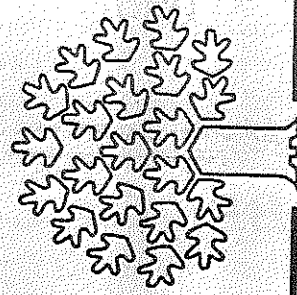
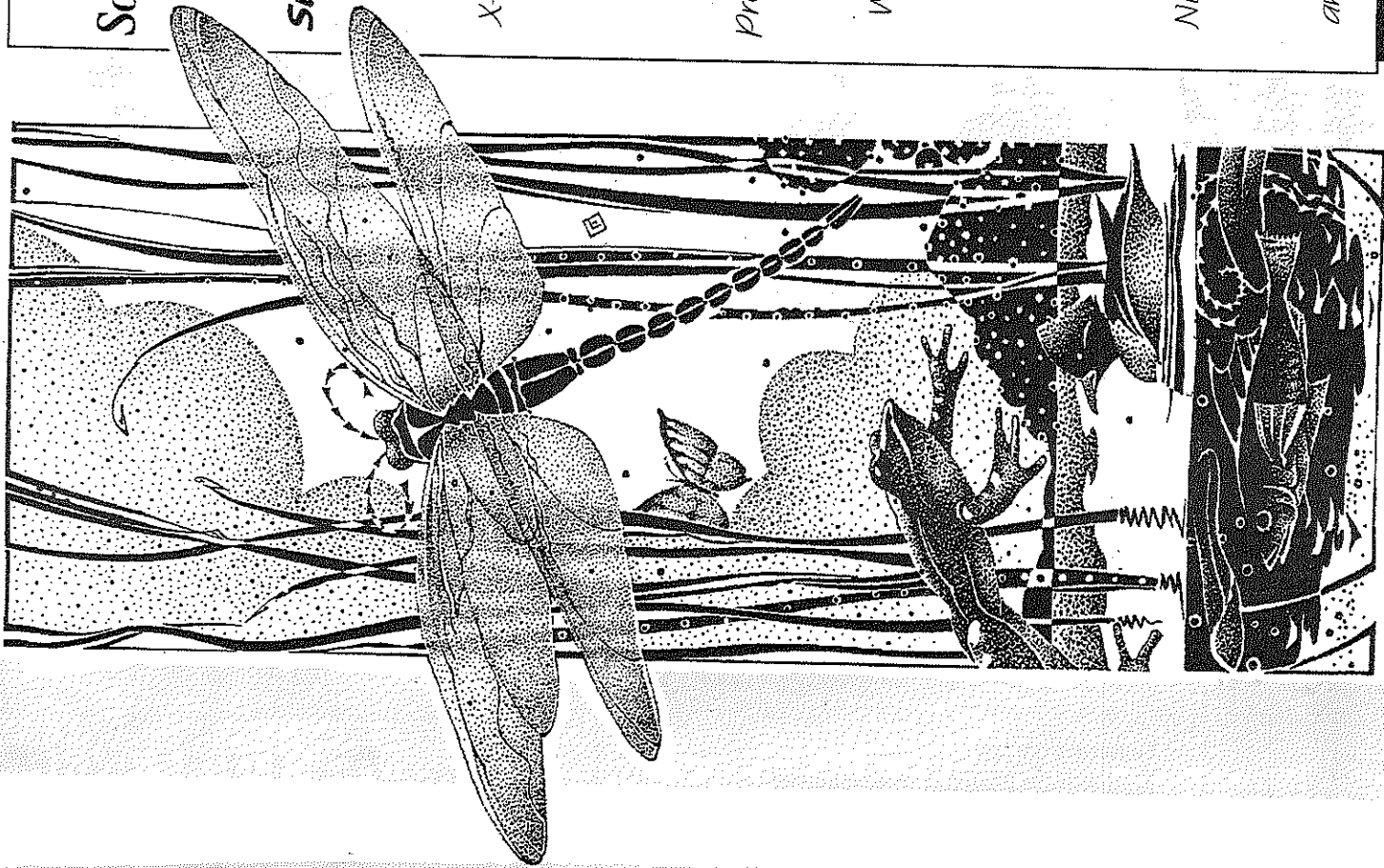


Discover
Something New
this Summer!

Summer Classes
June-Aug.
2000

- ...
- X-Mas in July Craft classes
- ...
- Belly Dancing
- ...
- Business Professional Writing Workshop
- ...
- Wedding Dancing Workshop
- ...
- Fencing
- ...
- Weaving
- ...
- Night Walk on the Konza Prairie
- ...
- and much more...



Teaching • Learning • Growing

UFM

**Community
Learning Center**

2000 Summer Classes

Discover
Something
New this
Summer!

Summer Classes
June-Aug. 2000

...

Acupressure

...

The Ritalin
Controversy

...

Picture Book Workshop
for Children's writers

...

Scuba Diving

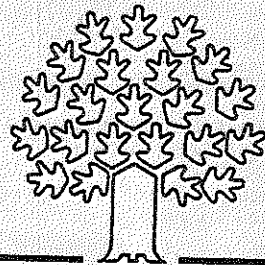
...

Women's Self Defense

...

Slip Covers

...



Teaching • Learning • Growing

**UFM
Community
Learning
Center**

2000
Summer Classes

U.S. POSTAGE PAID
Permit No. 134
Manhattan, Kan. 66502

OR CURRENT RESIDENT



Welcome to UFM Community Learning Center...

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

UFM is a unique program where the "faculty" is the entire community. We rely very much on the interests and involvement of the community to make our programs work. In the past 31 years, over 5000 persons have taken the time to share something they know with others. Our instructors have ranged in age from 11 to 94. Many volunteer their time. Others receive a small stipend for their efforts. Instructor reimbursement, learning tools, facility costs and UFM overhead

expenses determine the fee charged for a class. Since 1991, UFM has been totally self-supporting and class fees make up over two thirds of our budget.

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

UFM Staff:

Executive Director—Linda Inlow Teener
Education Coordinator—Charlene Brownson
Swim Coordinator—Adrienne Kirkendall
State Outreach Coordinator—Anita Madison
Lou Douglas Lecture Series Coordinator—
Beverley Earles-Law
Office Coordinator—Tabitha Smith
Plus all the teachers who share their talents!!

WHERE WE'RE LOCATED

UFM

1221 Thurston

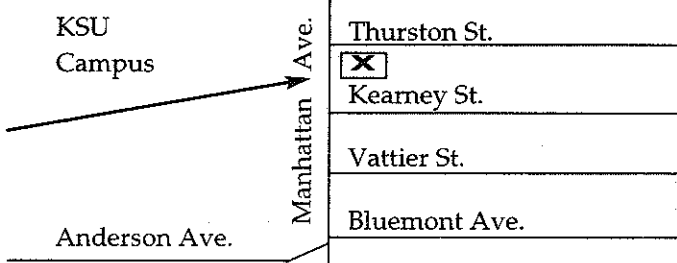
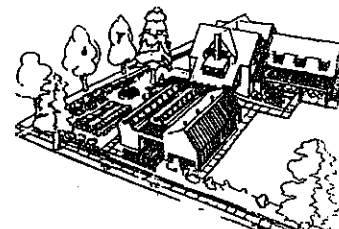


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Meet the UFM Staff

The first voice you generally hear when you call UFM is Tabitha Smith, the UFM Office Coordinator. Tabitha answers the phone, handles registrations, helps instructors and generally keeps the UFM office going. Tabitha has been at UFM for three years.

Tabitha grew up in Manhattan. She got married last August and she and her husband own one puppy, a six month old German Shepard named Sable. In her spare time she enjoys playing with her puppy and reading suspense/mystery novels.

She said this is the most enjoyable job she has ever had and she loves to work with the variety of different people who participate in UFM classes. Take a minute to chat with her next time you call or stop by.

BOARD OF DIRECTORS

Bill Richter, <i>Chair</i>	Dick Hayter
Elaine Johannes, <i>Vice Chair</i>	Robert Wilson
Migette Kaup, <i>Treasurer</i>	Candace White
Aubrey Abbott, <i>Secretary</i>	Dean Stramel
Linda Inlow Teener, <i>President & CEO</i>	Jake Worchester
Sandra Flores	Sharon Brookshire
Sue Maes	Larry Fry
	Tom Fryer

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

ANSWERING MACHINE

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

HANDICAPPED ACCESSIBLE

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



UFM INSTRUCTORS

Yuko Ayai	Shelly Coleman	Colleen Hampton	Mattson	Marlene Sedillos	Diana Tarver
Petra Barnes	Cheryl Collins	Christine Harley	Bill Meyer	Tim Sidorsky	Linda Teener
Brian Barnett	Randi Dale	June Hunzeker	David Moore	Tammy Sinn	Mark Tessendorf
Michael Bennett	Dr. Larry Dall	Karen Kemp	Barbara Ouelette	Robin Sipp	Marilyn Tomich
Lynn Bohnenblust	Enell Foerster	Adrienne	Rhonda Polak	Karma Smith	Kennita Tully
Katherine Brown	Ana Franklin	Kirkendoll	Jack Rader	Sandy Snyder	Stan Wilson
Charlene	Jerri Garretson	Tom Korte	Dr. Royce Resco	Paul Sodamann	Jeff Wilson
Brownson	Paul Gleue	Dr. Lanning	D. Ring	Carol Stites	Anne Woodmansee
Marie Burgett	Jim Gregory	Bernice Martin	Jane Saxer	Dean Stramel	Qiong Wu
Agnes Chikan	Teri Hackler	Dr. Richard	Pam Schmid	Clint Strutt	Chae Sun Yi

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

Charlene Brownson

COMMUNITY REGISTRATIONS

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

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

Registration continues throughout the semester:

UFM House — 1221 Thurston
8:30 am - 5 pm closed 12 Noon - 1 pm

MAILING YOUR REGISTRATION?

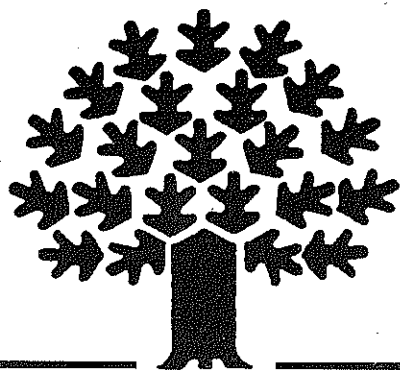
Class confirmations will not be sent unless requested. Consider yourself registered unless you hear from us that the class is full. Feel free to call us to inquire about our receipt of your registration.

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

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

SPECIAL THANKS

The UFM staff would like to thank Anita Van Nevel for proof reading the UFM catalog. We appreciate the time donated by Anita to help us.



• Teaching • Learning • Growing •

UFM accepts donations of money and usable office items. Private monetary donations help underwrite the costs of maintaining the UFM building, coordinating the catalog of classes and special projects such as scholarships, youth projects, literacy improvement or gardening.

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

UFM can also accept donations of office and household items. Our current wish list includes items listed below.

UFM Wish List

- String Weed trimmer
- Couch and Chair
- Folding Tables
- New Signage
- Folding Chairs
- Volunteers to Help with Lawn and Garden Care
- Volunteers to Paint the Building

Thanks to those who responded to our wish list last semester!

About UFM Classes

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

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor's financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Charlene at 539-8763.

UFM is committed to a policy of nondiscrimination on the basis of race, sex, national origin, handicap, religion, age, sexual preference, or other non-merit reasons, in relation to admissions, educational programs or activities, and employment, all as required by applicable laws and regulations.

UFM provides a neutral site to discuss community needs. The views expressed by course instructors or those groups utilizing our meeting space are not necessarily those held by UFM programs, Board members, or staff.

INCLEMENT WEATHER POLICY

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

UFM CANCELLATION POLICY

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

REFUND POLICY

We will give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, and gives 48 hours notice before the starting date, we will refund all but a \$3 processing fee. **NO REFUND AFTER THE CLASS BEGINS.**

PRE-REGISTRATION IS REQUIRED

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

LIABILITY STATEMENT

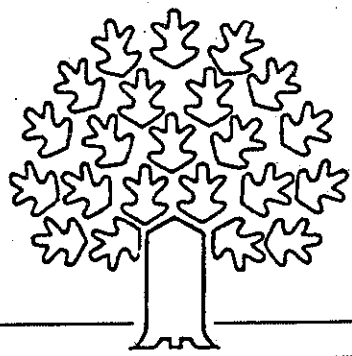
Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage, or injury that may be sustained while using KSU or UFM facilities or participating in programs.

KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

!Wanted! Instructors to Teach:

- Beginning Italian
- Interior Decorating
- Upholstery
- How to Buy a Used Car
- Basic Home Repair
- Photography

USE REGISTRATION FORM on the back cover.



Aquatics

1221 THURSTON

539-8763

Learn to Swim Classes

UFM and the Division of Continuing Education are pleased to present the American Red Cross Learn to Swim Program Levels I-VII plus 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.

PARENT'S DAY is scheduled to allow parents on deck to observe their child's progress. Each child will receive a written report at this time as well as at the end of class.

