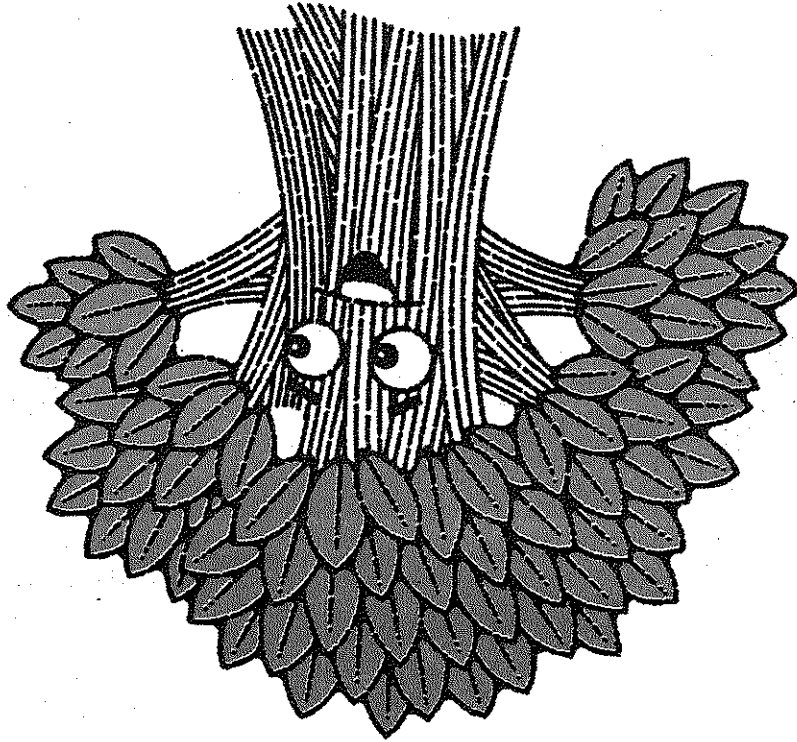
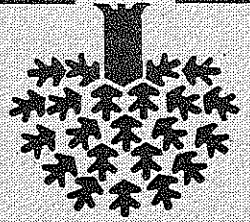


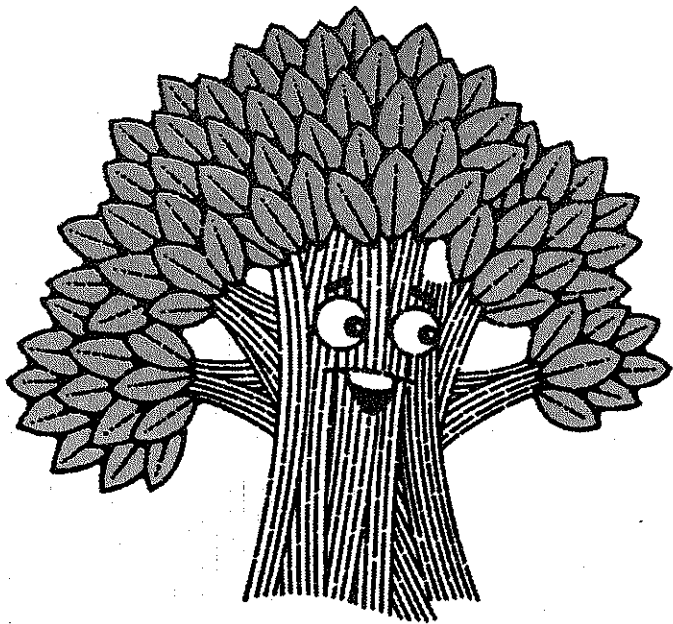
UFM

Community Learning Center 2004 Spring Classes



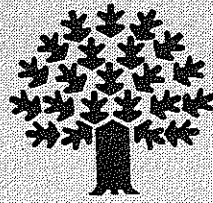
**Spring Classes
January-May
2004**

- PPST, LSAT, GRE, GMAT
- Spring Plant Swap
- Swim Lessons
- Home Energy
- Zucchini
- Juggling
- and much more...



Spring Classes January-May 2004

- | | |
|--------------|---------------|
| Billiards | Tai Chi Chuan |
| ... | ... |
| Lifeguarding | Kayaking |
| ... | ... |
| Dance | Tae Kwon Do |



UFM Community Learning Center

Teaching • Learning • Growing

2004 Spring Classes

NON-PROFIT ORG
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. Call us with your ideas.

WHERE WE'RE LOCATED

UFM
1221 Thurston

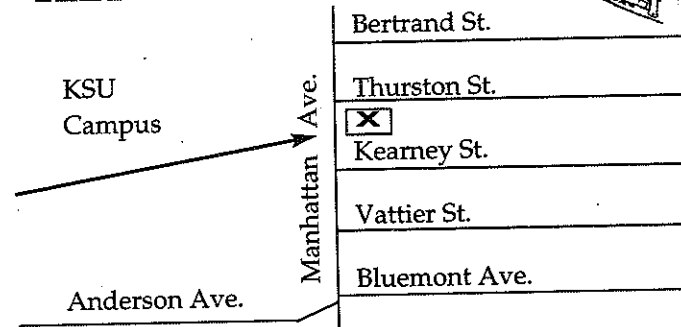
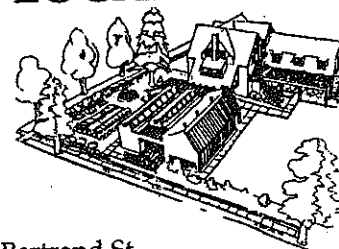


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BOARD OF DIRECTORS

- | | |
|---|-------------------|
| Shane Shanks - <i>Chair</i> | Linda Madl |
| | Sue Maes |
| Ronna Robertson - <i>Secretary</i> | Nancy Bolser |
| | Candace White |
| | Irmie Fallon |
| | Brandy Porter |
| Sharon Brookshire - <i>Treasurer</i> | Heath Harding |
| | Michelle Krehbiel |
| | Chuck Havlicek |
| | Lori Martin |
| Linda Inlow Teener - <i>President and CEO</i> | Larry Fry |

UFM Staff:

- Executive Director - Linda Inlow Teener
- Education Coordinator - Marcia Hornung
- Community Outreach Coordinator - Charlene Brownson
- Lou Douglas Lecture Series Coordinator - Olivia Collins
- Teen Mentoring Program Coordinator - Karen Roesch
- Office Coordinator - Lora Shelton
- Swim Supervisor - Jorie Spesard

Plus all the teachers who share their talents!

