’ll meet the first time with our pets to learn basic self help, the second time we will practice JSJ with our pets to learn to us, but to our pets. Come learn and practice this simple, profound art. We’ll meet the first time with our pets to learn basic self help, the second time we will practice JSJ with our pets to learn to

Instructor: Kate Cashman, (785) 537-1911
Date: 09/11/2010 to 09/18/2010 (Sa/ Su)
Time: 8:30 AM to 12:00 PM
Fee: $14.00
Location: 1421 Colorado Street

Beginning Yoga 10CHW15AZ
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
Date: 08/23/2010 to 10/13/2010 (M/W)
(No class 9/6)
Time: 10:30 AM to 11:40 AM
Fee: $99.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Beginning Yoga 10CHW15BZ
Instructor: Ana Franklin, (785) 537-8224
yogaconnection@gmail.com
Date: 08/23/2010 to 10/13/2010 (M/W)
(No class 9/6)
Time: 5:30 PM to 6:30 PM
Fee: $99.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Beginning Yoga 10CHW15CZ
Instructor: Ana Franklin, (785) 537-8224
yogaconnection@gmail.com
Date: 08/24/2010 to 10/12/2010 (Tu/Th)
Time: 10:30 AM to 11:30 AM
Fee: $99.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Beginning Yoga 10CHW15DZ
Instructor: Ana Franklin, (785) 537-8224
yogaconnection@gmail.com
Date: 08/21/2010 to 12/08/2010 (M/W)
(No class 11/22, 11/24)
Time: 5:30 PM to 6:30 PM
Fee: $80.00
Location: Yoga Connection 321 Poyntz Ave, Ste A

Intermediate Yoga 10CHW21Z
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 control body balance and the asanas while learning to adapt them to the individual body-type.

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, (785) 537-8224
yogaconnection@gmail.com
Date: 10/14/2010 to 12/09/2010 (Th/Tu)
(No class 11/23, 11/25)
Time: 10:30 AM to 11:30 AM
Fee: $99.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Yoga Over Forty 10CHW99
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
yogaconnection@gmail.com
Date: 10/05/2010 to 11/30/2010 (Tu)
(No class 11/23)
Time: 5:30 PM to 6:30 PM
Fee: $80.00
Location: Yoga Connection 321 Poyntz Ave, Ste A

Responding to Emergencies 10CHW19AZ
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). Materials not included in fee; need to buy book and mask for $49 at UFM, 1221 Thurston St. before class.

Instructor: Henry Brown
Date: 10/03/2010 to 10/17/2010 (Su/Sa)
Time: 12 N to 6:30 PM
Fee: $154.00
Location: UFM Banquet Room, 1221 Thurston St.
**Community CPR, First Aid & AED 10CHW25A**
This course includes training in Adult, Child, Infant CPR, First Aid and AED. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; control bleeding; and many other useful skills. Textbook included in fee. There will be a $20 non-refundable deposit for this class.

Instructor: Abby Thrash, abbythrash@gmail.com

- **Date:** 08/29/2010 to 08/29/2010 (Su)
- **Time:** 9:00 AM to 4:00 PM
- **Fee:** $45.00
- **Location:** UFM Conference Room, 1221 Thurston St., 2nd floor

**Community CPR, First Aid & AED 10CHW25B**

Instructor: Abby Thrash, abbythrash@gmail.com

- **Date:** 09/10/2010 to 09/11/2010 (F/Sa)
- **Time:** 6:30 PM to 9:30 PM; Sa from 8:00 AM to Noon
- **Fee:** $45.00
- **Location:** UFM Conference Room, 1221 Thurston St., 2nd floor

**Community CPR, First Aid & AED 10CHW25C**

Instructor: Abby Thrash, abbythrash@gmail.com

- **Date:** 09/11/2010 to 09/11/2010 (Sa)
- **Time:** 11:00 AM to 6:00 PM
- **Fee:** $45.00
- **Location:** UFM Conference Room, 1221 Thurston St., 2nd floor

**Community CPR, First Aid & AED 10CHW25D**

Instructor: Abby Thrash, abbythrash@gmail.com

- **Date:** 10/22/2010 to 10/23/2010 (F/Sa)
- **Time:** 6:30 PM to 9:30 PM; Sa from 8:00 AM to Noon
- **Fee:** $45.00
- **Location:** UFM Conference Room, 1221 Thurston St., 2nd floor

**Community CPR, First Aid & AED 10CHW25E**

Instructor: Abby Thrash, abbythrash@gmail.com

- **Date:** 10/23/2010 to 10/23/2010 (Sa)
- **Time:** 11:00 AM to 6:00 PM
- **Fee:** $45.00
- **Location:** UFM Conference Room, 1221 Thurston St., 2nd floor

**Beginning Tai Chi Chaun 10CHW31**
Practiced by millions of people around the world, the ancient and gentle Chinese martial art of tai chi offers the perfect balance of mind and body, strength and flexibility, grace and agility. Its smooth, fluid movements offer exercisers of all ages improved fitness, stress reduction, and total relaxation. In this class, we will introduce the Yang style short form, which can be practiced by young and old, anytime, any place.