Parent's Day Dates:

Friday June 9 and 30, Tuesday July 7 and Friday July 21. Check to see which date applies to your session.

Check to see which date applies to your session.

LOCATION: KSU Natatorium - Ahearn Complex.

Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water. Note: Minimum enrollment for all classes is 5. If less than 5 enroll, classes of the same level may be combined or cancelled.

BEGINNING & ENDING DATES:

Session A: Mon - Fri June 5 - June 16

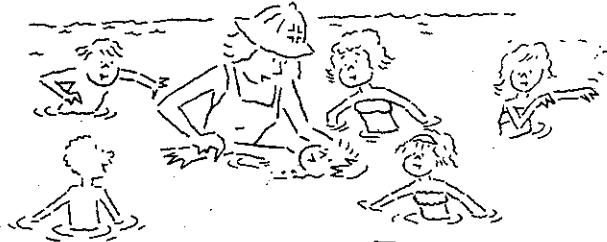
Session B: Mon - Fri June 19 - June 30

Session C: Mon - Fri July 5 - July 14 & Sat July 8

Session D: Mon - Fri July 17 - July 28

(No lessons on July 3 & 4, will make-up on Saturday, July 8 and longer class times for session C.)

1st day of class, please arrive 10 minutes early to get classes organized.



Parent/Infant and Parent/Tot

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

Session I Mon/Wed/Fri (See Dates Above)

AQ-01P 10 - 10:30 am,
AQ-02P 5:30 - 6 pm

Session II Mon/Wed/Fri (See Dates Above)

AQ-03P 10 - 10:30 am
AQ-04P 5:30 - 6 pm

Session III Wed/Thurs/Fri

AQ-05P 10 - 10:30 am

Session IV Mon/Wed/Fri

AQ-07P 10 - 10:30 am
AQ-08P 5:30 - 6 pm

Fee: \$16 per session

Tot Transition

If your 3 - 4 year old toddler is ready to try the water without a parent, but not ready for Level 1, this short class is for them. Emphasis will be on basic water safety and preparation activities for swimming. Some parent participation may be allowed.

Session I Mon/Wed/Fri (See Dates Above)

AQ-01T 9:30 - 10:00 am
AQ-02T 5:00 - 5:30 pm

Session II Mon/Wed/Fri (See Dates Above)

AQ-03T 9:30 - 10:00 am
AQ-04T 5:00 - 5:30 pm

Session III Wed/Thurs/Fri (See Dates Above)

AQ-05T 9:30 - 10:00 am

Session IV Mon/Wed/Fri (See Dates Above)

AQ-07T 9:30 - 10:00 am
AQ-08T 5:00 - 5:30 pm

Fee: \$16 per session

Level I: Water Exploration

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

Session I: Mon - Fri (See dates above)

AQ-01 10 - 10:40 am
AQ-02 10:50 - 11:30 am
AQ-03 6 - 6:40 pm

Session II: Mon - Fri (See dates above)

AQ-04 10 - 10:40 am
AQ-05 10:50 - 11:30 am
AQ-06 6 - 6:40 pm

Session III: Mon - Fri (See dates above)

AQ-07 9:45 - 10:30 am
AQ-08 10:45 - 11:30 am
AQ-09 6 - 6:45 pm

Session IV: Mon - Fri & Sat (See dates above)

AQ-10 10 - 10:40 am
AQ-11 10:50 - 11:30 am
AQ-12 6 - 6:40 pm

Fee: \$38 per session

Level II: Primary Skills

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

Session I: Mon - Fri (See dates above)

AQ-13 10 - 10:40 am
AQ-14 10:50 - 11:30 am
AQ-15 6 - 6:40 pm

Session II: Mon - Fri (See dates above)

AQ-16 10 - 10:40 am
AQ-17 10:50 - 11:30 am
AQ-18 6 - 6:40 pm

Session III: Mon - Fri & Sat (See dates Above)

AQ-19 9:45 - 10:30 am
AQ-20 10:45 - 11:30 am
AQ-21 6 - 6:45 pm

Session IV: Mon - Fri (See dates above)

AQ-22 10 - 10:40 am
AQ-23 10:50 - 11:30 am
AQ-24 6 - 6:40 pm

Fee: \$38 per session

Level III: Stroke Readiness

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

Session I: Mon - Fri (See dates above)

AQ-25 10 - 10:40 am
AQ-26 10:50 - 11:30 am
AQ-27 6 - 6:40 pm

Session II: Mon - Fri (See dates above)

AQ-28 10 - 10:40 am
AQ-29 10:50 - 11:30 am
AQ-30 6 - 6:40 pm

Session III: Mon - Fri & Sat (See dates above)

AQ-31 9:45 - 10:30 am
AQ-32 10:45 - 11:30 am
AQ-33 6 - 6:45 pm

Session IV: Mon - Fri (See dates above)

AQ-34 10 - 10:40 am
AQ-35 10:50 - 11:30 am
AQ-36 6 - 6:40 pm

Fee: \$38 per session

Level IV: Stroke Development

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

Session I: Mon - Fri (See dates above)

AQ-37 10 - 10:40 am
AQ-38 10:50 - 11:30 am
AQ-39 6 - 6:40 pm

Session II: Mon - Fri (See dates above)

AQ-40 10 - 10:40 am
AQ-41 10:50 - 11:30 am
AQ-42 6 - 6:40 pm

Session III: Mon - Fri & Sat (See dates above)

AQ-43 9:45 - 10:30 am
AQ-44 10:45 - 11:30 am
AQ-45 6 - 6:45 pm

Session IV: Mon - Fri (See dates above)

AQ-46 10 - 10:40 am
AQ-47 10:50 - 11:30 am
AQ-48 6 - 6:40 pm

Fee: \$38 per session

How to Watch a Good Program Die

Nothing kills a UFM class faster than participants who wait until the last minute to enroll. Classes will be canceled if there is a low enrollment. PLEASE REGISTER EARLY!



Andrea Blair, M.Ed.
Educational Consultant

Specializing in Learning Disabilities
and Attention Deficit Disorder

- Advocacy
- Organizational Strategies
- Employer Education

Call for Information

234 Summit Ave, Manhattan, KS 66502
785-776-0597

Youth Scholarships are available
through the YES! fund.
Call UFM at 539-8763 for details.



AQUATICS (Continued)

Level V: Stroke Refinement

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

- Session I: Mon - Fri (See dates above)**
 AQ-49 10:50 - 11:30 am
 AQ-50 6 - 6:40 pm
- Session II: Mon - Fri (See dates above)**
 AQ-51 10:50 - 11:30 am
 AQ-52 6 - 6:40 pm
- Session III: Mon - Fri & Sat (See dates above)**
 AQ-53 10:45 - 11:30 am
 AQ-54 6 - 6:45 pm
- Session IV: Mon - Fri (See dates above)**
 AQ-55 10:50 - 11:30 am
 AQ-56 6 - 6:40 pm
 Fee: \$38 per session

Level VI: Skill Proficiency

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

- Session I: Mon - Fri (See dates above)**
 AQ-57 10:50 - 11:30 am
 AQ-58 6 - 6:40 pm
- Session II: Mon - Fri (See dates above)**
 AQ-59 10:50 - 11:30 am
 AQ-60 6 - 6:40 pm
- Session III: Mon - Fri & Sat (See dates above)**
 AQ-61 10:45 - 11:30 am
 AQ-62 6 - 6:45 pm
- Session IV: Mon - Fri (See dates above)**
 AQ-63 10:50 - 11:30 am
 AQ-64 6 - 6:40 pm
 Fee: \$38 per session

Level VII: Advanced Skills

The objective of Level VII is to perfect strokes and to develop good fitness habits. Participants are urged to use aquatic activities throughout life to maintain their physical condition. They will be taught springboard diving and advanced rescue skills. They may be introduced to other aquatic activities such as water polo, synchronized swimming, skin diving and competition. Participants entering this course must have a Level VI certificate or must be able to demonstrate all the completion requirements in Level VI.

- Session I: Mon - Fri (See dates above)**
 AQ-65 10:50 - 11:30 am
 AQ-66 6 - 6:40 pm
- Session II: Mon - Fri (See dates above)**
 AQ-67 10:50 - 11:30 am
 AQ-68 6 - 6:40 pm
- Session III: Mon - Fri & Sat (See dates above)**
 AQ-69 10:45 - 11:30 am
 AQ-70 6 - 6:45 pm
- Session IV: Mon - Fri (See dates above)**
 AQ-71 10:50 - 11:30 am
 AQ-72 6 - 6:40 pm
 Fee: \$38 per session

Adult Swim Lessons

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

- Session II: Mon - Fri (See dates above)**
 AQ-73 6 - 6:40 pm
- Session IV: Mon - Fri (See dates above)**
 AQ-74 6 - 6:40 pm
 Fee: \$38 per session

*"You may be disappointed if you fail, but you are doomed if you don't try."
- Beverly Sills*



Lap Swimming Ages 13 plus

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

- Session I: Mon - Fri (See dates above)**
 AQ-75 10 - 11:30 am
 AQ-76 6 - 7 pm
- Session II: Mon - Fri (See dates above)**
 AQ-77 10 - 11:30 am
 AQ-78 6 - 7 pm
- Session III: Mon - Fri (See dates above)**
 AQ-79 9:45 - 11:30 am
 AQ-80 6 - 7 pm
- Session IV: Mon - Fri (See dates above)**
 AQ-81 10 - 11:30 am
 AQ-82 6 - 7 pm
 Fee: \$21 per session

Lap Swimming for Parents

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

- Session I: Mon - Fri (See dates above)**
 AQ-83 10 - 11:30 am
 AQ-84 6 - 7 pm
- Session II: Mon - Fri (See dates above)**
 AQ-85 10 - 11:30 am
 AQ-86 6 - 7 pm
- Session III: Mon - Fri & Sat (See dates above)**
 AQ-87 9:45 - 11:30 am
 AQ-88 6 - 7 pm
- Session IV: Mon - Fri (See dates above)**
 AQ-89 10 - 11:30 am
 AQ-90 6 - 7 pm
 Fee: \$16 per session

Hydroaerobics: Water Exercise

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

- Session I: Mon/Tue/Wed May 8 - June 1**
 AQ-91 6:05 - 7 pm
 Tues/Thurs or Mon/Wed
- AQ-92 6:05 - 7 pm
 Mon - Thurs
- AQ-93 6:05 - 7 pm
Session II: Mon/Wed/Fri June 5 - 30
 AQ-94 6:05 - 7 pm
 Tues/Thurs or Mon/Wed
- AQ-95 6:05 - 7 pm
 Mon - Fri
- AQ-96 6:05 - 7 pm
Session III: Mon/Wed/Fri July 5 - 28
 AQ-97 6 - 7 pm
 Tues/Thurs or Mon/Wed
- AQ-98 6 - 7 pm
 Mon - Fri
- AQ-99 6 - 7 pm
 Fee: \$17 per session Tues/Thurs
 \$19 per session Mon/Wed/Fri
 \$21 per session Mon - Fri

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 Lessons for Special Populations

AQ-100

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

Date/Time: By appointment
Fee: \$42 per session of 6 lessons

Private Lessons

AQ-101

These lessons provide one-on-one instruction for any level of swimmer. A few days after group lessons begin an instructor will contact the student to schedule 6 classes of 30 minutes each.

Days: MWF
Time: 9:30-10:30 am
5-6 pm
Fee: \$42 per session

Open Swim Appreciation

AQ-102

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

Date: July 9 (Sunday)
Time: 1 - 3 pm
Fee: N/C
Location: KSU Natatorium

Scuba Diving

AQ-103

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

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

Date: June 12 - July 19 (Mon/Wed)
Time: 5 - 7 pm
Fee: \$249 credit/\$210 non-credit
Location: YMCA, 1703 McFarland, Junction City, KS

Water Fitness Instructor Preparation Course

AQ-104

This course is for individuals who would like to learn the skills needed to teach water exercise classes. It is also an excellent opportunity for current instructors to expand their education and get new ideas for their classes. Participants will receive the information needed to prepare for the National Water Fitness Certification Course, which is offered on June 10. For those planning on enrolling in the certification course, it would be helpful for you to enroll early and bring your materials to this course.

Carol Stiles is a certified instructor with USWFA and an aquatic instructor at K-State.

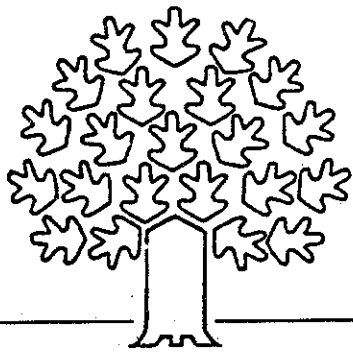
Date: June 10 (Saturday)
Time: 9 am - 12 pm
Fee: \$20
Location: Ahearn Natatorium, KSU

National Water Fitness Instructor Certification Course Test Day

A National Certification Course for Water Fitness Instructors will be held at the K-State University Natatorium on Saturday, June 10. The course is open to any person 16 years or older who has an interest in becoming a water fitness instructor. Those currently teaching but without credentials are encouraged to attend.