HANDICAPPED ACCESSIBLE

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



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



UFM's Sidewalk Fund!!!

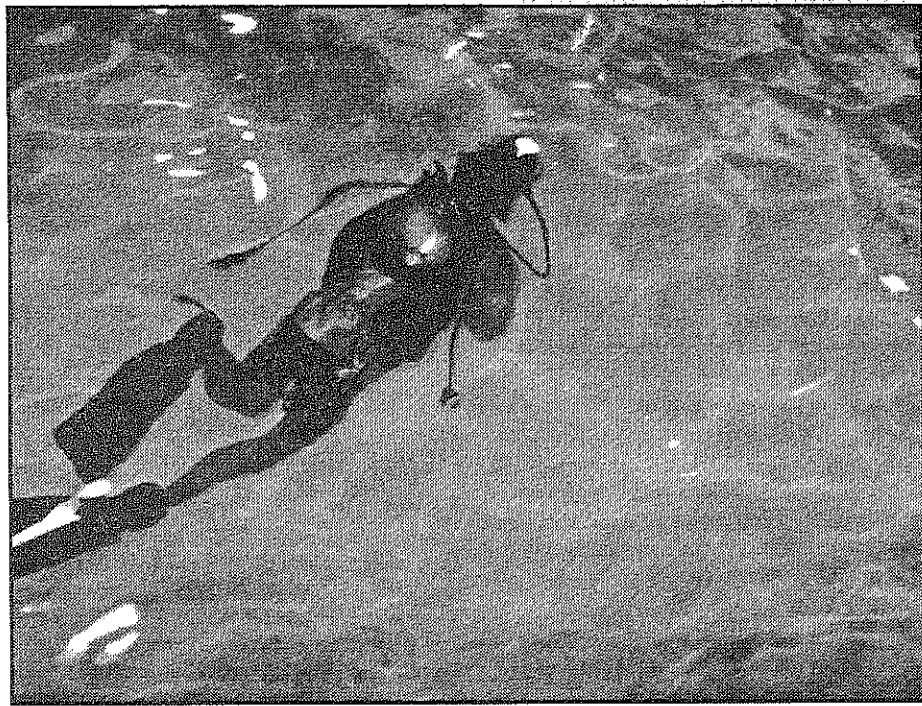
Help UFM raise funds for a new sidewalk.... You may have noticed our new paint job and the new landscaping. The next project is replacing the crumbling sidewalk. We need your help to fund this project. A donation in any amount for this special project is appreciated. For \$150, you can buy one square section and you can write your name in your section on the day it is poured!!!

Please help with this special need.

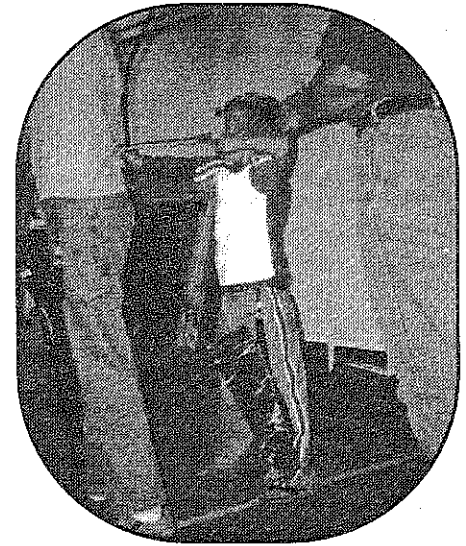
Thanks for your donation amount of: _____

Name: _____ Phone: _____

Address: _____



COLD OUTSIDE? WARM UP IN THE NATATORIUM! YOU CAN LEARN AND DO SCUBA DIVING, FITNESS SWIMMING, LAP SWIMMING AND MORE!!



SPRING FORWARD WITH UFM

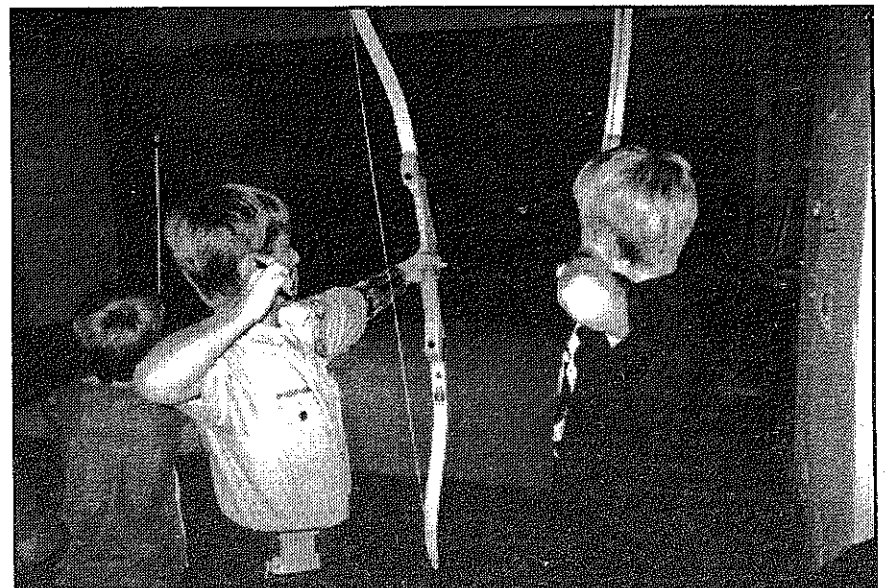
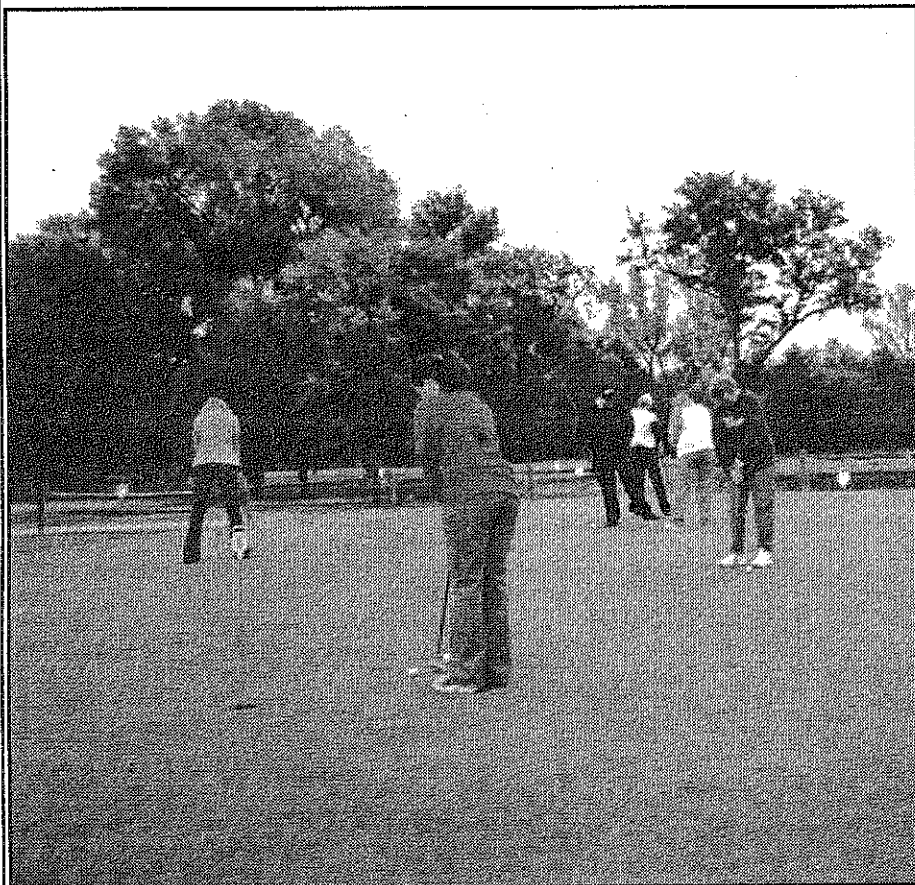
EXERCISE YOUR MIND AND BODY WITH