Instructor: Mei Hwa (Tina) Terhune, (785) 539-4277

- **Date:** 09/08/2010 to 09/29/2010 (W)
- **Time:** 5:30 PM to 6:30 PM
- **Fee:** $48.00
- **Location:** UFM Banquet Room, 1221 Thurston St.

**Blended Learning: CPR/First Aid 10CHW70A**
Find out how you can cut classroom time for CPR, First Aid, and AED Training in half by using Blended Learning. Blended Learning combines a program which blends an ONLINE session with a skills practice and assessment session. Certification requirements are as follows:
1. Complete online session.
2. Correctly answer at least 80 percent of the questions of the final exam. NOTE: Participants must successfully complete the online session before beginning the Skills Practice and Assessment Session.
3. Attend and participate in the skills practice and assessment session for the course.
4. Demonstrate competency in all required skills.

Source: American Red Cross

**Blended Learning: CPR/First Aid 10CHW70B**

Instructor: Abby Thrash, abbythrash@gmail.com

- **Date:** 08/29/2010 to 08/29/2010 (Su)
- **Time:** 2:00 PM to 3:00 PM
- **Fee:** $45.00
- **Location:** UFM Conference Room, 1221 Thurston St., 2nd floor

**Blended Learning: CPR/First Aid 10CHW70C**

Instructor: Abby Thrash, abbythrash@gmail.com

- **Date:** 09/11/2010 to 09/11/2010 (Sa)
- **Time:** 10:00 AM to 11:00 AM
- **Fee:** $45.00
- **Location:** UFM Conference Room, 1221 Thurston St., 2nd floor

**Blended Learning: CPR/First Aid 10CHW70D**

Instructor: Abby Thrash, abbythrash@gmail.com

- **Date:** 10/23/2010 to 10/23/2010 (Sa)
- **Time:** 10:00 AM to 11:00 AM
- **Fee:** $45.00
- **Location:** UFM Conference Room, 1221 Thurston St., 2nd floor

**Blended Learning: Blended Learning: CPR/First Aid 10CHW70A**

Find out how you can cut classroom time for CPR, First Aid, and AED Training in half by using Blended Learning. Blended Learning combines a program which blends an ONLINE session with a skills practice and assessment session. Certification requirements are as follows:
1. Complete online session.
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3. Attend and participate in the skills practice and assessment session for the course.
4. Demonstrate competency in all required skills.

Source: American Red Cross

**Blended Learning: CPR/First Aid 10CHW70B**

Instructor: Abby Thrash, abbythrash@gmail.com

- **Date:** 08/29/2010 to 08/29/2010 (Su)
- **Time:** 2:00 PM to 3:00 PM
- **Fee:** $45.00
- **Location:** UFM Conference Room, 1221 Thurston St., 2nd floor

**Blended Learning: CPR/First Aid 10CHW70C**

Instructor: Abby Thrash, abbythrash@gmail.com

- **Date:** 09/11/2010 to 09/11/2010 (Sa)
- **Time:** 10:00 AM to 11:00 AM
- **Fee:** $45.00
- **Location:** UFM Conference Room, 1221 Thurston St., 2nd floor

**Blended Learning: CPR/First Aid 10CHW70D**

Instructor: Abby Thrash, abbythrash@gmail.com

- **Date:** 10/23/2010 to 10/23/2010 (Sa)
- **Time:** 10:00 AM to 11:00 AM
- **Fee:** $45.00
- **Location:** UFM Conference Room, 1221 Thurston St., 2nd floor

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**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

**Ask about our Adult & Youth scholarships at 539.8763**

Teach a class! Call UFM at 539.8763
Beginning Pilates 10CHW73A
Pilates exercise dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. Pilates teaches body awareness, good posture and easy, graceful movement. It improves flexibility, agility and economy of motion. Pilates is a safe, sensible exercise system using a floor mat, that will help you look and feel your very best. No matter your age or condition, it will work for you. Information courtesy of Balanced Body Pilates website, www.pilates.com
Instructor: Alison Watson, (816) 522-5028 awatson421@gmail.com
Date: 10/23/2010 to 11/13/2010 (Sa)
(No class 9/5)
Time: 9:30 AM to 11:00 AM
Fee: $27.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.
Instructor: Debbie Newton, dnewton@flinthills.com
Date: 09/25/2010 to 10/16/2010 (Sa)
(No class 9/5)
Time: 9:30 AM to 11:00 AM
Fee: $27.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.
Instructor: Debbie Newton, dnewton@flinthills.com

Morning Yoga 10CHW89A
Greet the new day with breath and body-opening, stretching and energizing through yoga. No experience necessary. Yoga is for everybody.
Instructor: Debbie Newton, dnewton@flinthills.com
Date: 08/21/2010 to 09/18/2010 (Sa)
(No class 9/4)
Time: 9:30 AM to 11:00 AM
Fee: $61.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.
Instructor: Debbie Newton, dnewton@flinthills.com

Morning Yoga 10CHW89B
Instructor: Debbie Newton, dnewton@flinthills.com
Date: 09/25/2010 to 10/16/2010 (Sa)
(No class 9/5)
Time: 9:30 AM to 11:00 AM
Fee: $27.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.
Instructor: Debbie Newton, dnewton@flinthills.com