For more information, contact Charlene at UFM (785)539-8763. Or contact the United States Water Fitness Association National Headquarters at P.O. Box 3279, Boynton Beach, FL 33424. Phone (561)732-9908.

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



Career & Finance

1221 THURSTON

539-8763

A New Look at Business Management: Activity Based Costing

FC-17
This is a fast growing system used by government, international and private sectors. This method goes beyond or replaces the traditional bookkeeping. Activity based costing is a new way of looking at how you run your business. The focus is on the activities and ask questions of why and how.

Anne Woodmansee (239-0425) is the current manager of the Activity Based Costing program for the Directorate of Environment and Safety at Ft. Riley. She worked as an accountant/auditor to pay for college and post-graduate studies. She has experience as business manager of Music & Theater Divisions, youth activities, recreation centers, arts and craft shops, and a travel bureau. She is also an executive and management/budget trained professional.

Date: June 5 - 26 (Monday)
Time: 7 - 9 pm
Fee: \$17
Location: UFM Fireplace Room

Education Funding 101

FC-21a
Next to planning your own future, planning for your child's education may become one of the most important financial challenges you face. Make sure you are on the right track in saving for your children's education.

Clint Strutt

Date: June 12 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: Waddell & Reed, 555 Poyntz Ave., Suite 280

Education Funding 101

FC-21b

Clint Strutt

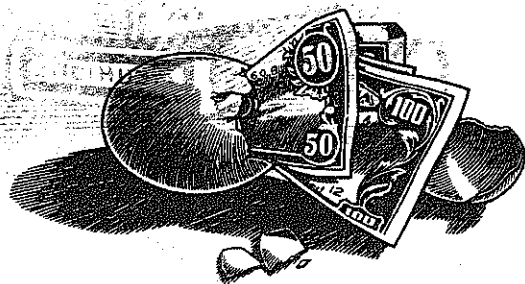
Date: June 24 (Saturday)
Time: 10 am - 12 pm
Fee: \$8
Location: Waddell & Reed, 555 Poyntz Ave., Suite 280

Teens and Money

FC-09
As parents we often tell our children "Money doesn't grow on trees," but do you explain how money does grow? The goal of this class is to help young people understand the value of money and how it works. Basic money concepts will be covered, including needs versus wants, compound interest, setting short-term goals, inflation and understanding credit cards. Helping your child establish good money habits at a young age can have a powerful impact on their financial future. For youth 13 years and up and their parents/guardians

Robin Sipp (776-3666) works with a local financial service company. She has 20 years experience teaching elementary school and 6 years of teaching middle school. One area that is left out in the educational system is teaching about money skills. She is excited to be able to show participants how investing small amounts of money can create wealth over a period of time.

Date: (Tuesday) July 18
Time: 7 - 8:30 pm
Fee: \$10 child and parent/guardian
Location: UFM Conference Room



Financial Planning For Women

FC-06a
Women outlive men on average by about seven years, according to the U.S. Department of Labor, and the average age of widowhood in the United States is 56. Since most women will eventually handle finances on their own, it's critical for them to take an active role in managing their money and preparing for the future.

Marilyn Tomich (537-4505) has a B.A. in chemistry and is a financial advisor with Waddell & Reed in Manhattan. She knows the importance of financial planning from personal experience and enjoys helping others achieve their financial goals.

Date: June 6 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$8
Location: Waddell & Reed, Suite 280, 555 Poyntz Ave.

Financial Planning For Women

FC-06b

Marilyn Tomich
Date: July 26 (Wednesday)
Time: 7 - 8:30 pm
Fee: \$8
Location: Waddell & Reed, Suite 280, 555 Poyntz Ave

Financial Planning For Women

FC-06c

Marilyn Tomich
Date: June 13 (Tuesday)
Time: 1 - 2:30 pm
Fee: \$8
Location: Waddell & Reed, Suite 280, 555 Poyntz Ave

Business & Professional Writing— Skill Building Workshop

FC-07a
This workshop is designed for anyone who needs to communicate clearly in writing. Through discussion, examples and practice, participants learn immediately useful techniques that help them plan and write clear, concise letters, memos, reports, proposals, e-mail and other documents. Participants reinforce learning by applying concepts and techniques to actual job-related writing projects and receiving one-on-one feedback from the instructor.

Marlene Sedillos is an experienced teacher with a B.A. in Education, an M.S. in Adult and Continuing Education and is completing a Ph.D. at KSU in Education Technology. She has taught at Barton County Community College for many years and also as the instructor for UFM's English as a Second Language program.

Date: June 3, 10, 17 & 24 (Saturdays)
Time: 9am - 12:30 pm
Fee: \$112 (Fee includes workbook)
Location: UFM Conference Room.

Business & Professional Writing— Skill Building Workshop

FC-07b

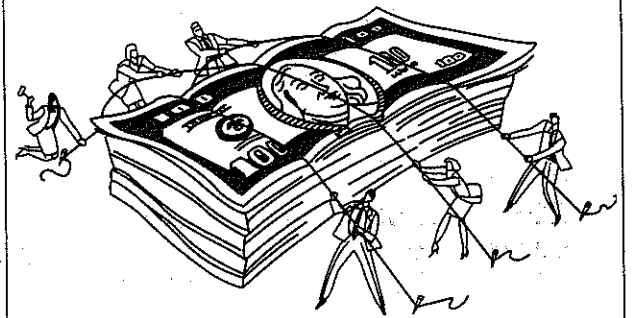
Marlene Sedillos
Date: July 8 & 15 (Saturdays)
Time: 9am - 12:30, 1:30 - 5 pm
Fee: \$112 (Fee includes workbook)
Location: Justin Hall, Rm 341, KSU

Six Ways Retirees Mess Up Their Finances...and How to Avoid Them

FC-20
Participants will learn about the most common mistakes made during retirement and how to avoid them. This class is designed for retirees and those approaching retirement age.

Clint Strutt is a graduate of Kansas State University and a financial advisor with Waddell & Reed. He has been a member of the Manhattan Community for more than a decade.

Date: June 26 (Monday)
Time: 3 - 4 pm
Fee: \$8
Location: Waddell & Reed, 555 Poyntz Ave., Suite 280



Gain Control of YOUR Money

FC-01a
Is there too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on insurance and debt? This class will help you identify problem areas in your finances, so that you can start to take control of your money. Learn how to buy wisely and reach your financial dreams.

Lynn Bohmenblust (776-3666) is a recognized leader in the area of financial services. He is the regional vice president with a local financial service company. He received a B.S. degree from Ft. Hays State University in secondary education. He has 9 years experience in the financial services industry, teaching families how money works and how it can work for you.

Date: June 6 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Series: Gain Control, Debt-Free, & Investing
\$14 individual/\$18 couple
Location: UFM Conference Room

Debt-Free Prosperous Living

FC-02a
Anyone, that means YOU, can become debt-free. You can pay off all debts, including your mortgage, with the money you're currently earning! This class teaches a simple, livable system for eliminating ALL of your debts. You can achieve financial independence as you discover how to operate 100% on cash. Never need credit again and quickly and safely build retirement wealth. You will complete this class knowing you can become debt-free. Everyone attending this seminar will have the option to get an individual consultation to establish their debt-free date.

Shelly Coleman (776-3666) is a debt specialist for this area. She is a graduate of KSU School of Business Administration with a bachelor's degree in Finance. She has 8 years experience in the financial services industry. She enjoys teaching others how to get out of debt sooner and free up money.

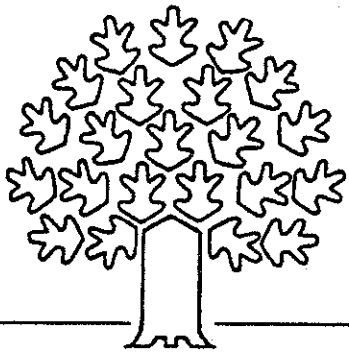
Date: June 13 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Series: Gain Control, Debt-Free, & Investing
\$14 individual/\$18 couple
Location: UFM Conference Room

Investing in YOUR Future

FC-03a
Individuals who are in the accumulation phase of their lives, at 25 to 55 years of age, or those who need to save for a home or future college tuition will benefit from this course. Discussion will cover important money management concepts with practical, easy-to-understand language, using examples you can put into practice. Topics include investment basics, types of products, and developing a personal financial game plan that will help you plan a secure future for you and your family. No matter how much or how little money you have, these principles apply to you. Invest an evening of your time to learn how you can accumulate more wealth and have a better quality of life! Everyone attending this seminar will have the option of receiving a complimentary Financial Needs Analysis to help establish their road map for their various goals and dreams.

Lynn Bohmenblust (776-3666)

Date: June 20 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$8 individual/\$12 couple
Series: Gain Control, Debt-Free, & Investing
\$14 individual/\$18 couple
Location: UFM Conference Room



Language

1221 THURSTON

539-8763

ESL English as A Second Language

LA-01a

This conversational English course is for those who would like to expand their knowledge of "Survival English." The class will start at an elementary level and progress toward higher levels of English. The course will include exercises in speaking, reading, and listening.

Agnes Chikan (395-5688) has a degree in teaching ESL. She has taught English on different levels. She enjoys helping students develop their English skills from stammering sentences to fluency. She is an enthusiastic language learner herself. Her native tongue is Hungarian. She had studied English, Russian and French languages.

Date: June 13 - August 10 (Tuesday/Thursday)
Time: 7 - 8:30 pm
Fee: \$48
Location: UFM Multi-Purpose Room
No Class July 4



Beginning Sign Language

LA-03

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

Sheralyn Woolwine is a recent graduate of KSU, with a B.S. in Family Studies. She has taken Sign Language courses at KSU and loves teaching others what she has learned.

Date: June 7 - July 19 (Wednesday)
Time: 7 - 8 pm
Fee: \$43
Location: Justin Hall, Room 341, KSU

Spielend Deutsch Pernen— Learning German the Fun Way

LA-04

Spielend has two meanings: "easy" as well as "in a playing way." Both are true for the way we intend to learn the language. Statistics prove that you remember better if you can make associations. Explaining game rules, playing the game and maybe inventing a new one will challenge you more than just a book, and might be a nice change from your daily routine. Come join us for some educational fun. You'll be surprised how much you can learn "Spielend"!

Petra Barnes was born and raised in Germany. She has a degree in Fashion Design and has worked as a freelance designer and pattern maker for numerous years. She has extended her knowledge in interior design, developing a unique mixture of upholstery and slipcover designs. She was recently-certified by the PFFA to be a certified picture framer and also won a nationwide framing contest. She is fluent in English, Italian, and of course her native language German.

Date: June 2, 9, 16, 23 & 30 (Friday)
Time: 7 - 9 pm
Fee: \$58
Location: UFM Fireplace Room

"Bargain- something you can't use at a price you can't resist."
- Franklin P. Jones

Japanese for Tourists

LA-08a

This class is for people who are planning to travel to Japan. It is also open to anyone who would like an introduction to the Japanese language. The emphasis will be on basic vocabulary and phrases. Participants will learn how to ask simple questions and directions, how to order food in a restaurant, how to get tickets at the theater, and how to use public transportation. There will also be an introduction to Japanese culture.

Yuko Ayai received a B.S. degree in Economics at Yokohama City University in Japan, with work experience at the Central Union of Agricultural Cooperatives in Tokyo. She is a student at KSU, majoring in Dance. Yuko has experience as an assistant for the Japanese language class at KSU.

Date: June 1 - 27 (Tues/Thurs)
Time: 6 - 7 pm
Fee: \$42
Location: UFM Multi-Purpose Room

Japanese for Business Professionals

LA-08b

This class will focus on business vocabulary and conversation spoken at the office. Participants will learn how to introduce themselves and how to greet others in Japanese. Other areas to be covered include how to answer the phone and ask for business information. There will be an introduction to Japanese culture and information about Japanese business manners.

Yuko Ayai
Date: July 3 - 26 (Mon/Wed)
Time: 6 - 7 pm
Fee: \$42
Location: UFM Multi-Purpose Room



French for Kids

LA-09a

Games will be used in this class to teach children the French Language. The emphasis will be on conversation and recognition with very little written work. This class is appropriate for children ages 8-12.

Brian Barnett is a senior in French/Spanish at KSU. After graduation, he plans to teach both French and Spanish at the college level.

Date: June 5 - 28 (Mon & Wed)
Time: 3:30 - 4:30 pm
Fee: \$43
Location: UFM Conference Room

French for Kids

LA-09b

Brian Barnett
Date: July 3 - 26 (Mon & Wed)
Time: 3:30 - 4:30 pm
Fee: \$43
Location: UFM Conference Room

"The best way to win an argument is to begin by being right."
— Jill Ruchekshaus

French for Adults

LA-10a

This class is for adults who have had little or no previous knowledge of the French language. The focus will be on both conversational and grammatical points.