- * TEST PREP AND FINANCE COURSES
- * FLY FISHING
- * FENCING
- * YOGA
- * BELLY, SWING & SALSA AND BALLROOM DANCE

*** LEARN SOMETHING NEW**

*** HAVE FUN**

*** CHALLENGE YOURSELF**



UFM...

Something for **U** and
For
Me



Make A Splash

Learn To Swim Classes

UFM proudly teaches the American Red Cross Swim Lessons Levels 1 - 7, Parent/Infant and Parent/Tot and Tot Transition. UFM also offers private and adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is reinforced with tips and practice each day. The first day of class each student is evaluated to assure that they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

LOCATION: KSU Natatorium - Ahearn Complex
Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are required before entering the water. Children over the age of 5 are not permitted in restrooms/locker rooms of the opposite sex.

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

BEGINNING & ENDING DATES

(Except Where Noted):

- Session A: Monday, February 16 - April 26
- Session B: Tuesday, February 17 - April 27
- Session C: Wednesday, February 18 - April 28
- Session D: Thursday, February 19 - April 29
- Session E: Saturday, February 14 - May 8

No Classes February 21 and March 20 - 28

Parent-Infant & Parent-Tot

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. This program emphasizes water adjustment, preparatory activities for swimming, and water enjoyment for you and your child. Small children should wear appropriate swim diapers. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs and be 6 months old. During the 5 classes, parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany the child in the water.

- Monday 6:00 - 6:30 pm
- AQ-01P1 February 16 - March 15
- AQ-01P2 March 29 - April 26
- Tuesday 6:00 - 6:30 pm
- AQ-02P1 February 17 - March 16
- AQ-02P2 March 30 - April 27
- Saturday 9:30 - 10:00 am
- AQ-05P April 10 - May 8
- Fee: \$18 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.

- Monday 6:45 - 7:15 pm
- AQ-01T1 February 16 - March 15
- AQ-01T2 March 29 - April 26
- Tuesday 6:45 - 7:15 pm
- AQ-02T1 February 17 - March 16
- AQ-02T2 March 30 - April 27
- Saturday 10:15 - 10:45 am
- AQ-05T1 April 10 - May 8
- Fee: \$18 per session

Level I: Water Exploration

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

- AQ-01A Monday 6:00 - 6:40 pm
- AQ-01B Tuesday 6:00 - 6:40 pm
- AQ-01C Wednesday 6:00 - 6:40 pm
- AQ-01D Thursday 6:00 - 6:40 pm
- AQ-01E Saturday 9:30 - 10:10 am
- Fee: \$43 per session

Level II: Primary Skills

The objective of Level II is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills and adds 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.

- AQ-04A Monday 6:00 - 6:40 pm
- AQ-04B Tuesday 6:00 - 6:40 pm
- AQ-04C Wednesday 6:00 - 6:40 pm
- AQ-04D Thursday 6:00 - 6:40 pm
- AQ-04E Saturday 10:15 - 10:55 am
- Fee: \$43 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, to the fundamentals of treading water, 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.

- AQ-07A Monday 6:50 - 7:30 pm
- AQ-07B Tuesday 6:50 - 7:30 pm
- AQ-07C Wednesday 6:50 - 7:30 pm
- AQ-07D Thursday 6:50 - 7:30 pm
- AQ-07E Saturday 9:30 - 10:10 am
- Fee: \$43 per session

Level IV: Stroke Development

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

- AQ-10A Monday 6:50 - 7:30 pm
- AQ-10B Tuesday 6:50 - 7:30 pm
- AQ-10C Wednesday 6:50 - 7:30 pm
- AQ-10D Thursday 6:50 - 7:30 pm
- AQ-10E Saturday 10:15 - 10:55 am
- Fee: \$43 per session

Level V: Stroke Refinement

The objective of Level V is coordination and refinement of key strokes. Students will be introduced to the butterfly, open turns, the feet-first surface dive and springboard diving. Participants learn to perform the front 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.