Morning Yoga 10CHW89C
Instructor: Debbie Newton, dnewton@flinthills.com
Date: 10/23/2010 to 11/13/2010 (Sa)
(No class 9/5)
Time: 9:30 AM to 11:00 AM
Fee: $27.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Smoking Cessation 10CHW112A
Hypnosis is a self-awareness expansion technique. It can be used to eliminate old habits or build new ones, giving you control of your life. You will also learn self-hypnosis techniques.
*PLEASE NOTE: HYPNOSIS IS NOT EFFECTIVE FOR EVERYONE. RESULTS MAY VARY.
Instructor: Steven Paul
Date: 08/31/2010 to 08/31/2010 (Tu)
Time: 7:00 PM to 9:00 PM
Fee: $60.00
Location: UFM Conference Room
1221 Thurstn St., 2nd floor
Instructor: Steven Paul
Date: 09/28/2010 to 09/28/2010 (Tu)
Time: 7:00 PM to 9:00 PM
Fee: $60.00
Location: UFM Conference Room
1221 Thurstn St., 2nd floor
Instructor: Steven Paul
Date: 08/31/2010 to 08/31/2010 (Tu)
Time: 7:00 PM to 9:00 PM
Fee: $60.00
Location: UFM Conference Room
1221 Thurstn St., 2nd floor
**Touch for Health I**

**10CHW108**

Touch for Health (TFH), level 1, introduces the basics for accurate muscle testing for both lay-people and professionals. You will learn the core techniques of muscle testing for the primary 14 acupuncture energy meridians and the standard balancing-as-you-go technique for the body’s energies. These procedures can also be utilized in balancing your body’s energies to achieve your personal goals. Touch for Health also introduces kinesiology in the form of muscle testing to indicate negative reactions to food, allergens and environmental toxins as well as to determine appropriate nutritional supplementation.

The theory of TFH and the acupuncture meridians are introduced with the western reflex techniques. They are used to restore balance for dramatically improving posture, alleviating pain and stress, and for enhancing vitality and mental performance. This course satisfies the Brain Gym level 200 Anatomy requirement for Brain Gym Certification. If you own a massage table, please bring to class. There will be a lunch break. Registration deadline is Sept 1.

Instructor: Richard Ahrens, (360) 748-4154
kansastfh@gmail.com

**Date:**
09/11/2010 to 09/12/2010 (Sa/Su)

**Time:**
8:00 AM to 5:00 PM

**Fee:**
$250.00

**Location:**
UFM Multipurpose Room, 1221 Thurston

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**Touch for Health II**

**10CHW109**

This course introduces additional muscle tests, more energy balancing techniques and theory, from western and Oriental medicines. New techniques and concepts presented in TFH II are: Circuit Locating which helps identify the body’s preference for balancing technique; Alarm Points for over-energy detection; the Meridian Wheel and Time of Day Balance; the Law of Five Elements as well as several balancing and self-balancing techniques are taught in this level.

Touch for Health also introduces kinesiology in the form of muscle testing to indicate negative reactions to food, allergens and environmental toxins as well as to determine appropriate nutritional supplementation. If you own a massage table, please bring to class. There will be a lunch break. Registration deadline is Oct 1. Pre-requisite: Touch for Health I.

**Instructor:**
Richard Ahrens, (360) 748-4154
kansastfh@gmail.com

**Date:**
10/16/2010 to 10/17/2010 (Sa/Su)

**Time:**
8:00 AM to 5:00 PM

**Fee:**
$250.00

**Location:**
UFM Conference Room
1221 Thurston St., 2nd floor

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**Touch for Health III**

**10CHW110**

Students will learn 14 more muscle tests in this level along with additional techniques for balancing the body’s energy. Techniques for dealing with chronic and recent pain are also introduced along with deeper understanding of the Five Elements theory. The interaction of muscles is studied further and the topic of Reactive Muscles is presented coupled with the Circuit Retaining Mode technique.

Touch for Health also introduces kinesiology in the form of muscle testing to indicate negative reactions to food, allergens and environmental toxins as well as to determine appropriate nutritional supplementation. If you own a massage table, please bring to class. There will be a lunch break. Registration deadline is Nov 1. Pre-requisite: Touch for Health II.

**Instructor:**
Richard Ahrens, (360) 748-4154
kansastfh@gmail.com

**Date:**
11/13/2010 to 11/14/2010 (Sa/Su)

**Time:**
8:00 AM to 5:00 PM

**Fee:**
$250.00

**Location:**
UFM Conference Room
1221 Thurston St., 2nd floor

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**Yoga for Life**

**10CHW114A**

Take time to rejuvenate and relax from your busy life by practicing yoga basics. Regular yoga practice helps to alleviate pain and stress, and for enhancing vitality and mental performance. This course satisfies the Brain Gym level 200 Anatomy requirement for Brain Gym Certification. If you own a massage table, please bring to class. There will be a lunch break. Registration deadline is Nov 1. Pre-requisite: Touch for Health II.