Brian Barnett

Date: June 5 - 28 (Mon & Wed)
Time: 7 - 8:30 pm
Fee: \$52
Location: Justin Hall, Room 256, KSU

French for Adults

LA-10b

Brian Barnett

Date: July 3 - 26 (Mon & Wed)
Time: 7 - 8:30 pm
Fee: \$52
Location: Justin Hall, Room 256, KSU

Spanish for Adults

LA-11a

This beginning Spanish class is designed for adults who have had little or no previous knowledge of the Spanish language. The focus will be on both conversational and grammatical points.

Brian Barnett

Date: June 6 - 29 (Tues & Thurs)
Time: 7 - 8:30 pm
Fee: \$52
Location: Justin Hall, Room 256, KSU

Spanish for Adults

LA-11b

Brian Barnett

Date: July 6 - 27 (Tues & Thurs)
Time: 7 - 8:30 pm
Fee: \$52
Location: Justin Hall, Room 256, KSU

Spanish for Kids

LA-12a

This class is designed for children ages 8- 12 to have fun while learning Spanish. Various games will be used to teach this language. The class will consist of mostly conversation and recognition, very little written work is required.

Brian Barnett

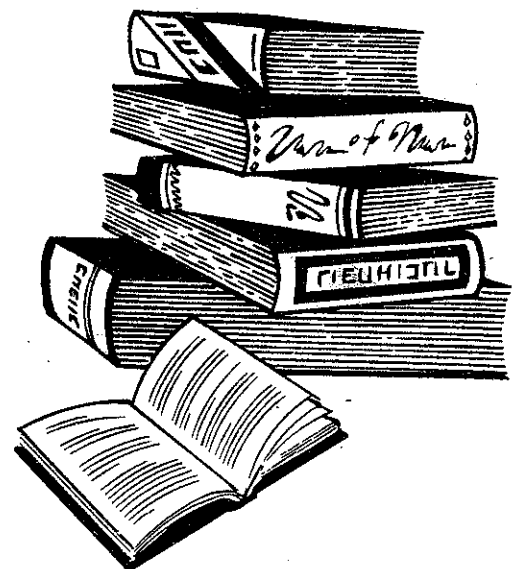
Date: June 6 - 29 (Tues & Thurs)
Time: 3:30 - 4:30 pm
Fee: \$43
Location: UFM Conference Room

Spanish for Kids

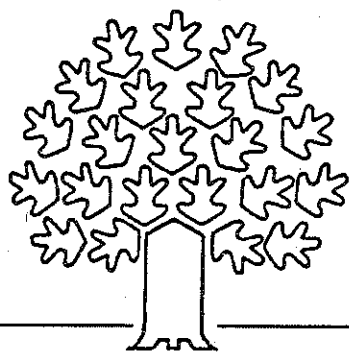
LA-12b

Brian Barnett

Date: July 6 - 27 (Tues & Thurs)
Time: 3:30 - 4:30 pm
Fee: \$43
Location: UFM Conference Room



All participants must register in advance.



Creative Free Time

1221 THURSTON

539-8763

Safe and Creative Care of Family Photos

CF-02a

Are your photos stuffed in shoeboxes or, worse, in albums that are chemically destroying them? This workshop covers organizing your photos, photo-safe materials, ideas for creative cropping and photo-journaling. You will receive assistance in helping you create a unique and lasting photo album. Bring a packet of pictures (12) and memorabilia plus a pair of scissors. The fee includes 1 acid-free album page and the use of photo-safe materials and supplies. Additional pages are available for purchase from the instructor.

Pam Schmid (1-800-347-2625) has been a consultant with Creative Memories since 1989.

Date: June 8 (Thursday)
Time: 7 - 9:30 pm
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

CF-02b

Pam Schmid (1-800-347-2625)

Date: July 10 (Monday)
Time: 7 - 9:30 pm
Fee: \$15 includes some supplies
Location: UFM Fireplace Room

Safe and Creative Care of Family Photos

CF-02c

Pam Schmid (1-800-347-2625)

Date: August 8 (Tuesday)
Time: 7 - 9:30 pm
Fee: \$15 includes some supplies
Location: UFM Fireplace Room



Beginning Spinning

CF-38

This class will cover the basics of fiber preparation and spinning on a drop spindle. Students will receive their own drop spindle and fleece to learn with and plenty of hand-outs. Enrollment is limited to 5, so sign up early!

Marie Burgett has been spinning for several years on both the drop spindle and on wheels. She is the Kansas representative for Handweaver's Guild of America.

Date: July 11 (Tuesday)
Time: 7 - 9 pm
Fee: \$27
Location: UFM Fireplace Room

Nice to Sit On - But Ugly to Look At? Slipcover!

CF-14

See how a piece of fabric can change your chair (lounge or dining) into a piece of furniture that fits your decor. Once you've made a custom pattern, you can use it every time you feel like a change. It helps you match pieces that did not match before, and you don't have to worry about stains - simply slip off your cover and clean it. In this class you will learn how to make a pattern in the draping technique that will enable you to slipcover other pieces as well. We will cut the fabric, sew the cover and slip the dress on the chair with the finishing touches. Medium sewing skills required. Materials needed for 1st meeting: muslin (enough to cover chair, scissors, measuring tape, quilt needles, T-ruler (or other perpendicular ruler), and a marker.

Petra Barnes was born and raised in Germany. She has a degree in Fashion Design. She is fluent in English, Italian, and of course her native language German.

Date: July 8, 15, 22 & 29 (Saturday)
Time: 9 am - 12 pm
Fee: \$56
Location: UFM Conference Room

Picture Books Workshop for Children's Writers

CF-11

Learn the requirements for writing children's picture books and how to submit your manuscripts to publishers. You'll learn how to make a book dummy and the technical and editorial considerations specific to this format. Bring a manuscript to work with (one you don't mind cutting into strips) and a pair of scissors, pen and clear tape. Although the class will focus on writing, those interested in illustrating picture books may find the class helpful. If you are an illustrator, bring some sample illustrations and a story idea.



Jerri Garretson (776-0556) is owner/publisher of Ravenstone Press, which has published three books since its creation in 1997. Her articles for children have been published in *Highlights for Children*, *Children's Digest*, *Child's Life & The Friend*. She has participated in many workshops for children's writers and reviewed children's books for librarians. She also brings a strong knowledge of and love for children's literature from her former position of children's librarian at Manhattan Public Library.

Date: August 15 (Tuesday)
Time: 7 - 9 pm
Fee: \$18
Location: UFM Conference Room



Christmas in July



Quilted Christmas Decorations

CF-40

We will make Christmas ornaments and get ideas for other pieced and quilted decorations. We will use the easy paper piecing technique for making quilt projects. Bring your sewing machine and iron. Patterns and fabric will be provided for your in-class project. Patterns for other holidays will also be available.

Linda Teener (539-8763) enjoys sewing and quilting. She has created a number of paper piecing projects of all sizes.

Date: July 11 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$13
Location: UFM Multi-Purpose Room

Learn to Make a Crocheted Hat

CF-41

Participants in this class will make a quick and easy crocheted hat for a baby or an adult with a simple double crochet stitch. This is an easy project that will make a useful gift for a new baby, a friend, or family. Supplies needed: crochet hook size H for small or size I for large loop yarn - 1 skein for baby hat, 2 skein for adult hat.

Marlene Sedillos has a degree in Art Education and has enjoyed crocheting for many years. She has worked on many different crocheted projects from dollies to clothing.

Date: July 22 (Saturday)
Time: 9 am - 12 pm
Fee: \$8
Location: UFM Multi-Purpose Room

Wooden Christmas Ornaments

CF-43

You will get to make 3 wooden Christmas ornaments. Shapes include a star, Christmas tree, and a heart. The "Country" look will be used when decorating your ornament, using paint, sandpaper, files, and aluminum tooling foil. All supplies needed are included in class fees.

Charlene Brownson enjoys arts and crafts and has worked with many different medias. She has a B.A. degree in Art Education. She has made wooden crafts for 15 years, both to sell and just for fun.

Date: July 8 (Saturday)
Time: 1 - 3 pm
Fee: \$12
Location: UFM Multi-purpose Room

Clay Snow People

CF-44

Participants will make a group of Winter snow people playing. Sculpey clay will be used to make these miniature clay figures. This is an oven baked clay. Sculpey figurines are the cute clay sculptures that are often sold at craft fairs. You are going to have so much fun learning how to make these cute snow people. They make great gifts! All supplies needed are included in the class fee.

Karen Kemp enjoys arts and crafts and has 19 years experience creating with Sculpey clay.

Date: July 15 (Saturday)
Time: 1 - 3 pm
Fee: \$18
Location: UFM Multi-Purpose Room

Baskets From Paper

CF39

Using strips made from brown grocery bags, we will make plaited baskets with scalloped-edge tops. Participants need to fold the strips prior to class; sample and instructions for cutting and folding are at the UFM office.

Marie Burgett has made many paper baskets and has taught this class several times.

Date: July 13 (Thursday)
Time: 7 - 9 pm
Fee: \$16
Location: UFM Conference Room

Plastic Canvas Santa (That Gives You a Chocolate Kiss)

CF-42

Participants will make a 2" plastic canvas Santa head. When you squeeze his cheeks together he gives you a chocolate kiss (Hershey's Kiss). You will use needle and yarn for stitching on the plastic canvas to make your Santa. Santas can be used as a Christmas tree decoration or to decorate the top of your gift. These are fun little presents that everyone enjoys. All supplies needed will be provided by the instructor.

Marlene Sedillos has made many plastic canvas Santas for gifts. She has taught friends how to make them and is looking forward to sharing this cute gift idea with others at this UFM class.

Date: July 29 (Saturday)
Time: 9 am - 12 pm
Fee: \$11
Location: UFM Fireplace Room





Act Up! Act It Out! Live It Up! CF-28
Come have fun while learning the basics of acting. Participants will learn about acting, building a character, stage directions, auditioning, exercises, memorizing techniques, solo and group work. The scenes will be chosen by class participants.

Anne Woodmansee (239-0425) is a graduate of Oberlin, Ohio, Conservatory of Music. She studied and did professional work in Ohio, the East Coast and Germany. She was the Music and Theater Director with the U.S. Army Morale Support Activities in Wiesbaden, West Germany. She has taken piano lessons for 22 years, and voice lessons for 26 years. She has been trained in and has done professional work in opera, oratorio, recital, and musicals, as a performer, producer and director. Locally she has worked with the Manhattan Civic Theater.

Date: August 8 - 24 (Tuesday & Thursday)
Time: 7 - 9 pm
Fee: \$18
Location: UFM Fireplace Room

Listen! Classical Music for People Who Don't Know Classical Music CF-29

Participants in this class will be introduced to classical (as opposed to popular) music, with a brief history and descriptions of types of compositions and performing groups. Learn the parallels between folk, jazz, etc. and classical venue. Listen to some of the greats (pieces and performers), basics of structure, and programmatic examples. This class will be a painless way to break the ice and immerse yourself in the area of the classics.

Anne Woodmansee
Date: July 19 - August 9 (Wednesday)
Time: 7 - 9 pm
Fee: \$14
Location: UFM Multi-Purpose Room

The Magic of Reading Music CF-31

Learn the basics of turning sound and rhythm into symbols on a page. Get acquainted with the staff and the keyboard. After the class, you will be able to pick out simple melodies and harmonies on a keyboard. Unlock the wonderful mysteries of musical notation - sing and play from the printed page. Students need a three ring binder, pencils, and a cardboard keyboard (optional). Instructor will provide sheets of manuscript paper.

Anne Woodmansee (239-0425)
Date: June 1 - 13 (Tuesday/Thursday)
Time: 7 - 8:30 pm
Fee: \$22
Location: College Avenue United Methodist Church
1609 College Ave.

Big Books & Little Kids CF-46a

Learn how big books contribute to the literacy development of young children. The course will explore component of good children's literature. This workshop will provide you with the opportunity to create and construct your own big book. Appropriate for parents and teachers of children age 2 to 8. Materials needed to create your own big book are included in class fees.

Teri Hackler is a graduate extension student at KSU majoring in Educational Administration Leadership. She has experience as a Professor in Early Childhood Education at South Western College, Winfield; a former Elementary School administrator and 1st grade teacher.

Date: August 1 & 3 (Tues/Thurs)
Time: 4 - 7:30 pm
Fee: \$49

Location: Conference Room

Big Books & Little Kids CF-46b

Teri Hackler
Date: August 5 (Saturday)
Time: 9 am - 4 pm
Fee: \$49
Location: Conference Room

Basics of the Keyboard.

See It—Play It! CF-33

With a cardboard printout, an electric or an acoustical keyboard, you will learn the basics of piano notation, technique and types of beginning musical pieces. Explore the possibilities of moving into piano lessons. It is recommended to have taken a music reading class before taking this class. Students need a three ring binder, a pencil and a cardboard keyboard, which is available at Glenn's Music.



Anne Woodmansee
Date: July 18 - August 3

(Tuesday/Thursday)
Time: 7 - 8:30 pm
Fee: \$28
Location: 1st
Lutheran Church, 930
Poyntz Ave.