- AQ-13A Monday 6:00 - 6:40 pm
- AQ-13E Saturday 10:15 - 10:55 am
- Fee: \$43 per session

Level VI: Skill Proficiency

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

- AQ-16A Monday 6:00 - 6:40 pm
- AQ-16E Saturday 10:15 - 10:55 am
- Fee: \$43 per session

Level VII: Advanced Skills

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

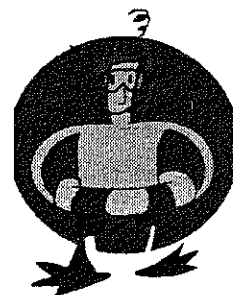
- AQ-19A Monday 6:00 - 6:40 pm
- AQ-19E Saturday 10:15 - 10:55 am
- Fee: \$43 per session

Adult Swim Lessons

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

- AQ-22A Monday 6:50 - 7:30 pm
- AQ-22D Saturday 9:30 - 10:10 am
- Fee: \$43 per session

WANTED!



Lifeguards and Lesson Instructors

Needed for part-time evening sessions for the Summer Semester.

for more information or an application please come by UFM, 1221 Thurston or call 539-8763.



Lap Swimming Ages 13 +

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

AQ-24A	Monday	6:00 - 7:30 pm
AQ-24B	Tuesday	6:00 - 7:30 pm
AQ-24C	Wednesday	6:00 - 7:30 pm
AQ-24D	Thursday	6:00 - 7:30 pm
AQ-24E	Saturday	9:30 - 11:00 am
Fee:	\$19 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, and enroll in Lap Swimming at a special price. This class will meet every day your child is enrolled in swimming lessons. In this class you will be able to swim laps to meet your own needs and goals.

AQ-25A	Monday	6:00 - 7:30 pm
AQ-25B	Tuesday	6:00 - 7:30 pm
AQ-25C	Wednesday	6:00 - 7:30 pm
AQ-25D	Thursday	6:00 - 7:30 pm
AQ-25E	Saturday	9:30 - 11:00 am
Fee:	\$16 per session	

Private Swim Lessons

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

Beginning and Ending Dates for Privates Lessons:
(No lessons February 21)

Session A1:	Monday	February 16 - March 15
Session A2:	Monday	March 29 - April 26
Session B1:	Tuesday	February 17 - March 16
Session B2:	Tuesday	March 30 - April 27
Session C1:	Wednesday	February 18 - March 17
Session C2:	Wednesday	March 31 - April 28
Session D1:	Thursday	February 19 - March 18
Session D2:	Thursday	April 1 - April 29
Session E2:	Saturday	April 10 - May 8

Times for Monday, Tuesday, Wednesday, and Thursday sessions:
6:00 - 6:30 & 6:45 - 7:15 pm

Times for Saturday sessions:
9:30 - 10:00 & 10:15 - 10:45 am

Fee: \$52 per session

Open Swim Appreciation

For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. Though there is no charge for this activity, registration with the number of participants planning to attend is needed so we can provide adequate lifeguard staffing. This session may be cancelled if no pre-registration is received.

Date: April 4 (Sunday)
Time: 5:00 - 7:00 pm
Fee: N/C

Open Swim Appreciation

Date: April 18 (Sunday)
Time: 5:00 - 7:00 pm
Fee: N/C

Sunday Family Swim

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

Date: April 4 - April 25
Time: 5:00 - 7:00 pm
Fee: \$10 individual/\$25 family



Shallow Water HydroAerobics: Water Exercise

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

Session A: January 5 - February 7
Monday - Thursday (6:35 - 7:30 pm)
Saturday (10:05 - 11:00 am)

AQ-26A (1 Time a week)
AQ-27A (3 Times a week)
AQ-28A (5 Times a week)

Session B: February 9 - March 13
Monday - Thursday (6:35 - 7:30 pm)
Saturday (10:05 - 11:00 am)

AQ-26B (1 Time a week)
AQ-27B (3 Times a week)
AQ-28B (5 Times a week)

Session C: March 15 - April 24
Monday - Thursday (6:35 - 7:30 pm)
Saturday (10:05 - 11:00 am)

AQ-26C (1 Time a week)
AQ-27C (3 Times a week)
AQ-28C (5 Times a week)

Session D: April 26 - May 29
Monday - Thursday (6:35 - 7:30 pm)
Saturday (10:05 - 11:00 am)

AQ-26D (1 Time a week)
AQ-27D (3 Times a week)
AQ-28D (5 Times a week)

Fee per Session: \$18 for 1 time a week
\$22 for 3 times a week
\$26 for 3 times a week

No classes January 19, February 7 & 21, March 20 - 27 or May 22.

Shallow Water HydroAerobics For The Entire Semester

Session E: January 5 - May 29
Monday - Thursday (6:35 - 7:30 pm)
Saturday (10:05 - 11:00 am)

AQ-26E (1 Time a week)
AQ-27E (3 Times a week)
AQ-28E (5 Times a week)

Fee per semester: \$70 for 1 time a week
\$84 for 3 times a week
\$98 for 5 times a week

No classes January 19, February 7 & 21, March 20 - 27 or May 22.

AQ-31b

Deep Water HydroAerobics: Water Exercise

Held in the diving well of the Natatorium, participants will be issued an aqua-jogger belt to help provide buoyancy in the water. The structure for this class will be similar to regular hydro-aerobics classes and is intended to add variety to your workout. Only swimmers who can tread water without a floatation device are allowed to participate in the class.

Session A: January 6 - February 5
AQ-100A Tuesday/Thursday 6:35 - 7:30 pm

Session B: February 10 - March 11
AQ-100B Tuesday/Thursday 6:35 - 7:30 pm

Session C: March 16 - April 22
AQ-100C Tuesday/Thursday 6:35 - 7:30 pm

Session D: April 27 - May 27
AQ-100D Tuesday/Thursday 6:35 - 7:30 pm

Fee per session: \$20

No class January 19, March 23 or March 25

Deep Water HydroAerobics For The Entire Semester

Session E: January 6 - May 27
AQ-100E Tuesday/Thursday 6:35 - 7:30 pm

Fee per semester: \$56

No Class January 19, March 23 or 25

WSI - Water Safety Instructor

Receive a WSI certification to teach the American Red Cross Learn to Swim and Water Safety Courses. This course includes the fundamentals of the Instructor Training Course.

Prerequisites: Minimum age 17, on or before the final session of the course, successfully demonstrate the Freestyle, Backstroke, Butterfly, Elementary Backstroke, Sidestroke and rescue skills.

Certification Requires: Demonstrate competency in all required skills and achieve 80 % on the written tests.

Carol Stites 539-1991

Prerequisites: February 5 (Tuesday)
Date: February 5 - May 13 (Tuesday/Thursday)
Time: 9:30 - 11:10 am
Fee: \$195 (Includes text books available at UFM.)