**Instructor:**
Karen Polson

**Date:**
08/24/2010 to 10/05/2010 (Tu)

**Time:**
6:30 PM to 8:00 PM

**Fee:**
$10.00

**Location:**
UFM Multipurpose Room, 1221 Thurston

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**Yoga for Life**

**10CHW114B**

**Date:**
10/18/2010 to 12/13/2010 (M/W)

**Time:**
6:30 PM to 7:30 PM

**Fee:**
$80.00

**Location:**
Pro Fitness, 1125 Laramie St.

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**Pregnancy Wellness**

**10CHW111A**

An informative discussion about the benefits of chiropractic care during and after pregnancy. The discussion will present information regarding nutritional counseling, what foods are healthy and safe to eat during pregnancy and what foods to avoid. We will discuss nutrients necessary for proper baby development; the developmental stages of the embryo; and natural remedies for ailments that occur during pregnancy.

**Instructors:**
Thad Dall & Mark Ahrens, (785) 539-9113

**Date:**
08/24/2010 to 08/24/2010 (Tu)

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

**Fee:**
$10.00

**Location:**
Chiropractic Natural Health Care
1130 Wepson Ste. #5

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**Pregnancy Wellness**

**10CHW111B**

**Date:**
09/23/2010 to 09/23/2010 (Th)

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

**Fee:**
$10.00

**Location:**
Chiropractic Natural Health Care
1130 Wepson Ste. #5

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**Pregnancy Wellness**

**10CHW111C**

**Date:**
10/21/2010 to 10/21/2010 (Th)

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

**Fee:**
$10.00

**Location:**
Chiropractic Natural Health Care
1130 Wepson Ste. #5

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**Recovering Your Life-Surviving a Stroke and Coming Back**

**10CHW113**

Discussion and identification of the 6 stages of stroke recovery. Class will identify resources, motivation and recovery strategies for stroke survivors and care givers.

**Instructor:**
Linda Clemens, (323) 679-5223
clemens533@gmail.com

**Date:**
08/24/2010 to 10/05/2010 (Tu)

**Time:**
6:30 PM to 8:00 PM

**Fee:**
$10.00

**Location:**
UFM Multipurpose Room, 1221 Thurston

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**Change Your Beliefs, Change Your Perspective**

**10CHW117**

Are you a fairly positive person, yet feel blocked in some way of thinking or behavior that feels unproductive? Does one aspect of your life feel out of sync with the rest? It’s possible you might be operating from beliefs about life, yourself and others that you’ve outgrown, like clothing that no longer fits who you are today. In this session, we’ll begin to rewrite the beliefs that no longer meet our greatest needs, wants, and desires.

**Instructor:**
Palma Holden, (785) 539-1183

**Date:**
10/16/2010 to 10/16/2010 (Sa)

**Time:**
10:00 AM to 12 N

**Fee:**
$22.00

**Location:**
UFM Solar Addition
1221 Thurston St.

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**Win $1 off any UFM Class:**
by finding the “Fake Class” included in this catalog!! Identify it when you register and receive $1 off your registration for one class.
Tae Kwon Do I 10CMA01Z
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

Date: 08/24/2010 to 12/09/2010 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: $72.00
Location: Sun Yi’s Academy
1650 Hayes Dr.

Basic White Phoenix System 10CMA03
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: 09/13/2010 to 11/15/2010 (M)
(No class 10/5)
Time: 6:30 PM to 7:30 PM
Fee: $60.00
Location: K-State Ahearn Fieldhouse

Lao Hu Pai Kung Fu 10CMA05
Students will learn and be promoted in a unique system where the founder mastered the Chinese (Tibetan) Kung Fu and Japanese (Okinawan) Karate. Students will learn basic stances, blocks, punches, kicks, exercises, and forms. Students will soon learn take downs and opponent control (jujutsu and chi na). Animal fighting techniques will be taught as students advance. This class is for students age 14+.
Instructor: Michael Tran, mtran@cox.net

Date: 09/01/2010 to 12/08/2010 (W)
(No class 11/24)
Time: 6:00 PM to 8:00 PM
Fee: $62.00
Location: K-State Ahearn Gym, 2nd floor

Judo I 10CMA08Z
Judo I is intended not for gaining proficiency, but to gain understanding of how principles of dynamics (force, acceleration, momentum, work, rotation, moment of inertia, etc.) are used to gain physical advantage (subduing the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles.
Instructor: Jim Kiker

Date: 08/24/2010 to 12/09/2010 (Tu/Th)
(No classes 11/23, 11/25)
Time: 8:00 PM to 9:00 PM
Fee: $75.00
Location: K-State Ahearn Room 301

Karate & Self-Defense (Adults & Youth) 10CMA10
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/combatative principles and sparring (“Kumite”). No matter your current situation, you will be guided step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+).
Instructor: Habib Diop, hdiop@ksu.edu

Date: 10/07/2010 to 11/18/2010 (Th)
(No class 11/27)
Time: 6:30 PM to 7:30 PM
Fee: $51.00
Location: K-State Ahearn Fieldhouse

Ninjutsu Plus 10CMA16
In this class, we will work on power development (breathing/dynamic tension exercises) from Korean, Okinawan, and Chinese martial arts, plus the one and two person forms (kata) from Togakure Rye Ninjutsu.