Sing Out! Voice Technique, Presentation, and Interpretation CF-32

Participants will learn voice basics of technique, vocalization, enunciation and interpretation. There will be group and individual work. Basics of vocal repertoire will be covered, all types, from popular to classical. Auditioning techniques and memorization techniques will be taught. Students will work on music of their choice and sing for each other. The instructor can coach in German, French and Italian. If possible it is recommended to have taken The Magic of Reading Music class or be able to read music. Students need a three ring binder, pencils and music of their choice.

Anne Woodmansee
Date: June 15 - July 13 (Tuesday/Thursday)
Time: 7 - 8:30 pm
Fee: \$28
Location: College Avenue United Methodist Church
1609 College Ave.
No Class July 4

**Manhattan Arts Center
Community Theatre**



2000-2001 SEASON

THE BEST MAN

by Gore Vidal Sept 29-Oct 1, Oct 5-8
"A political melodrama that comes close enough to the truth to be both comic and exciting" (NY Times)

The Lion in Winter

by James Goldman Nov 10-12, 16-19
Historical comedy set in 1183; Henry II and Eleanor of Aquitaine vie over which of their sons will ascend the throne.

The Hand that Cradles the Rock

by Warren Graves Feb 23-25, Mar 1-4
An outrageously funny comedy about a successful business-woman and her husband who stays home to watch the baby.

OLIVER! Apr 27-29, May 3-6, 11-12

Music, lyrics & book by Lionel Bart
The perennial favorite, with characters and songs that capture the imagination and beguile the senses.

Call 539-6000 / email boxoffice@ManhattanArts.org for information and tickets.

Manhattan Arts Center
1520 Poyntz, Manhattan KS 66502 * Tel. (785) 537-4420
Smoke-free * Wheelchair accessible * www.ManhattanArts.org



Ghostbusters CF-03

Join us for a tour of Sunset Cemetery and meet some past Manhattanites. This class will be an overview of the cemetery. We will discuss the history of some of the people buried there and touch on the strategy of using the cemetery for genealogical and historical research. Cheryl Collins is the director of the Riley County Historical Museum.

Date: June 6 (Tuesday)
Time: 7 - 8:30 pm
Fee: \$9
Location: Sunset Cemetery shelter by front gate

Beginning Knitting CF-45

Learn the basics of knitting and come away with a head-band and a scarf designed to take you through each step of the process. Materials will be provided for the first project and a list of further materials needed will be available at the 1st class session for the 2nd project.

Kennita Tully is the sole proprietor of Wildflower knitwear and has had her designs published in several national knitting magazines.

Date: July 12 - August 2 (Wednesday)
Time: 7:30 - 9 pm
Fee: \$26
Location: UFM Fireplace Room



Weaving With Color CF-37

This class is for beginning weavers or wanna-be weavers. Students will explore the use of color in weaving using pre-warped looms, and will have four to six useable samples to take home along with plenty of handouts. All materials and equipment will be supplied. Enrollment is limited to 4, so sign up early!

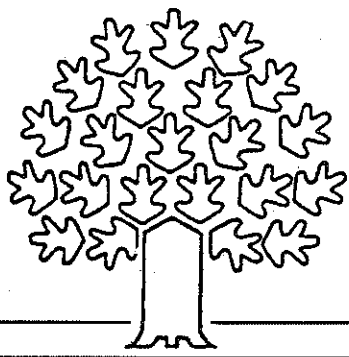
Marie Burgett has been weaving since 1973, and has taught various weaving classes through the years. She is the Handweaver's Guild of America representative for Kansas and secretary for Kansas Alliance of Weavers.

Date: July 8 (Saturday)
Time: 8 am - 12 pm
Fee: \$48
Location: UFM Multi-Purpose Room

"Face your deficiencies and acknowledge them, but do not let them master you. Let them teach you patience, sweetness, insight...When we do the best we can, we never know what miracle is wrought in our life, or in the life of another."

— Helen Keller

THANK YOU ADVERTISERS for your loyal support.



Earth, Nature & Environment

1221 THURSTON

539-8763

Fly Fishing

EN-01

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.

Paul Sodamann (494-2340)

Date: June 5 - 15 (Mon/Tues/Wed/Thurs)

Time: 6 - 8 pm

Fee: \$148 credit/\$85 non-credit

Location: Eisenhower Middle School, 800 Walters Dr.

Indoor Plant Swapping

EN-05

Are your houseplants multiplying, growing too fast, or getting too big? Take some cuttings off your plants or divide them and trade for a new houseplant at this UFM plant swap. Plants that are good to take cuttings from include: vining plants, such as philodendron, airplane, geranium, and umbrella. Peace Lilly, emerald green and other plants are easy to divide. Plants may be dropped off at UFM on Friday, June 9. Call to register and let us know what plant you will bring to swap. Jack will be available to give information about the care of your new plant.

Jack Rader is a horticulture therapist with a degree from K-State in Horticulture. As a gardener he enjoys growing flowers and plants. Adrienne Kirkendoll is the swim coordinator at UFM and a recent graduate from K-State.

Date: June 10 (Saturday)

Time: 10am - 1 pm

Fee: N/C

Location: UFM Greenhouse

Fall Gardening

EN-09

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

Colleen Hampton (539-5934) has gardened both indoors and outdoors for 27+ years and looks forward to sharing her practical knowledge in her gardening classes.

Date: July 29 (Saturday)

Time: 10am - 12 pm

Fee: \$8 individual/\$12 couple

Location: UFM Multi-Purpose Room

Field Trip: Wabaunsee County Glacial Area

EN-23

Come venture to the glacial area of northwestern Wabaunsee County. We'll search for materials such as agates and quartzite left behind by the glaciers and for fossils. Bring a beverage and a container for your "treasures." Enjoy the pleasure of being a rock hound for a day. Rain Date: July 15.

Dr. Lanning (537-7599), Professor Emeritus of Chemistry at K-State, is a long-time member of the Manhattan Mineral, Gem and Fossil Club. He was UFM's Featured Instructor in the Fall of 1998. For many years Dr. Lanning has offered field trips for UFM.

Date: July 8 (Saturday)

Time: 8:30 am - 12 pm

Fee: \$8 individual/\$12 couple

Location: Meet at UFM for Field trip in private cars

Perseid Meteor Shower

EN-07

Meet us to view the Perseid Meteors. This will not be the best year, since there is a nearly full moon. But we can see the summer sky, and hope for a few bright meteors. Dean will explain what meteors are, and why they sometimes come in showers. We will meet at the UFM parking lot at 8 pm to car pool to a good dark spot. Bring a blanket, or lawn chairs. We will stay out as late as people want to stay. If it is cloudy, call UFM for confirmation, or call Dean at home that evening, at 770-8311. Rain date will be the next night August 12.

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

Date: August 11 (Friday)

Time: 8 pm

Fee: \$8 individual/\$12 family

Location: Meet at UFM Parking Lot.

Night Walk on Konza Prairie

EN-08a

We will walk the short nature trail on Konza. Along the way we can sniff for spiders, listen for owls, and watch as night closes in. We will end up on top of a hill, where the night sky will be amazingly dark. I will show you Scorpius, Sagittarius, the Summer Triangle, and the whole summer sky. We will stay out until well past dark. Bring a flashlight, a water bottle, and a jacket. Bug repellent would be a very good idea. Good walking shoes are needed, as the trail may be a little rough in spots. If it is cloudy, call UFM office for confirmation, or call Dean at home that evening at 770-8311.

Dean Stramel

Date: June 9 (Friday)

Time: 7:30 pm

Fee: \$8 individual/\$12 family

Location: Meet at Konza Prairie Entrance

Rain Date: August 4

Night Walk on Konza Prairie

EN-08b

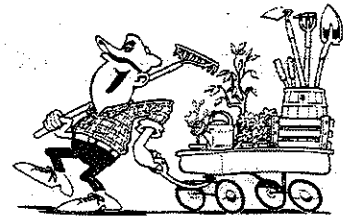
Dean Stramel

Date: August 4 (Friday)

Time: 7:30 pm

Fee: \$8 individual/\$12 family

Location: Meet at Konza Prairie Entrance



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

- Helen Hayes

Take a Peek at the Past

(All visits—including peeks, looks & stares—are free.) That's right...free!

Riley County Historical Museum

2309 Claflin

- Exhibits of Riley County history—pioneer days to the present
- Research library by appointment
- Educational programs
- Speakers bureau

8:30-5:00 Tuesday-Friday

2:00-5:00 Saturday-Sunday



Pioneer Log Cabin

Manhattan City Park

- Walnut log cabin built in 1916
- Pioneer home and tool exhibit

Open April-October

Sunday 2:00-5:00

and by appointment

Goodnow House Museum

2309 Claflin

- Home of Isaac Goodnow (founder of KSU and Manhattan)
- Free state advocate
- Educator (common school to college)
- A State Historic Site

Call 565-6490 for Hours

Wolf House Museum

630 Fremont

- 1868 stone home also served as a boarding house
- Furnished with period antiques
- Special exhibits

"Life at the Turn of the Century: 1900 Revisited"

1:00-5:00 Saturday 2:00-5:00 Sunday

and by appointment

RILEY COUNTY

HISTORICAL MUSEUM

For more information, call 565-6490

Win \$1 off any UFM Class...

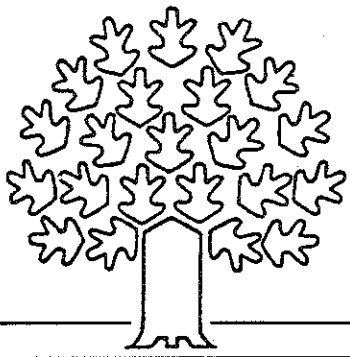
by finding the "Fake Class" included in this catalog!! Identify it when you register and receive \$1 off your registration for one class.

Interested in learning about and protecting the environment?



Join the Northern Flint Hills Audubon Society

- Monthly educational programs on a variety of local, state, national and international environmental topics
- Field trips and bird watching to local natural areas (children welcome); call Gerald Wiens 565-9282 or Patricia Yeager 776-9593
- Informative monthly newsletter, *The Prairie Falcon*, in your mailbox or on the web at <http://www.ksu.edu/audubon/falcon.html>
- Active involvement in a variety of local, state, national and global conservation issues (we need your help)
- Birdseed sales (Mike Rhodes 539-4863)
- For more information call Dolly Gudder 537-4102



Self & Personal Development

1221 THURSTON

539-8763

Organization for Side-Track Home Executives

SP-06

Are you domestically challenged? Hopelessly disorganized? Just can't get it together? This group is for you! The class will be based on the book *Sidetracked Home Executives* by Pam Young and Peggy Jones, <http://www.shesintouch.com>. We will attempt to organize our homes, lives and work experience in order to have more time for what we want to do. We will also consider forming an ongoing support group. Your input is welcome. Bring enthusiasm, determination, and a copy of the book (recommended). There are no failures, just different degrees of progress. Dora Mom. ADD/ADHD welcome.

D. Ring (539-2468)—this instructor has been trying to get it together for years!

Date: June 8, 15, 22, 29 July 13, 27 (Thursday)
Time: 7 - 8:30 pm
Fee: \$19
Location: UFM Conference Room

Experiential Spirituality

SP-12

Throughout history, many cultures and spiritual philosophies have emphasized the need for personal experience in spiritual growth. Many also believe that we carry our potential for greater awareness with us at all times, yet the personal boundaries we have created within ourselves block this information from us. In this class we will explore some techniques we can use to lower these boundaries and propel us forward in our spiritual journeys. We will access our own subconscious knowledge to learn more about ourselves. We will share some of what we learn with each other.

Tim Sidorfsky (587-0521) has been on a spiritual journey for many years. He has studied both eastern and western philosophies. He wants to share what he's learned with others.

Date: July 10 - July 24 (Monday)
Time: 7 - 9 pm
Fee: \$12
Location: UFM Multi-purpose Room

SHARP Self-Defense for Women

SP-01

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



Diana Tarver (827-7302) has a black belt in Taekwondo and is a certified instructor with the American Taekwondo Association. She has 14 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

Date: June 30 (Friday)
Time: 6:30 - 10 pm
Fee: \$18 individual/\$30 mother-daughter
Location: First Lutheran Church basement, 930 Poyntz (Enter at North Door)

Dinner for 71¢?