Deposit: To reserve a spot in the class, a non-refundable deposit of \$20.00 is required before the prerequisite date. Deposits are credited toward class fee. Class fee and books charges are due for payment at the UFM Office after successful completion of the prerequisites.

WSI - Water Safety Instructor

Prerequisites: April 12 (Saturday)

Date: April 19 - May 1 (Monday-Friday)
Time: 5:00 - 7:30 pm (prerequisites)
4:00 - 7:30 pm (Monday-Friday)
9:00 am - 1:00 pm (Saturday)

Fee: \$195 (Includes text books available at UFM.)

Deposit: To reserve a spot in the class, a non-refundable deposit of \$20.00 is required before the prerequisite date. Deposits are credited toward class fee. Class fee and books charges are due for payment at the UFM Office after successful completion of the prerequisites. There is a maximum of 15 students per class.



Lifeguard Challenge

A-33

A challenge for those who are already certified Lifeguards, but their certification is coming due or is within 30 days of expiration. Participants will demonstrate all rescue skills, plus a prerequisite swim.

Mandy Mertes

Prerequisites: April 18 (Sunday)
Date: April 28 (Wednesday)
Time: 5:00 - 6:30 pm (Prerequisites)
5:30 - 7:30 pm

Fee: \$46 (Required LG book and pocket mask are not included, but can be purchased at UFM)

Deposit: To reserve a spot in the class, a non-refundable deposit of \$20.00 is required before the prerequisite date. Deposits are credited toward class fee. Class fee and book/mask charges are due for payment at the UFM Office after successful completion of the prerequisites.

Lifeguard Training

AQ-35a

American Red Cross Lifeguard Training teaches the skills/knowledge needed to prevent and respond to aquatic emergencies. This course will certify you in Lifeguard Training, CPR for the Professional Rescuer, and First Aid.

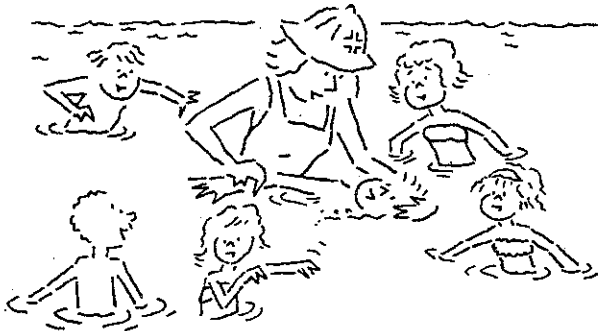
Prerequisites: Minimum age of 15, swim 500 yards continuously, using the strokes in the following order: 200 yard front crawl with rhythmic breathing and stabilizing and propellant kick, 100 yard breaststroke and 200 yards of either front crawl using rhythmic breathing or the breaststroke. These 200 yards may be a mixture of the front crawl and the breaststroke. Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7-10 feet, retrieve a 10 pound brick, return to surface, and swim 20 yards back to the starting point with the object.

Certification requires: Competency in all required skills, in the three final skill scenarios, and achieve 80% on the written tests.

Carol Stites

Prerequisites: March 29 (Monday)
Date: March 30 - April 8 (Monday - Friday)
Time: 6:00 - 7:30 pm (Prerequisites)
4:00 - 7:30 pm (Monday - Friday)
Fee: \$152 (Includes text book and pocket mask w/ O2 inlet)

Deposit: To reserve a spot in the class, a non-refundable deposit of \$20.00 is required before the prerequisite date. Deposits are credited toward class fee. Class fee and books charges are due for payment at the UFM Office after successful completion of the prerequisites. There is a maximum of 16 students per class.



Lifeguard Training

AQ-35b

Mandy Mertes

Prerequisites: April 18 (Sunday)
Date: April 19 - April 29
(Monday - Thursday and Saturday)
Time: 5:00 - 6:30 pm (Prerequisites)
5:00 - 7:30 pm (Monday - Thursday)
7:00 - 11:30 am (Saturday)
Fee: \$152 (Includes text book and pocket mask w/ O2 inlet)

Deposit: To reserve a spot in the class, a non-refundable deposit of \$20.00 is required before the prerequisite date. Deposits are credited toward class fee. Class fee and books charges are due for payment at the UFM Office, after successful completion of the prerequisites. There is a maximum of 16 students per class.

CPR Challenge

AQ-36

This class is for those already certified in CPR, but their certification is coming due or is within 30 days of expiration. Participants must demonstrate all skills involved with CPR.

Mandy Mertes

Date: April 27 (Tuesday)
Time: 5:30 - 7:30 pm
Fee: \$36 (Required CPR book and pocket mask charges are not included, but may be purchased from UFM).

Lifeguard Instructor Training

AQ-91

American Red Cross Lifeguard Instructor Training teaches instructor candidates to teach Lifeguard Training, First Aid, Instructor Aide, CPR for the Professional Rescuer, Lifeguarding Instructor Aide, Oxygen Administration, Automated External Defibrillation Essentials, Preventing Disease Transmission, Community Water Safety, and Basic Water Rescue. Selected lifeguard instructors may be eligible to teach Safety Training for Swim Coaches. Fundamentals of Instructor Training course will be included in the Lifeguard Instructor Training course.

Prerequisites: Minimum age 17, on or before the final scheduled session of the instructor course.

Fundamentals of Instructor Training: Pass a pre-course written exam 80% or better, successful completion of swimming, lifeguarding, First Aid, and CPR for the Professional Rescuer skills and complete three Lifeguard Training course skills scenarios. Certification Requires: Demonstrate competency in all required skills and achieve 80% on the written tests.

Carol Stites

Date: March 15 - 18 (Monday - Thursday)
March 29 - April 9 (Monday - Friday)
Time: 4:00 - 7:30 pm
Fee: \$125 (Includes text book. Required pocketmask available at UFM for \$15)

Deposit: To reserve a spot in the class, a non-refundable deposit of \$20.00 is required before the prerequisite date. Deposits are credited toward class fee. Class fee, book charges, and pocketmask are due for payment after successful completion of the prerequisites. There is a maximum of 12 students per class.