This is not a basic class although beginners are welcome. The two person forms are self-defense oriented, but they are not basic self-defense techniques. There will be two books supplied with this class and are included in the fee.
Instructor: Stan Wilson

Date: 09/15/2010 to 11/17/2010 (W)
Time: 7:00 PM to 8:00 PM
Fee: $90.00
Location: K-State Ahearn Fieldhouse
Introduction to Golf 10CRF04A
Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of score card and handicaps. **First class meets from 6-7 pm, the second and third meet from 6-7:30 pm.
Instructor: Jim Gregory, (785) 539-1041
Date: 08/26/2010 to 09/09/2010 (Th)
Time: 6:00 PM to 7:00 PM; 6:00 PM to 7:30 PM
Fee: $41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Introduction to Golf 10CRF04B
**First class meets from 6-7 pm, the second and third meet from 6-7:30 pm.
Instructor: Jim Gregory, (785) 539-1041
Date: 09/16/2010 to 09/30/2010 (Th)
Time: 6:00 PM to 7:00 PM; 6:00 PM to 7:30 PM
Fee: $41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Zumba Dance 10CRF08A
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
Date: 08/17/2010 to 09/07/2010 (Tu)
Time: 5:30 PM to 6:30 PM
Fee: $38.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10CRF08B
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 09/14/2010 to 10/05/2010 (Tu)
Time: 5:30 PM to 6:30 PM
Fee: $38.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10CRF08C
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 10/12/2010 to 11/09/2010 (Tu)
(no class 10/19)
Time: 5:30 PM to 6:30 PM
Fee: $38.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10CRF08D
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 11/16/2010 to 12/14/2010 (Tu)
(no class 11/23)
Time: 5:30 PM to 6:30 PM
Fee: $38.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10CRF08E
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 09/01/2010 to 09/22/2010 (W)
Time: 6:40 PM to 7:40 PM
Fee: $38.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10CRF08F
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 09/29/2010 to 10/27/2010 (W)
(no class 10/20)
Time: 6:40 PM to 7:40 PM
Fee: $38.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10CRF08G
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 11/03/2010 to 12/01/2010 (W)
(no class 11/24)
Time: 6:40 PM to 7:40 PM
Fee: $38.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10CRF08H
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com
Date: 09/01/2010 to 09/22/2010 (W)
Time: 6:40 PM to 7:40 PM
Fee: $38.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Sponsor the UFM catalog! Call 539.8763
Intermediate Belly Dance 10CRF10
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: Cathia Bailey Krehbiel
Date: 09/13/2010 to 12/06/2010 (M)
Time: 7:00 PM to 8:00 PM
Fee: $96.00
Location: K-State International Student Center, Multipurpose Room

Advanced Belly Dance 10CRF11
In this class, we will not only learn advanced moves, but will also delve into more specialized areas of Belly Dance. Topics may include: Gypsy, drum solos, advanced zills, double veil, sword balancing, and oh so much more! Be prepared to challenge yourself as we explore the many sides of Belly Dance! Student must have at least one session in Intermediate Belly Dance or equivalent.
Instructor: Cathia Bailey Krehbiel
Date: 09/13/2010 to 12/06/2010 (M)
Time: 7:00 PM to 8:00 PM
Fee: $96.00
Location: K-State International Student Center, Multipurpose Room

Ballroom Dance 10CRF13A
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: 08/27/2010 to 10/01/2010 (F)
Time: 7:00 PM to 8:00 PM
Fee: Individual - $50.00
Location: ECM-1021 Denison Ave.

Ballroom Dance II 10CRF28Z
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 I 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. No textbook is required for this course; however, ordering information for optional text/DVD/dance shoes is available from the instructor. Partners are welcome but not required for this class.
Instructor: Rebecca Hickert, rebeccahickert@gmail.com
Date: 08/24/2010 to 12/07/2010 (Tu)
Time: 6:00 PM to 7:00 PM
Fee: Individual - $75.00
Location: ECM-1021 Denison Ave.
Tennis 10CRF19AZ
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. Come 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: 09/07/2010 to 11/16/2010 (Tu)
Time: 1:30 PM to 3:00 PM
Fee: $82.00
Location: 3615 Claffin Road, Cotton Wood Racquet Club

Tennis 10CRF19BZ
Instructor: Bill Fraley
Date: 09/08/2010 to 11/17/2010 (W)
Time: 1:30 PM to 3:00 PM
Fee: $82.00
Location: 3615 Claffin Road, Cotton Wood Racquet Club

Beginning Fencing 10CRF21Z
Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, épée, 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: 08/23/2010 to 12/06/2010 (M)
Time: 6:00 PM to 7:30 PM
Fee: Has equipment - $60.00,
use instructors - $93.00
Location: K-State Ahearn Fieldhouse

Intermediate Fencing 10CRF22Z
Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouting.
Instructor: Jeff Gwirtz
Date: 08/23/2010 to 12/06/2010 (M)
Time: 7:30 PM to 9:00 PM
Fee: Has equipment - $60.00,
use instructors - $93.00
Location: K-State Ahearn Fieldhouse