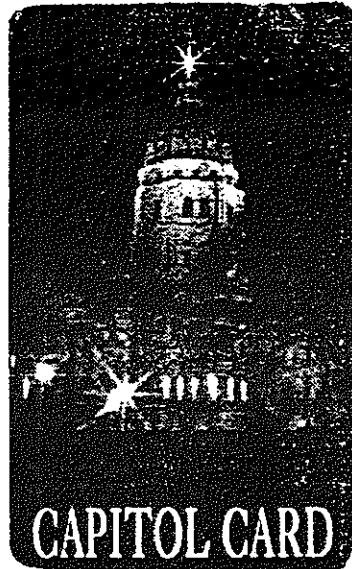


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By Phone at (785) 539-8763
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Program Terms: Capitol Card and its participating merchants will honor the 1999-2000 program from November 1, 1999 to October 31, 2000. As a participant, each merchant will agree to honor each member's card to the extent of the promotion. Honoring the card requires that the participating restaurant give the bearer of the card the value or product agreed upon within this program. This program is not available on holidays, nor is it valid in combinations with other offers. Receive one complimentary entrée per participating restaurant with the purchase of an entrée of equal or greater value. Payment or Compensation: Participating merchants will not be allowed to defer their program participating to another business even if they are owned by the same corporate group. Participating merchants must complete the full year of the contract agreement. Insurance: Capitol Card maintains no responsibility for any legal circumstances that might arise between a participating merchant and a card holder. Liabilities: Capitol Card Owner hereby agrees to indemnify and hold harmless Capitol Card. The Hereford House Restaurant Group, or their employees from any sort of claim for personal injury, for property damage, or for loss of use of property by whomsoever sustained on or about a participating merchant unless the damages or injury is due solely to the negligence of this program or its related parties. Unforeseen Circumstances: In the event that a participating merchant is damaged or destroyed due to fire, flood, tempest, or any other such cause or as a result of governmental intervention, malicious damage, acts of war, strike, lock out, labor dispute, not or any other cause or agency over which participating merchant(s) had no control shall void the contract for the duration of rebuilding the location or during any other noted circumstances. Notice will be sent to card holders. The location is expected to regain the participation within a reasonable time. Program Participation Termination: Capitol Card reserves the right to review participating merchants at any time following any complaints received from members. Such notices will be presented in writing to the participating merchant. In the event that a restaurant ceases business the restaurant will not be replaced and no compensation will be made to card holders by Capitol Card or by said merchant. Multiple Cards: Only two Capitol Cards may be presented per party and the two lowest priced entrees from the entire order will be discounted. When considering gratuity, please base your decision on the total amount prior to discount. Legal Action: Should violations of this contract occur Capitol Card reserves the right to seek legal action for prosecution. For more information, call (785) 357-1835.

Manhattan Restaurants

Bredeaux Pizza
Costello's Pizza
Gold Fork Restaurant
Java
Kicker's Saloon
Mrs. Clyde's Kansas Steak House
Pat's Blue Rib'n BBQ
Rusty's Last Chance
Sub's-N-Such
TCBY
12th St. Pub

Manhattan Retailers

Sun Connection
Sun Essentials
*Bonus-3 tans get 3 free

Topeka Restaurants

Annie's Santa Fe
Billard Airport Cafe
Champions's BBQ
Don's Steak House
The Downtowner
Chesapeake Bager
Ci Ci's Pizza
Margie's Java Café
PT's Café
Quizno's Subs
Randall P's Steakhouse

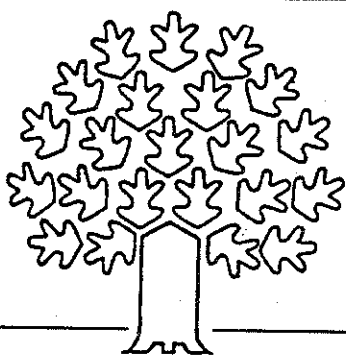
Topeka Retailers

Village Cleaners
10th & Wanamaker
Kelly Gas Station
10th & Wanamaker
Magic Forest-Bonus Entry

Lawrence Restaurants

Brown Bear Brewery
Coco Loco
Lawrence Pizza Co.
Mr. Gatti's Pizza
Pat's Blue Rib'n BBQ
G. Willikers

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



Recreation & Dance

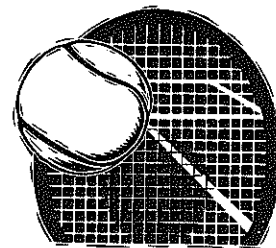
1221 THURSTON

539-8763

Tennis: Junior Beginners Ages 7-16

RH-05

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



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

Date: June 8 - 29 (Thursday)
Time: 6:30 - 7:30 pm
Fee: \$36
Location: LP Washburn Rec Complex, KSU

Tennis: Beginners Ages 17 and Up

RH-06

This class will focus on fundamentals of strokes, basic rules of play and beginning competition. Parking may be a challenge so plan accordingly and come early.

Mark Tessendorf

Date: June 8 - 29 (Thursday)
Time: 7:30 - 8:30 pm
Fee: \$36
Location: LP Washburn Rec Complex, KSU

Beginning Fencing

RH-08

Fencing is the ancient art of sword play. Soldiers and noble men were all once required to know the way of the sword. Now a modern Olympic sport, fencing builds lightning fast reaction, speed, and agility. Classes will include introduction to the foil for recreation and competition. Teens to grandmas welcome. Equipment provided. Course may be repeated.

Bill Meyer (587-9990) began fencing as a child in Germany in the now illegal practice of mensur fencing. Not to worry! He has been retrained in modern foil, epee, and saber at Washington State University and the University of Idaho. He is a semi-retired tournament fencer having taught at UFM and at the University of Missouri.

Date: June 5 - August 14 (Monday)
Time: 6:30 - 8 pm
Fee: \$32 if you have your own equipment/\$62 to use instructor's equipment
Location: Ahearn Room 301, KSU

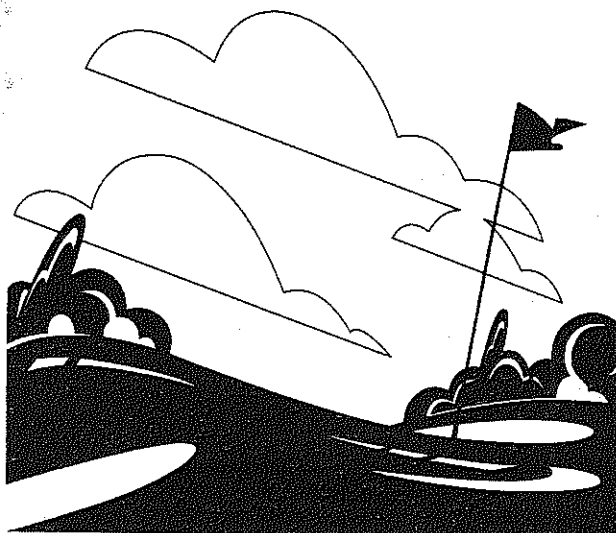
Intermediate Fencing

RH-09

This class will focus on bouting. Emphasis is on technique refinement, theory of attack, second intention, flechÇ, coupÇ, glides, flanconade, right-of-way issues, infighting, attack into preparation, blade tuning and wiring. Prerequisites: at least a beginning course in foil-only fencing. Course may be repeated.

Bill Meyer (587-9990)

Date: June 5 - August 14 (Monday)
Time: 8 - 9:30 pm
Fee: \$42 if you have your own equipment/\$62 to use instructor's equipment
Location: Ahearn Room 301, KSU



Introduction to Golf

RH-01a

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

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

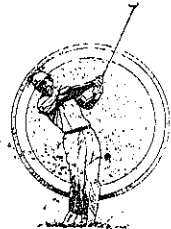
Date: June 8, 15, 22 & 29 (Thursday)
Time: 7 - 8 pm
Fee: \$35
Location: Stagg Hill Golf Club, 4441 Ft. Riley Blvd.

Introduction to Golf

RH-01b

Jim Gregory (539-1041)

Date: July 6, 13, 20 & 27 (Thursday)
Time: 7 - 8 pm
Fee: \$35
Location: Stagg Hill Golf Club, 4441 Ft. Riley Blvd.



STAGG HILL GOLF CLUB

K-18 West

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(individual & group)
Club regripping & repair

539-1041

Jim Gregory, PGA Professional

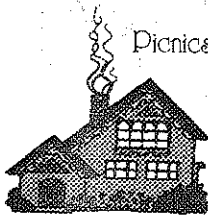


Reserve Goodnow Park's Limestone Cabin

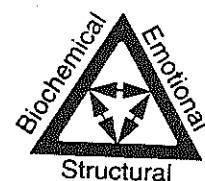
(NE of 5th and Bertrand 1/4 block up the slope of Bluemont Hill)

Picnics, Meetings, Rustic Atmosphere
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call UFM at 539-8763



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Ballroom Dance RH-03
Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. The swing, foxtrot, waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Partners are not required and single people are encouraged to attend. Classes fill rapidly. It is advisable to register early.

Michael Bennett (776-7557) has trained in Ballroom Dance at U.C. Berkley, Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. He choreographed and performed in Ballroom Suite, Winter Dance 1998, KSU. He is a member of the United States Amateur Ballroom Dancers Association. Katherine Brown has studied gymnastics and ballet, and ballroom dance since 1999. She is a member of the Amateur Ballroom dancers Association.

Date: June 2 - August 4 (Friday)
Time: 8 - 9:30 pm
Fee: \$33 individual/\$60 couple
Location: ECM Auditorium, 1021 Denison Ave.

Wedding Workshop RH-14
Are you getting ready for your big day? Perhaps you need to brush up for your daughter's or son's wedding. This workshop will provide you with the basics of waltz and teach you a routine for your wedding day. Please bring shoes in which you plan to dance at your wedding and for the brides-to-be, a long skirt to simulate your gown.

Michael Bennett & Katherine Brown

Date: June 10 (Saturday)
Time: 1 - 5 pm
Fee: \$15 individual/\$25 couple
Location: Ahearn, Room 301, KSU

Ballroom Dance Workshop RH-15
A brief, two weekend workshop to introduce you to the basics of ballroom. For those who do not have the time to commit to the full 11 week course, this class will highlight ballroom dance basics with emphasis on the fox-trot.

Michael Bennett & Katherine Brown

Date: August 5 & 12 (Saturday)
Time: 1 - 5 pm
Fee: \$23 individual/\$35 couple
Location: Room 301, Ahearn, KSU

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.

GIFT CERTIFICATES FOR UFM CLASSES ARE ALWAYS AVAILABLE.

Give a gift of learning!

Call or stop by UFM

1221 Thurston 539-8763

• Birthdays • Anniversaries • Thank You's

Middle Eastern Dance (Belly Dance)

RH-11a

Middle Eastern Dance is said to be the oldest surviving dance in all of history. This class will teach basic to intermediate moves to this historic dance. The moves will be from countries throughout the Middle and Near East. This class is for females only, of any age, shape or background.

Christina Harley (776-4558) was taught by Amira of Wichita for two years prior to coming to Manhattan four years ago. She has studied with Ferdoos Afani-Ruzik and participated in public performances. She enjoys Middle Eastern Dancing and is looking forward to sharing her experience with others at the UFM class.

Date: June 7 - July 5 (Wednesday)
Time: 6 - 7:30 pm
Fee: \$22/\$32 both sessions
Location: Ahearn, Room 301, KSU

Middle Eastern Dance (Belly Dance) RH-11b

Christine Harley

Date: July 12 - August 9 (Wednesday)
Time: 6 - 7:30 pm
Fee: \$22/\$32 both sessions
Location: Ahearn, Room 301, KSU

Middle Eastern Belly Dance Workshop

RH-12

The instructor will share what she has learned from leading belly dance teachers and performers around the country. Dancers of all ages and ability levels are invited to join us for instruction in Middle Eastern Dance movements and combinations. Some basic choreography will also be taught in addition to some of the latest techniques from around the country. Participants are encouraged to wear comfortable light-weight clothing and to bring a large scarf to tie around the hips. This workshop is appropriate for beginners as well as experienced dancers. Come join the fun!

Jane Saxer (565-9223) is a local elementary school teacher who has immersed herself in the study of Middle Eastern and International Dance. She has attended dance classes and workshops in New York, Ohio, Iowa, Missouri and Kansas. In addition, she regularly attends folk and international dancing events in Kansas City, Lawrence, and Topeka.

Date: July 26 (Wednesday)
Time: 7 - 9 pm
Fee: \$10 individual/\$14 mother & daughter
Location: Ahearn, Room 301, KSU

Swing and Salsa Dancing

RH-02

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

Michael Bennett (776-7557) & Katharine Brown

Date: June 3 - July 22 (Saturday)
Time: 7 - 8:30 pm
Fee: \$33 individual/\$60 couple
Location: ECM Auditorium, 1021 Denison Ave.

Swing Workshop

RH-16

Have you taken Swing Dance and would like to learn more? This workshop is designed to teach some advanced moves. Bring comfortable clothes and lots of energy. Lifts, throws, and spins are the emphasis in this energetic and exciting class.

Michael Bennett & Katherine Brown

Date: July 17 & 24 (Saturday)
Time: 1 - 5 pm
Fee: \$23 individual/\$35 couple
Location: Ahearn, Room 301, KSU

Teaching a class at UFM can enhance your business, be an instructional opportunity for education students, an opportunity to network with those who share your interest or a nice way to make friends. Call the UFM office (539-8763) by June 20 to offer a class in the fall catalog.