Aquatics Fitness Instructor

AQ-104

Love to work out and get paid? This course sponsored by the American Red Cross covers how to be a Water Aerobics Instructor. This course is an educational/training program for individuals interested in advancing their knowledge/skills in designing and leading different types of water exercise. It will prepare instructors to become certified to organize, develop, teach, administer and market safe, fun and effective water exercise programs. Prerequisites: Minimum age 17, on or before the final session of the course. Must have current Adult CPR and First Aid certificate/equivalent. If you do not have a current Adult CPR and First Aid certificate/equivalent, you must obtain them within 30 days of the class, in order to receive your Aquatic Fitness Instructor certification. Swim continuously for 200 yards demonstrating: 50 yards Freestyle, 50 yards Breaststroke, and 50 yards of any stroke. (Not timed and can be done with head out of water.) Basic rescue techniques will be reviewed in class.

Carol Stites 539-1991

Date: March 6 and 13 (Saturday)
March 9 and 11 (Tuesday/Thursday)
Time: 9 am - 5 pm (Saturday)
5:30 - 9:30 pm (Tuesday/Thursday)
Fee: \$108 (Includes gloves and text books)

Deposit: To reserve a spot in the class, a non-refundable deposit of \$20.00 is required before the prerequisite date. Deposits are credited toward class fee. Class fee and books charges are due for payment at the UFM Office after successful completion of the prerequisites.

Fitness Swimming

AQ-106

Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing/refining stroke technique, additional competitive skills, improving/maintaining physical fitness and endurance through a progressive conditioning swim program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

Carol Stites

Date: February 2 - March 17
(Monday/Wednesday)
Time: 9:00 - 10:30 am
Fee: \$74 non-credit (KSU credit also available)
Location: Natatorium, KSU

Scuba Diving

AQ-103a

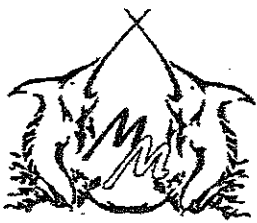
This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, dive tables, diving environment and provide general information. The date for certification will be determined at a later date. Travel and lodging for final certification are at the student's expense, and neither UFM nor KSU is responsible for the certification. Students must provide their own mask, fins, and snorkel which will be available for purchase at the first session.

Jeff Wilson

Date: February 2 - March 8 (Monday)
Time: 6:00 - 10:00 pm
Fee: \$230 non-credit (KSU credit also available.)
Location: Natatorium, KSU

See page 7 for additional Scuba Classes

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For more information contact: Kathy Musch at 776-1742 or David Sexton 313-4572



MAKE A SPLASH (Continued)

Scuba Diving

AQ-103b

Jeff Wilson

Date: April 5 - May 10 (Monday)
Time: 6:00 - 10:00 pm
Fee: \$230 non-credit (KSU credit also available.)
Location: Natatorium, KSU



Advanced Self-Rescue for Touring Kayakers

AQ-101a

Self-rescue for touring kayakers will introduce several self-rescue and assisted-rescue techniques developed especially for touring kayakers. These will include advanced bracing techniques, T-Rescue, Assisted Re-Entry, Hand of God Rescue and Paddle Float Rescue/Re-entry. We will also cover several self-rescue techniques that can be used by touring kayakers with varying skills, abilities and boat types including the Screw Rool, C-C Roll, Extended Paddle Roll and Bottom Pry Roll. Bring your own touring kayak, PFD, paddle, floatation, paddle float, pump, towel, swimsuit, change of clothes and nose clips. Come with your swimsuit and be prepared to get wet! Your boats must be washed and cleaned ahead of class and a swimming test will be given at the start of class.

T.J. Hittle (539-7772) taught UFM kayaking from 1979 - 1990. He was one of the first American Red Cross Canoe and Kayak Instructor-Trainers in Kansas, having taught well over 250 students during that time. During his canoeing and kayaking travels over the past 25 years, on over 200 rivers and streams across seven Central, South and North American countries, he has accumulated nearly 9,000 river miles. T.J. has documented the greatest number of river miles in the 28 year history of the Kansas Canoe Association. He is also the creator and Webmaster for the Kansas Paddler home page at: www.kansas.net/~tjhittle/. He has served as an officer on the boards of the Friends of the Kaw, Kansas Canoe Association and the Flint Hills Sierra Club and is actively involved in twelve Regional, State, and National environmental and natural resource organizations that impact rivers and streams.

Date: February 22 (Sunday)
Time: 8:30 - 11:30 am
Fee: \$28
Location: KSU Natatorium

Advanced Self-Rescue for Touring Kayakers

AQ-101b

T.J. Hittle (539-7772)

Date: February 29 (Sunday)
Time: 8:30 - 11:30 am
Fee: \$28
Location: KSU Natatorium

Take It Easy

Living the Art: Jin Shin Jyutsu Self Help WE-01

The art of Jin Shin Jyutsu is a simple and powerful tool available to all. This class will focus on experiencing this art through self-help techniques and developing and maintaining a daily practice to enhance well being. The ancient art of harmonizing the body's energy engages one in self awareness and recognizes the body's wisdom.

Kate Cashman (537-1911) is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: February 5, 12, 19, 26 (Thursday)
Time: 7:00 - 9:00 pm
Fee: \$28
Location: 811 Colorado

Self Massage for Pain Relief WE-07

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

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

Date: May 6 (Thursday)
Time: 7:00 pm
Fee: \$15
Location: UFM Fireplace Room

Massage for Two WE-08

Come and learn the basic principles of therapeutic massage and understand how massage can help maintain health. Swedish-style massage, the most common style of massage, uses long flowing strokes. Emphasis of the class will be on the neck and back. Wear sports shorts and t-shirt. Each pair will need to bring a sleeping bag or thick blanket and two flat sheets. Pairs may include mother-daughter, friends or couples.

Sandy Snyder (537-3607)

Date: May 7 (Friday)
Time: 7:00 pm
Fee: \$26 per couple
Location: UFM Fireplace Room

Tai Chi Chuan WE-12a

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

Karena Kimble is an artist and Tai Chi Chuan practitioner.