Golf in Junction City 10CRF30AZ
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: 08/24/2010 to 10/12/2010 (Tu)
Time: 5:00 PM to 7:00 PM
Fee: $143.00
Location: Rolling Meadows Golf Course, 6514 Old Milford Rd., Junction City

Golf in Junction City 10CRF30BZ
Instructor: Jim Peterson
Date: 08/25/2010 to 10/13/2010 (W)
Time: 5:00 PM to 7:00 PM
Fee: $143.00
Location: Rolling Meadows Golf Course, 6514 Old Milford Rd., Junction City

Archery Instructor Training & Certification 10CRF37Z
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: 09/27/2010 to 11/15/2010 (M)
Time: 7:00 PM to 8:45 PM
Fee: $101.00
Location: Archery Range, 8330 East HWY 24

Marathon Training 10CRF68
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. 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 train for, complete and survive a marathon. Class will meet Tuesday from 5:30-6:30 pm at UFM and work outs will be Thursday from 5:30-6:30 pm at Memorial Stadium outdoor track meet at south end.
Instructor: Dan Boyle, (785) 532-9134, dboyle@kau.edu
Date: 09/07/2010 to 10/28/2010 (Tu/Th)
Time: 5:30 PM to 6:30 PM
Fee: $140.00
Location: UFM Conference room,
1221 Thurston St. and Memorial Stadium outdoor track

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*Network with others*
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Let's Get Running! 10CRF72
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: 09/08/2010 to 10/18/2010 (W/F/M) (No class 10/5)
Time: 6:00 PM to 7:00 PM
Fee: $145.00
Location: K-State Ahearn Field House Indoor Track

Adult Ballet 10CRF71A
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
Date: 10/12/2010 to 11/02/2010 (Tu) (No class 11/23)
Time: 6:30 PM to 8:00 PM
Fee: $53.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Adult Ballet 10CRF71B
Date: 11/09/2010 to 12/07/2010 (Tu) (No class 11/23)
Time: 8:30 PM to 9:30 PM
Fee: $53.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Adult Ballet 10CRF71A
Instructor: Alison Watson, (816) 522-5028 awatson421@gmail.com
Date: 10/12/2010 to 11/02/2010 (Tu)
Time: 6:30 PM to 8:00 PM
Fee: $145.00
Location: K-State Ahearn Field House Indoor Track

Adult Ballet 10CRF71B
Instructor: Alison Watson, (816) 522-5028 awatson421@gmail.com
Date: 11/09/2010 to 12/07/2010 (Tu)
Time: 8:30 PM to 9:30 PM
Fee: $53.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Dance Conditioning 10CRF96AZ
A varied and challenging class. Dance Conditioning is based on the fundamental elements that professional dancers use in their everyday training. The lessons will be as beneficial to the aspiring dancer as to someone wanting the benefits of a structured exercise regimen. The training provides a great overall workout, including exercises that tone and strengthen, exercise for balance, and exercises for movement and agility. You will become familiar with your own body’s strengths and weaknesses, and learn what keeps a dancer healthy in body and mind and able to perform at their personal optimal level.
Instructor: Alison Watson, (816) 522-5028 awatson421@gmail.com
Date: 10/13/2010 to 12/08/2010 (W/M) (No class 11/22, 11/24)
Time: 9:15 AM to 10:15 AM
Fee: $75.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Dance Conditioning 10CRF96BZ
Instructor: Alison Watson, (816) 522-5028 awatson421@gmail.com
Date: 10/13/2010 to 12/08/2010 (W/M) (No class 11/22, 11/24)
Time: 1:30 PM to 2:30 PM
Fee: $75.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

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To view instructor’s bios visit www.tryufm.org
Introduction to Highland Dance 10CRF94A
Introduction to Highland Dance will outline some of the historical dances of Scotland, their stories, and their performance. A four step Highland Fling will be learned during each session as well as a few Scottish social dances, if time allows. Highland Dance can best be described as a solo form of athletic dancing and it was once used for calisthenics in the Scottish armies.
Instructor: Brooke Hollis, (816) 898-4280 bdhollis@ksu.edu
Date: 08/25/2010 to 10/13/2010 (W)
Time: 4:00 PM to 5:20 PM
Fee: $51.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Soukous Fitness 10CRF95A
Soukous Ndombolo is a style of music and dance from the Congo. It is a fast-paced, energetic style of African dance that resembles African rumba. This fast, hip rolling, feet stomping class will have you feeling the African heat! If you love African drum music and dance, then this class is definitely for you!
Instructor: Karen Sanders, (785) 317-6567
Date: 08/10/2010 to 08/26/2010 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: $58.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Bootcamp Fitness 10CRF97AZ
Bootcamp Fitness is a comprehensive fitness class geared toward beginners to advanced participants. This course is designed for students who want to improve their physical fitness through high intensity cardio and conditioning. Various forms of exercise will be introduced, such as weight training, agility exercises and drills, circuit training, aerobic and anaerobic exercises, jogging/running, flexibility and core conditioning to produce cross-training effects. Pre and post tests will be conducted as a means of measuring their results.
Instructor: Meghan Olson, (620) 253-6458olson.meghan@yahoo.com
Date: 08/23/2010 to 10/13/2010 (M/W)
Time: 11:30 AM to 12:30 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 10CRF142AZ
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.
Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu
Date: 10/14/2010 to 12/09/2010 (Th/Tu)
Time: 6:00 AM to 7:00 AM
Fee: $80.00
Location: Pro Fitness, 1125 Laramie St.