UFM's Featured Instructor Michael Bennett



UFM would like to acknowledge Michael Bennett for his years of teaching dance classes at UFM. Michael started teaching Ballroom Dance classes at UFM in the Spring of 1989. His dance classes continue to be among UFM's most popular. Both college students and community participants enjoy learning to dance. Last year 150 students enrolled in Michael's classes. K-State students can also enroll in Ballroom Dance I, II & III for credit. There is a growing interest in these classes. Michael performed and choreographed at the 1998 Kansas State University's Winter Dance. Some of the performers came from the UFM classes! In the spring semester he and his students once again performed at the Stardust Ball and two university functions. He remains current with dance steps by attending seminars and workshops. In the spring of 1999, he trained with tap dancing and plans to incorporate tap steps into the big band and swing sections. He started ballroom dancing at the University of California, Berkeley in 1975 and studied at the Avenue Ballroom, San Francisco, CA; AliBaba Ballroom, Oakland, CA; and Ashkenazi Ballroom, Berkeley, CA from 1976 to 1985. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. This summer Michael has added some additional dance workshops. We appreciate the many years of teaching dance that Michael has given to our community, Thank You!

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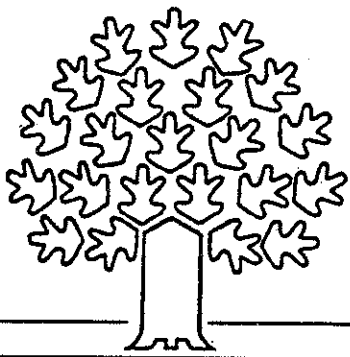
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Wellness

1221 THURSTON

539-8763

Yoga for Body and Mind

WE-03

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

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

Date: June 19 - July 24 (Monday)
Time: 5:30 pm
Fee: \$62
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

Introduction to Reiki

WE-04a

Reiki, pronounced "raykey," is an ancient holistic health practice in which Universal Life Energy supports the body's natural ability to heal itself. We will discuss the concepts of holistic health, Universal Life Energy, subtle body physiology, and Reiki. Please bring a mat or towel and pillow. Two handouts included in fee.

June Hunzeker has been working with holistic health practices for many years and enjoys sharing their joy and wisdom. She is a Reiki Master Teacher in the Usui System of Natural Healing, and is among the first class of students to complete levels I and II of Gemisphere Energy Medicine Training. She also includes Aromatherapy, Numerology, Herbs, Color and Sound in her private practice, Flint Hills Peacemakers. "My heart sings every time a different holistic health practice is presented for my study/work. They are the peacemakers," she says; "I'm simply the happy assistant."

Date: June 10 (Saturday)
Time: 10 am - 12 pm
Fee: \$8
Location: UFM Conference Room

Introduction to Reiki

WE-04b

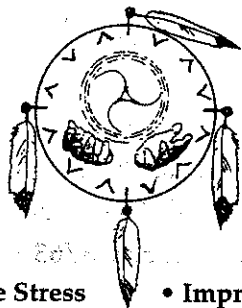
June Hunzeker

Date: August 26 (Saturday)
Time: 10 am - 12 pm
Fee: \$8
Location: UFM Conference Room

Four Winds

Therapeutic Massage

Bernice Martin, Licensed Massage Therapist

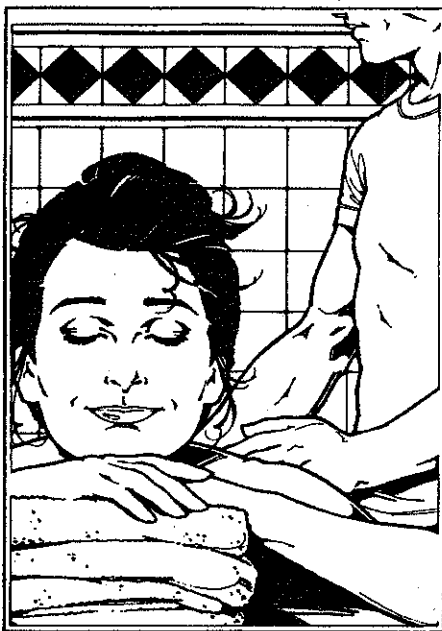


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- Improve Circulation
- Decrease Physical & Mental Fatigue
- Relieve Muscle Pain and Tightness

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Manhattan 539-5919



Introduction to Massage for Couples

WE-08

Learn the basic principles of therapeutic massage and the role of massage in maintaining health. Swedish-style massage uses long, flowing strokes and is the most common style of massage. Emphasis will be on the neck and back. Participants should wear bathing suits under loose-fitting clothes. We will be working in pairs. Each pair will need a sleeping bag/thick blanket or comforter and 2 flat sheets.

Bernice Martin (539-5919) is a graduate of the Downeast School of Massage and is a licensed massage therapist. Her work is primarily Swedish Massage but incorporates aspects of deep tissue work and energy healing. She has been in practice 6 years and is an active member of the American Massage Therapy Association.

Date: June 13 & 20 (Tuesday)
Time: 7 - 9 pm
Fee: \$26 per couple
Location: UFM Banquet Room

Massage for the Individual

WE-07

Regular self-massage can promote relaxation and relieve muscular aches, pains, tension, and stiffness. Participants will learn the basic principles of therapeutic massage and a self-massage routine that can be adapted to meet their personal needs. Participants should bring a blanket and/or pillow and wear loose clothing or shorts and t-shirt.

Bernice Martin (539-5919)
Date: June 6 (Tuesday)
Time: 7 - 9 pm
Fee: \$15
Location: Four Winds, 1114 Laramie

Massage & Relaxation Techniques for Pain Relief

WE-11

In this class participants will learn relaxation techniques and stretching instruction to relieve daily tension and pain due to stress. An on-site massage chair will be used for a five-minute demonstration that concentrates on neck and shoulder relief.

Sandy Snyder (537-3607) is a licensed Massage Therapist with 25 years experience. She is the owner of Lifecenter Bodywork and is experienced with Deep Tissue Massage, Sports Massage, Reflexology, and Baby and Pet Massage.

Date: August 5 (Saturday)
Time: 2 pm
Fee: \$13
Location: 1004 Colorado, Manhattan 66502

Introduction to Aromatherapy

WE-16

This class will introduce you to 7 different essential oils used for stress relief, reducing pain and preventing ailments like the flu, and natural cleaning. Recipes will be included.

Barbara Ouelette has been an employee at People's Grocery for 3 years. She has a good knowledge of herbs and women's natural healing. She loves essential oils and has applied them for 10 years. She teaches this class frequently at the local coop.

Date: July 10 (Monday)
Time: 7 pm
Fee: \$18
Location: UFM Conference Room

Chi Lei - Chi Gong

WE-17

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

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

Date: June 1 - 29 (Thursday)
Time: 5:30 - 6:15 pm
Fee: \$31
Location: UFM Conference Room

Introducing Jin Shin Jyutsu:

A Self-Help Class

WE-01

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

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

Date: June 6, 13 & 20 (Tuesday)
Time: 7 - 9 pm
Fee: \$14
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter

Continuing Jin Shin Jyutsu Self-Help

WE-02

(Prerequisite: Introducing Jin Shin Jyutsu) In this class we will focus on developing a deeper understanding and experience of the Safety Energy Locks and the Depths in order to be better able to release our tensions and support the body/mind's natural healing and harmonizing capacities.

Karma Smith (539-3733)

Date: June 27, July 11, & 18 (Tuesday)
Time: 7 - 9 pm
Fee: \$14
Location: 631 Levee Rd.
Industrial Park next to the Animal Shelter





Self-Treatment with Acupressure WE-05
This class is designed to teach basic acupressure techniques that can be used for treatment of minor ailments. The main focus will be on the effects of acupressure using the body's macrosystem. Class fee includes book and handouts.

Dr. Larry Dall (539-9113) has practiced chiropractic care in Manhattan for the last 13 years. He believes in assisting the body with the healing process, which is why he has expanded his treatment techniques to include acupuncture/acupressure. He is a Fellow in the Acupuncture Society of America.

Date: June 5 - 26 (Monday)
Time: 7 - 9 pm
Fee: \$23
Location: 1130 Westport Dr., Suite 5

The Ritalin Controversy: What Every Parent Should Know About Ritalin WE-06a

This course will inform parents about the devastating effects that Ritalin can have on their children's mental and physical development. Dr. Resco will explore ways to empower parents to take a proactive role in their children's health and development, rather than feeling helpless under the pressure of other's wanting to give mind-altering drugs to their children

Dr. Royce Resco has been in active practice for 6 years, 5 years in North Carolina and 1 year in Manhattan. Dr. Resco attended Kansas State University and then Logan College of Chiropractic where he graduated summa cum laude and valedictorian of his class. He was an Anatomy teaching assistant for 2 years while attending Logan. He has a family wellness practice that focuses on children "because it's better to shape a child's future than to rebuild an adult's life." His office hosts Kids Day America/International, which is an event held annually to raise public awareness of children's health, safety and environmental issues.

Date: June 6 (Tuesday)
Time: 7 pm
Fee: \$8
Location: 3230 Kimball Ave., Candlewood Shopping Center

The Ritalin Controversy: What Every Parent Should Know About Ritalin WE-06b

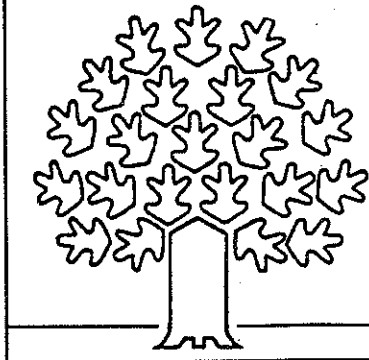
Dr. Royce Resco

Date: July 11 (Tuesday)
Time: 7 pm
Fee: \$8
Location: 3230 Kimball Ave., Candlewood Shopping Center

The Ritalin Controversy: What Every Parent Should Know About Ritalin WE-06c

Dr. Royce Resco

Date: August 8 (Tuesday)
Time: 7 pm
Fee: \$8
Location: 3230 Kimball Ave., Candlewood Shopping Center



Youth

1221 THURSTON

539-8763



Belly Dancing for Kids: Mother-Daughter Workshop YO-04

Come join us for an evening of fun for mothers and daughters! Participants will learn beginning level movements and combinations of the dance. This class is appropriate for girls and women ages 5 and up. (Aunts and grandmas are welcome to attend as well!) Participants are encouraged to wear comfortable, lightweight clothing and to bring a large scarf to tie around the hips.

Jane Saxer (565-9223) is a local elementary school teacher who has immersed herself in the study of Middle Eastern and International Dance. She has attended dance classes and workshops in New York, Ohio, Iowa, Missouri and Kansas. In addition, she regularly attends folk and international dancing events in Kansas City, Lawrence, and Topeka.

Date: June 28 (Wednesday)
Time: 7 - 9 pm
Fee: \$14 mother and daughter
Location: Ahearn, Room 301, KSU

Children's Gardening YO-03

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

Dr. Richard Mattson

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

Introduction to the Dance: Ballet, Tap & Jazz YO-02

This is an introductory class designed to provide exposure to ballet, jazz, and tap steps for children ages 4-12. No dance experience or formal dance attire is needed. Rock and Rell and popular music will make learning jazz and tap techniques fun.

Randi Dale (539-5767) has taught dance for 38 years. Her dance choir toured the Midwest and Europe in 1968. She is a certified teacher with a master's degree in Education.

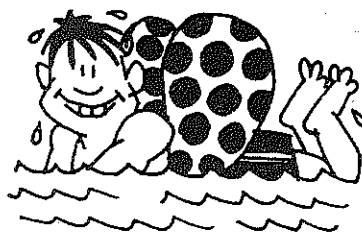
Date: June 7 (Wednesday)
Time: 5:30 - 6:30 pm
Fee: \$8
Location: 2416 Rogers Blvd.

**Youth Language classes
French & Spanish
see page 7**

*"You may be disappointed if you fail, but you are doomed if you don't try."
- Beverly Sills*

How to Watch a Good Program Die

Nothing kills a UFM class faster than participants who wait until the last minute to enroll. Classes will be canceled if there is a low enrollment.
PLEASE REGISTER EARLY!



American Red Cross Learn to Swim classes are found on pages 4-5.



**Tennis
Junior Beginners: Age 7-16
see page 12**

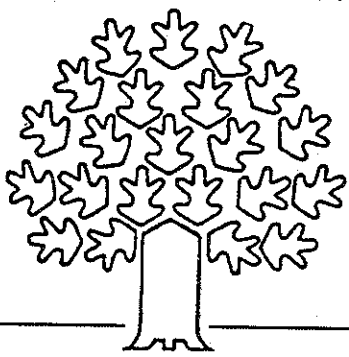
Youth Scholarships are available through the YES! fund. Call UFM at 539-8763 for details.

**** TENNIS ** FENCING ****
Tennis and Fencing classes for Youth... See the RECREATION section.

Teen Mentoring Program

- Meets Wednesdays 3-5 pm
- May 31 - aug 2
- Teens 13-17
- Recreation and Learning Activities

Call UFM for enrollment information
539-8763



Martial Arts

1221 THURSTON

539-8763

Tae Kwon Do I

MA-01

Tae Kwon Do is a traditional Korean martial art designed to provide the ultimate in unarmed self-defense. Blocking, punching, and kicking develop balance, flexibility, and agility while improving cardiovascular fitness and self-confidence. Teaching methods include class demonstrations and practice without physical contact. Each student will be given an opportunity to purchase a uniform and belt at the first class. After two months of class an optional testing to advance in the Tae Kwon Do degree ranking is held in Topeka. The cost is not included in the class fee and a uniform is required for testing. Age 9+



**Tuesday, June 6, at 6:30 pm, a Public Demonstration and formal introduction of instructors will be conducted in Dance Studio Room 301, Ahearn Field House, KSU.