Date: February 7 - 28 (Saturday)
Time: 10:30 - 11:30 am
Fee: \$16
Location: UFM Fireplace Room

Tai Chi Chuan WE-12b

Karena Kimble

Date: February 4 - 25 (Wednesday)
Time: 9:00 - 10:00 am
Fee: \$16
Location: UFM Fireplace Room

Tai Chi Chuan WE-12c

Karena Kimble

Date: March 6 - 27 (Saturday)
Time: 10:30 - 11:30 am
Fee: \$16
Location: UFM Fireplace Room

Tai Chi Chuan WE-12d

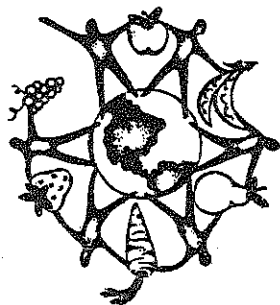
Karena Kimble

Date: April 3 - 24 (Saturday)
Time: 10:30 - 11:30 am
Fee: \$16
Location: UFM Fireplace Room

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Vitamins, Minerals and Amino Acids WE-14
Learn how to determine if you really need additional vitamins, minerals, or amino acids and how to read the labels and determine what is best for you and your family. Learn how to distinguish synthetic from natural. Learn how the body produces vitamins and what food sources provide what minerals.

Patricia Cassinelli (341-1451) has 20 years experience in the field of holistic medicine and 10 years as a licensed massage therapist and private practitioner. She graduated Scherer's Institute of Natural Healing in Santa Fe, New Mexico, studied under Hanna Kroeger, a master herbalist in Boulder, Co., and with Dr. Gary Young of Young Living Essential Oils in Utah. She owns Body, Mind, and Spirit here in Manhattan.

Date: March 9 (Tuesday)
Time: 7:00 - 9:00 pm
Fee: \$8
Location: 513 Leavenworth St.

Essential Oils Raindrop Therapy WE-31
Are you interested in finding out about the use and application of essential oils? How can this ancient knowledge improve our health and lifestyle today? A demonstration of the Rainbow Therapy will be given and the lymphatic pump procedure will be taught.

Enell Foerster (537-0977) has studied and used essential oils for several years. She has taught Chi Lei - Chi Gong, Red Cross CPR & First Aid, Yoga, Aquatic exercise, Aerobic Dancing classes and is a certified Body Recall exercise instructor. Joe Long has used the Rainbow Therapy for many years and learned it from Gary Young.

Date: March 13 (Saturday)
Time: 9:30 am - 1:00 pm
Fee: \$22
Location: UFM Conference Room

Yoga for Beginners WE-35a
"India's great gift to humanity is an accessible, practical approach to happiness. This is the gift of YOGA." - T.K.V. Desikacher. This class is open to everyone. Each class will meet four times. We will use the breath and the body to help focus the mind. You will participate in developing a personal practice which meets your unique needs. Please wear comfortable clothing that allows for full range of movement (no jeans please). Please refrain from eating two hours prior to class (a piece of fruit is ok). Bring a towel.

Ana Franklin (537-8224) has been practicing yoga for more than 30 years. She received teacher training from Gary Kraftsow, author of the books *Yoga for Wellness* and *Yoga for Transformation*. She has been teaching yoga since 1984.

Date: April 1 - 22 (Thursday)
Time: 9:30 - 10:30 am
Fee: \$52
Location: 321 Poyntz, Over SPRINT

Yoga for Beginners WE-35b

Ana Franklin (537-8224)
Date: April 5 - 26 (Monday)
Time: 6:00 - 7:30 pm
Fee: \$52
Location: 321 Poyntz, Over SPRINT

Yoga for Beginners WE-35c

Ana Franklin (537-8224)
Date: April 7 - 28 (Wednesday)
Time: 6:00 - 7:30 pm
Fee: \$52
Location: 321 Poyntz, Over SPRINT

Yoga for Beginners

Ana Franklin (537-8224)
Date: April 29 - May 20 (Thursday)
Time: 9:30 - 10:30 pm
Fee: \$52
Location: 321 Poyntz, Over SPRINT

Yoga for Beginners

Ana Franklin (537-8224)
Date: May 3 - 24 (Monday)
Time: 6:00 - 7:30 am
Fee: \$52
Location: 321 Poyntz, Over SPRINT

Yoga for Beginners

Ana Franklin (537-8224)
Date: May 5 - 26 (Wednesday)
Time: 6:00 - 7:30 pm
Fee: \$52
Location: 321 Poyntz, Over SPRINT

Introduction to Life Coaching WE-19a
Society has gone from being stable and somewhat predictable to being fast-paced, impersonal, and constantly evolving. When a person hits a bump in the road of life, it can cause havoc in all areas of life. A life coach helps a person connect to their life's purpose and establish a working model to live their life purposely. The fundamental background for a working relationship with a life coach will be provided.

Sarah English (539-6386) is a certified Wholistic Coach and the Director of Konza Life Enhancement Center.


Date: January 21 (Wednesday)
Time: 7:00 - 9:00 pm
Fee: \$8
Location: 513 Leavenworth, Suite 2

Introduction to Life Coaching WE-19b

Sarah English (539-6386)
Date: January 28 (Wednesday)
Time: 7:00 - 9:00 pm
Fee: \$8
Location: 513 Leavenworth, Suite 2

Wholistic Life Coaching Mini Course WE-20
We will discuss areas that are commonly a problem such as clutter, organization, time management or personal relationships. Using general solutions, each student will be given an assignment to be completed before the next class. Start the process of finding your purpose in life and how to achieve it.

Sarah English (539-6386)
Date: February 11, 25, March 10, April 7, 21 (Wednesday)
Time: 7:00 - 9:00 pm
Fee: \$72
Location: 513 Leavenworth, Suite 2

**UFM Sidewalk Fund**
Help UFM raise funds for a new sidewalk. You may have noticed our new paint job and the new landscaping. The next project is replacing the crumbling sidewalk. We need your help to fund this project. A donation in any amount for this special project is appreciated. See page 2 for details.

WE-35d

Introduction to Reiki WE-10a
Reiki is a Japanese technique for stress reduction and realization that also promotes healing. It is based on the idea that an unseen "life force energy or Chi" flows through us and is what causes us to be alive. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit, creating many beneficial effects that include relaxation and feelings of peace, security and well being. We will be working in stocking feet. Please bring a towel to class. Each class member will receive a sample treatment.

Sarah English (539-6386) is a teaching Reiki Master, having received Master Level in 2000. She has been working with subtle energies, Feng Shui, Auras and chakras since 1974.