Morning Bootcamp 10CRF154A
Start your day with a morning session of cardio, strength and core conditioning done in a bootcamp style fashion. Some sessions may be held outdoors.
Instructor: Meghan Olson, (620) 253-6458olson.meghan@yahoo.com
Date: 10/18/2010 to 12/13/2010 (M/W)
Time: 7:00 AM to 8:00 PM
Fee: $75.00
Location: Pro Fitness, 1125 Laramie St.
Introduction to Nutcracker Ballet and Tap Dancing 10CYO06
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 to delightful music will be learned. After three lessons, students may continue dance lessons though private instruction. 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: Habib Diop, hdiop@ksu.edu

Date: 09/13/2010 to 09/27/2010 (M)
Time: 6:00 PM to 6:30 PM
Fee: $21.00
Location: 2416 Rogers Blvd.

Youth Weightlifting 10CYO55A
For Ages 9-17. Experience the benefits of "correct form" weightlifting mixed with endurance training. Health, weight control, self esteem, sports performance, etc. Professional Body Builder Walter Barr will introduce weightlifting in a way that is both informative and fun. A great "after school" activity. Participants will be separated to address specific needs. Other trainers will assist as necessary.
Instructor: Walter Barr

Date: 08/23/2010 to 10/13/2010 (MW)
Time: 3:30 PM to 4:30 PM
Fee: $115.00
Location: Pro Fitness, 1125 Laramie St.

Karate & Self-Defense (Adults & Youth) 10CMA10
Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion ("Kihon") with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combative principles and sparring (" Kumite"). No matter your current situation, you will be guided step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+).
Instructor: Habib Diop, hdiop@ksu.edu

Date: 10/07/2010 to 11/18/2010 (Th)
Time: 6:30 PM to 7:30 PM
Fee: $51.00
Location: K-State Ahearn Fieldhouse

Hispanic Heritage Awareness 10CYO56
- Week 1: Overview of history & holiday
- Week 2: Culture
- Week 3: Language lessons
- Week 4: Food
- Week 5: Problems in Community
*Deadline registration Sept. 1.
Instructor: Ariel Anib, ariel957@ksu.edu

Date: 09/15/2010 to 10/13/2010 (W)
Time: 5:15 PM to 6:15 PM
Fee: No Charge
Location: UFM Multipurpose Room
1221 Thurston St.

Basic Computer and Internet Skills 10CFC51
Afraid to turn on a computer? This is the class for you! You will learn how to identify the basic parts of the computer, how to use the mouse, and explore Microsoft Office and Internet Explorer. Once you have the basics down, you will learn how to manage your free email account and how to search on the Internet. If children are enrolling, please contact the instructor beforehand so the projects can be modified to meet the needs of those attending.
Instructor: Amy Trujillo, amyellen@me.com

Date: 12/11/2010 (Sa)
Time: 10:00 AM to 12 N
Fee: $12.00
Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.

NetSmartz Workshop on Internet Safety 10CCF130A
Do you wonder what your kids are doing when they are online? Do you wonder what information people can find out about you on the internet? If so, the NetSmartz Workshop is for you. The NetSmartz Workshop is an interactive presentation that discusses ways to protect yourself, and your kids from identity theft, online predators, and other online risks while surfing the internet.
Instructor: Jacqueline Coggins, (785) 539-1947
ksnetsmartz@gmail.com

Date: 09/13/2010 (M)
Time: 7:00 PM to 8:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

NetSmartz Workshop on Internet Safety 10CCF130B
Instructor: Jacqueline Coggins, (785) 539-1947
ksnetsmartz@gmail.com

Date: 10/12/2010 to 10/12/2010 (Tu)
Time: 7:00 PM to 8:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

NetSmartz Workshop on Internet Safety 10CCF130C
Instructor: Jacqueline Coggins, (785) 539-1947
ksnetsmartz@gmail.com

Date: 11/11/2010 (Th)
Time: 1:30 PM to 2:30 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

UFM Teen Mentoring Program
Our Program!
Here at UFM the main focus of our program is for students to have fun and to build positive relationships with other mentors and students. Activities may include:
- Shooting Punting
- Snow Basketball
- Wind Pong/Ping Pong
- Bowling
We also do many educational segments on topics discussing things like:
- Conflict Resolution
- Bullying
- Substance Prevention
More Info?
Contact Amber
(785) 539-8763 or amber@tryufm.org

Enroll 24/7 at www.tryufm.org
These Recreational courses are offered for KSU credit through the DIVISION OF CONTINUING EDUCATION with the cooperation of various Kansas State University departments.