Grandmaster Chae Sun Yi (266-8662) is an 8th degree black belt with over 38 years experience in Tae Kwon Do. He is a former captain and chief instructor of Tae Kwon Do for the ROK Army National Team, and he has held classes at KSU since 1975. Instructor David Moore (539-6786) is a 3rd degree black belt with over 9 years experience in Tae Kwon Do. He has been assisting/teaching for over 4 years.

Date: June 6 - August 15 (Tuesday/Thursday)
Time: 6:30 - 7:30 pm
Fee: \$47
Location: Ahearn, Room 301, KSU
No class July 4

Tae Kwon Do II Advanced

MA-02

Grandmaster Chae Sun Yi (266-8662), Instructor David Moore (539-6786)

Date: June 6 - August 15 (Tuesday/Thursday)
Time: 7:30 - 8:30 pm
Fee: \$47
Location: Ahearn, Room 301, KSU
No class July 4

"He who knows others is clever - he who knows himself is enlightened."
- LAO-TZU

"Know the true value of time, snatch, seize and enjoy every moment of it."
- Lord Chesterfield

Nippo Tai Jutsu

MA-04

Class participants will learn the solo basics, five elements techniques, Gokko Ryu basic techniques, and Jujutsu self-defense. These methods are a part of the White Phoenix System.

Stan Wilson has been practicing marital arts for 30 years. He has black sashes in two styles of Kung Fu, a black belt in Jujutsu, and has been involved in Ninjutsu for 23 years. He is the founder of the White Phoenix System.

Date: June 7 - July 26 (Wednesday)
Time: 8 - 9 pm
Fee: \$40 fee includes 3 manuals
Location: Ahearn Fieldhouse, East Lobby, KSU

Beginning Aikido

MA-05

Aikido is a martial art in which one trains to be calm and lead a conflict to a peaceful resolution. In this beginning class, we will learn Aikido techniques of defense, and develop the movement qualities to perform them. The techniques can also be easily combined into a short performance program called "Taigi," which we will learn. Instruction will also consider the spontaneous interests and needs of the participants. This class is for men and women, adults and teens ages 12+.

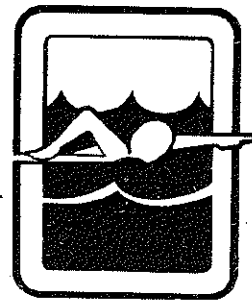
Paul Gleue (565-0554) began practicing Aikido in 1988 at Cloud County Community College. He assisted the instructor and worked with beginners before leaning the area in 1992. His training is Ki Society Aikido. He has passed testing for three levels of Aikido and Ki development with Kashiwaya Sensei, chief instructor in the United States for Ki Society Aikido. Paul has taught at UFM since 1995.

Date: June 1 - August 15 (Tues/Thurs)
Time: 7 - 8:30 pm
Fee: \$48
Location: Ahearn, East Lobby, KSU
No Class July 4

Another great way to exercise.....

Hydroaerobics

- ★ Enjoy a great workout with less stress on your joints.
- ★ No swim skill required.



See Page 5 for class details.



The Surgeon General has determined that lack of physical activity is detrimental to your health.

Try Hydroaerobics!

(water exercise)
See page 5

SHARP—SELF DEFENSE FOR WOMEN is offered in the PERSONAL DEVELOPMENT section of this catalog.



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About UFM Classes

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

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor's financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Charlene at 539-8763.

Charlson and Wilson Insurance Agency

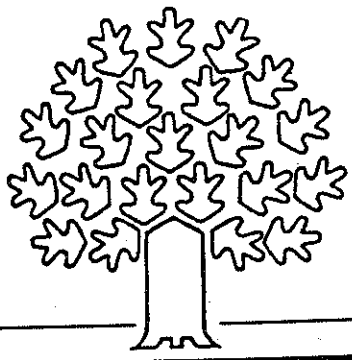
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Food for Fun

1221 THURSTON

539-8763

Cake Decorating

FF-01

Turn your plain cakes into festive treats. Learn to add an icing decoration and a pretty border to impress your family and friends. Icing will be provided for practice in class. Bring your own cake to a later class and take home a masterpiece. Supply list available at time of registration.

Tammy Sinn began decorating cakes several years ago as a hobby. Her first lessons were at a UFM cake decorating class. She currently decorates cakes for Dillons.

Date: July 19 - August 9 (Wednesday)
Time: 7 pm
Fee: \$26
Location: UFM Kitchen

Cooking with Spray Butter

FF-06

Burn up calories at the push of a button. Spray butter is the newest way to cook with no extra fat or calories. You, too, will be amazed at how easy it is.

Brent Yeager, world's leading consumer of fat-free butter spray.

Date: July 4 (Tuesday)
Time: 7 - 8 am
Fee: \$1.99
Location: Brent's Cambridge Gourmet Kitchen

More Chinese Cooking

FF-04a

Qiong Wu will take over the Chinese cooking class from Hai Tao Huang because he is moving away from Manhattan. She will continue to introduce typical Chinese home-style cooking to students. Menu and recipes will be provided. Half of the dishes will be vegetarian. Please bring a dish and utensils for eating and a container for taking food home. If you wish to request a certain Chinese dish, please contact Qiong Wu at 587-4602. Qiong Wu is a native of northeast China. She is very good at and enjoys making home-style Chinese cooking. She has lived in Manhattan for four years and enjoys cooking for friends. She is a graduate student in the Business College.

Date: June 17 (Saturday)
Time: 10 am - 2 pm
Fee: \$32
Location: UFM Kitchen

More Chinese Cooking

FF-04b

Qiong Wu

Date: July 15 (Saturday)
Time: 10am - 2 pm
Fee: \$32
Location: UFM Kitchen

Vegetarian Cooking

FF-05a

Besides tasting great, a vegetarian diet is healthy and economical. This class is designed to inspire your imagination as well as your palate. We will learn how to prepare a variety of grains, vegetables, fruits, nuts and seeds. Recipes will come from various cultures. Bring your appetite; you will be enjoying a meal at class and take home many recipes.

Ana Franklin (537-8224) has been preparing and enjoying vegetarian meals for more than 20 years. Having lived in many foreign countries, she has a special appreciation for international cuisine.

Date: June 8 (Thursday)
Time: 5:30 - 7:30 pm
Fee: \$43
Location: UFM Kitchen

Vegetarian Cooking

FF-05b

Ana Franklin

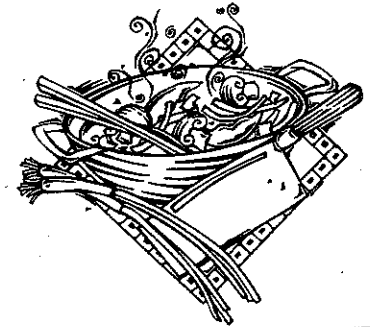
Date: July 13 (Thursday)
Time: 5:30 - 7:30 pm
Fee: \$43
Location: UFM Kitchen

Vegetarian Cooking

FF-05c

Ana Franklin

Date: August 10 (Thursday)
Time: 5:30 - 7:30 pm
Fee: \$43
Location: UFM Kitchen



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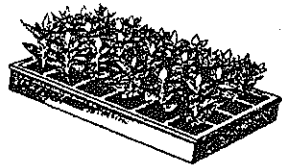
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Manhattan Community Garden

A walk through the Community Garden in July is a delight to the senses. Flowers, common vegetables and many exotic varieties speak of the interest and diversity of those who garden there.

This long-standing UFM program is a cooperative effort of UFM volunteers who manage the operation and the City of Manhattan which provides the land and water. Local participants are provided garden space, water, tools and community involvement that supplement food budgets and grow friendships. Each year around 80 families garden more than 160 plots. The Garden is located at 9th and Riley Lane.

A special section is set aside as a Children's Garden. Children work in individual and group plots. Children may join at no charge by attending the Saturday morning gardening sessions 10- noon at 8th and Riley Lane.



UFM Teen Mentoring Program

The Teen Mentoring Program was developed as a way to provide support, positive interaction and new learning opportunities to high risk youth aged 13-17.

The group meets weekly. For Summer, the group will meet on Wednesdays from 3-5 pm. Transportation is provided. A variety of activities are offered that allow one-on-one, small and large group interaction. Special incentive events are held several times a year.

Volunteer mentors are recruited from Kansas State University. Each mentor is assigned one or two students. Mentors are asked to be available for the weekly meetings as well as to follow up at least once during the week with a phone call.

Participants can be added at any time. For more information, call UFM at 539-8763 or stop by 1221 Thurston for an application.

Lou Douglas Lecture Series



James K. Galbraith

Professor, LBJ School of Public Affairs University of Austin

Created Unequal: the Crisis in American Pay

Thursday, October 5, 2000

7:30 pm

Forum Hall, KSU Campus



Eugenie Scott, Ph.D

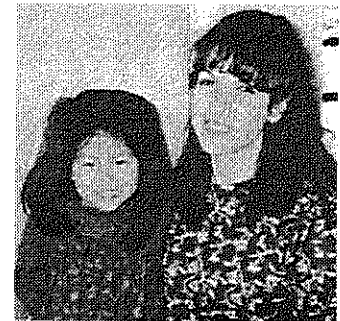
Executive Director, the National Center for Science Education
El Cerrito, California

Why NOT Creationism in Public Schools

Tuesday, October 24, 2000

7:30 pm

Forum Hall, KSU Campus



Laura Cecere

M.S.W. J.D.

Saving Girls' Lives: International Adoptions from China

Tuesday, November 14, 2000

7:30 pm

Forum Hall, KSU Campus

All events free of charge

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

dled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information.

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

Scuba Diving RRES-200

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

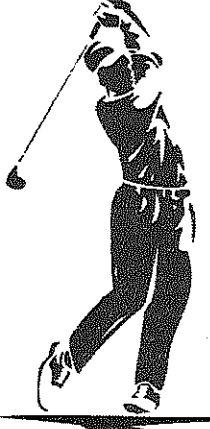
Instructor: *Jeff Wilson* has been diving for 25 years and instructing scuba for 15 years.

Date: June 12 - July 19 (Mon/Wed)

Time: 5 - 7 pm

Fee: \$249

Location: YMCA, 1703 McFarland, Junction City



Golf KIN-140 or RRES-200

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

Instructor: *Jim Gregory*

Date: June 7 - July 26

(Wed)

Time: 6 - 8 pm

Fee: \$154

Location: Stag Hill Golf Club
4441 Ft. Riley Blvd.



Ballroom Dance DANCE - 599 C

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

Instructor: *Michael Bennett*

Date: June 2 - August 4 (Friday)

Time: 6:30 - 8 pm

Fee: \$131

Location: ECM Auditorium, 1021 Denison Ave.

Fly Fishing RRES-200

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, tip-pets, 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.

Instructor: *Paul Sodamann*

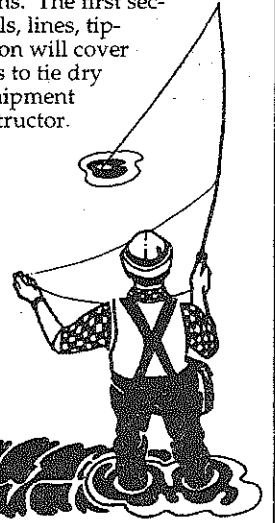
Date: June 5 - June 15

(Mon/Tues/Wed/Thurs)

Time: 6:00 - 8:00 pm

Fee: \$148

Location: Eisenhower Middle School, 800 Walters Dr.



GMAT

*Graduate Management Admission test
Preparation Course*

Early Fall Class

Review Segments

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- Data Sufficiency

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UFM 539-8763

LSAT

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Review Course*

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- Comprehensive 28-hour review
- In-Class and Home Study Materials
- Analytical Lectures
- Test-Taking Strategies
- Convenient Campus Location

For more information, call

UFM 539-8763

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REGISTRATION INFORMATION 3 WAYS TO REGISTER



Registration by Mail

Complete the registration form and mail the form with your check, money order, or credit card number to:

UFM Class Registrations
1221 Thurston
Manhattan, Kansas 66502-5299

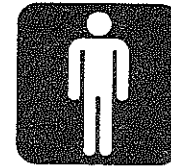
You will be notified if the class is full. All registration is on a first-come, first-served basis. No other class confirmations will be sent out unless requested.

FOR YOU... One participant per form, please



Registration by Phone

With your VISA, Discover or MasterCard number and expiration date ready, call (785) 539-8763 during regular business hours.



Registration in Person

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

Youth Scholarships are available.

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

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

Tax Deductible Donation
Total _____

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		Amount	Total Paid
Date Received	Date	Check _____	<div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"></div>
Entered	Staff	Cash _____	
Computer		Visa _____	
		M/C _____	
		Discover _____	

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