For full class descriptions and information visit: www.tryufm.org OR http://www.dce.k-state.edu/courses/recreational.shtml

Registration available on iSIS https://isis.k-state.edu

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<tr>
<td>Ana Franklin, (785) 537-8224 <a href="mailto:yogini@ksu.edu">yogini@ksu.edu</a></td>
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<td>John Garetson</td>
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<tr>
<td>Meghan Olson, (785) 539-7095</td>
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<td>Pro Fitness, 1125 Laramie St.</td>
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<td>Diana Knox, (785) 539-7095 <a href="mailto:dknox@ksu.edu">dknox@ksu.edu</a></td>
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<td>10/03/2010 to 10/17/2010 (Su/Sa) (Su)10/3, (Sa)10/9, (Su)10/10, (Sa)10/16, (Su)10/17</td>
<td>Noon to 6:30 PM</td>
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<td>6:00 PM to 10:00 PM</td>
<td>$432.40</td>
<td>Mercy Fitness West, 315 Seth Childs</td>
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<td>TAE KWON DO I</td>
<td>20823</td>
<td>08/24/2010 to 12/08/2010 (Tu/Th) (No class 11/23, 11/25)</td>
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<td>$333</td>
<td>Sun Yu's Academy, 1650 Hayes Dr.</td>
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<td>TENNIS</td>
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<td>Cottonwood Racket Club, 3615 Claflin</td>
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<td>21217</td>
<td>10/18/2010 to 12/08/2010 (M/W) (No class 11/22, 11/24)</td>
<td>10:00 AM to 11:00 AM</td>
<td>$357</td>
<td>Mercy Fitness West, 315 Seth Childs</td>
</tr>
<tr>
<td>TOTAL BODY TONING</td>
<td>21250</td>
<td>08/23/2010 to 10/13/2010 (M/W) (No class 9/6)</td>
<td>1:00 PM to 2:00 PM</td>
<td>$357</td>
<td>Mercy Fitness West, 315 Seth Childs</td>
</tr>
<tr>
<td>TOTAL BODY TONING</td>
<td>21241</td>
<td>10/18/2010 to 12/08/2010 (M/W) (No class 11/22, 11/24)</td>
<td>1:00 PM to 2:00 PM</td>
<td>$357</td>
<td>Mercy Fitness West, 315 Seth Childs</td>
</tr>
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<td>TOTAL BODY TONING</td>
<td>21224</td>
<td>08/23/2010 to 10/13/2010 (M/W) (No class 9/6)</td>
<td>10:30 AM to 11:30 AM</td>
<td>$357</td>
<td>Pro Fitness, 1125 Laramie St.</td>
</tr>
<tr>
<td>TOTAL BODY TONING</td>
<td>21382</td>
<td>08/23/2010 to 10/13/2010 (M/W) (No class 9/6)</td>
<td>4:20 PM to 5:20 PM</td>
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<td>Pro Fitness, 1125 Laramie St.</td>
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<tr>
<td>TOTAL BODY TONING</td>
<td>21254</td>
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<td>10:30 AM to 11:30 AM</td>
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<td>TOTAL BODY TONING</td>
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<td>4:20 PM to 5:20 PM</td>
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<tr>
<td>TURBO KICK™</td>
<td>21248</td>
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<td>Mercy Fitness West, 315 Seth Childs</td>
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<td>TURBO KICK™</td>
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<td>Mercy Fitness West, 315 Seth Childs</td>
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<td>YOGILATES</td>
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<td>YOGILATES</td>
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<td>Pro Fitness, 1125 Laramie St.</td>
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<td>YOGILATES</td>
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<td>Pro Fitness, 1125 Laramie St.</td>
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<td>$357</td>
<td>Pro Fitness, 1125 Laramie St.</td>
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<td>ZUMBA</td>
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<td>$357</td>
<td>Mercy Fitness West, 315 Seth Childs</td>
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<td>ZUMBA</td>
<td>21223</td>
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<td>1:00 PM to 2:00 PM</td>
<td>$357</td>
<td>Mercy Fitness West, 315 Seth Childs</td>
</tr>
</tbody>
</table>
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 with varied curriculum. Opportunities are planned 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.
UFM Community Learning Center
Registration Form

1221 Thurston
Manhattan, KS 66502
539-8763

Student Name __________________________ Day Phone ___________
Address __________________________________________ Evening Phone ___________
City State KS Zip Email ______________________
Age: Under 18 exact age ___________ 19-24 □ 25-59 □ 60+ □
Parent’s Name if Student is Under Age 18 __________________________

CLASS # Session TITLE FEE LOCATION DATE TIME

I hereby authorize the use of my Visa □ MasterCard □ Discover □
Card Number ____________ Expiration Date ____________
Card Cardholder’s Name (Please Print) __________________________
Cardholder’s Signature __________________________________________

Participant Statistics: KSU Student □ KSU Faculty/Staff □ Ft Riley □ Other □
Where did you obtain your catalog? __________________________________________
A class I would like offered __________________________________________

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

Signature** Date __________________________________________
**Signature of Parent or Guardian required for minors.

Office Use Only Date Staff
Date Received ____________ Entered ____________
Date Staff ____________
Total Paid ____________

Amount
Check ____________
Cash ____________
Visa ____________ Date ____________
MC ____________
Discover ____________

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