Date: February 21 (Saturday)
Time: 12:00 - 2:00 pm
Fee: \$8
Location: 513 Leavenworth, Suite 2

Introduction to Reiki WE-10b

Sarah English (539-6386)
Date: March 17 (Saturday)
Time: 7:00 - 9:00 pm
Fee: \$8
Location: 513 Leavenworth, Suite 2

Introduction to Reiki WE-10c

Sarah English (539-6386)
Date: April 5 (Monday)
Time: 7:00 - 9:00 pm
Fee: \$8
Location: 513 Leavenworth, Suite 2

Reiki 1st Level WE-11
We will cover the history of Reiki, basic information on personal energy fields, 4 attunements per person as well as how and when to use Reiki. There will be practice sessions and you will receive a certificate when you finish.

Sarah English (539-6396)
Date: April 16, 17, 18 (Friday, Saturday, Sunday)
Time: 7:00 - 9:30 pm (Friday)
10:00 am - 6:00 pm (Saturday)
5:00 - 9:00 pm (Sunday)
Fee: \$149
Location: 513 Leavenworth, Suite 2

Possibly Prevent Cancer WE-25
Examine possibilities that could be precursors to various types of cancer in our lives. There are known sources and questionable sources. Know them and protect yourself.

Patricia Cassinelli (341-1451)
Date: February 10 (Tuesday)
Time: 7:00 - 9:00 pm
Fee: \$8
Location: 513 Leavenworth St.

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Kick Up Your Heels

Ballroom Dance

RH-03b

Michael Bennett

Date: April 2 - May 7 (Friday)
Time: 8:30 - 9:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium
1021 Denison Avenue

Ballroom Dance

RH-03c

Michael Bennett

Date: January 31 - March 6 (Saturday)
Time: 6:30 - 7:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium
1021 Denison Avenue

Ballroom Dance

RH-03d

Michael Bennett

Date: April 3 - May 8 (Saturday)
Time: 6:30 - 7:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium
1021 Denison Avenue

Swing & Salsa Dancing

RH-02a

Have some fun learning classic big band swing dance and salsa. Learn the 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 as 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 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.


Date: January 31 - March 6 (Saturday)
Time: 7:30 - 8:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium
1021 Denison Avenue



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Tae Kwon Do I

MA-01

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

Grand Master *Chae Sun Yi* (785-266-8662) is the founder, president and chief instructor of Sun Yi's Academy, and the Traditional Tae Kwon Do Association. As a 9th Degree Black Belt, and an internationally certified instructor, he has been instructing students for over 40 years. The classes at Kansas State University have been held since 1975. *David Moore* is a 4th degree Black Belt, and a nationally certified instructor. He has been studying TKD for over 12 years, and teaching at KSU for over 4 years.

**Tuesday, January 27, at 7:00 pm, a public demonstration and formal introduction of instructors will be conducted in Ahearn Field House, KSU.

Date: January 27 - May 6 (Tuesday/Thursday)
Time: 6:30 - 7:30 pm
Fee: \$72
Location: Ahearn Fieldhouse, KSU
No class March 23 & 25

Tae Kwon Do II

MA-02

Grand Master *Chae Sun Yi* & Instructor Jr. Master *David Moore*

Date: January 27 - May 6 (Tuesday/Thursday)
Time: 7:30 - 8:30 pm
Fee: \$72
Location: Ahearn Fieldhouse, KSU
No class March 23 & 25

Ninpo Taijutsu

MA-04

Ninpo Taijutsu (Body art) is an unarmed method of self-defense taken from Ninjutsu. This class works on six solo techniques and Gokkoryn basic two-person techniques and self-defense basic techniques. Age 16+.

Stan Wilson (539-7723) has been practicing martial arts for 34 years, involved with Ninjutsu for over 20 years and is the founder of the White Phoenix System of martial arts. He has a 2nd degree black belt in Hakkoryn Jujutsu, a third degree black sash in Pai Lum Kung Fu, an eight degree black sash in Zee Lu Lum Kung Fu, and a first degree black sash in Mew Hing's Taoist Palms Kung Fu.

Date: March 29 - May 3 (Monday)
Time: 8:00 - 9:00 pm
Fee: \$39 (Includes 2 manuals)
Location: Ahearn Fieldhouse, KSU

Judo I

MA-05

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

Isaac Wakabayashi

Date: January 27 - May 13 (Tuesday/Thursday)
Time: 8:45 - 9:45 pm
Fee: \$73 non-credit, also available for KSU credit
Location: Ahearn Fieldhouse, Rm. 301, KSU
No class March 23 & 25

Judo II

MA-06

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

Isaac Wakabayashi

Date: January 27 - May 13 (Tuesday/Thursday)
Time: 9:45 - 10:45 pm
Fee: \$73 non-credit, also available for KSU credit
Location: Ahearn Fieldhouse, Rm. 301, KSU
No class March 23 & 25

Lao Hu Pai Kung Fu

MA-09

Students will learn and be promoted in a unique system that has its origin from China (Tibet) and Japan (Okinawa). Starting out with basic stances, blocks, punches, kicks, coordination exercises, and forms, students will soon learn take downs, throws and opponent control (similar to jujutsu and chi na). Animal fighting techniques and forms will also be taught as students advance. Age 14+.

Dr. Michael Tran has been actively practicing martial arts for the past 15 years and holds a 2nd degree black belt (sensei level) in Lao Hu Pai Kung Fu, 1st degree black belt in Won Hop Loong Chuan Kung Fu, and a 1st degree black belt in Goshin Aikijutsu. He has extensive training in other systems including: Vovinam, Shaolin, Long Fist and Preying Mantis.

Date: January 21 - May 5 (Wednesday)
Time: 6:00 - 8:00 pm
Fee: \$51
Location: Ahearn Fieldhouse, KSU

Modern Aikijujutsu

MA-11

This class cover the Hakkoryu basic waza (techniques), falling safely, the Hakkosen walking exercises and self-defense Jujutsu techniques. This system is related to Aikido, but is meant to be simpler and easier to learn. It is a self-defense oriented method. Age 16+.

Stan Wilson

Date: January 26 - March 1 (Monday)
Time: 8:00 - 9:00 pm
Fee: \$40 (Includes 3 manuals)
Location: Ahearn Fieldhouse, KSU

Ballroom Dance

RH-03a

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

Michael Bennett

Date: January 30 - March 5 (Friday)
Time: 8:30 - 9:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium
1021 Denison Avenue



Swing & Salsa Dancing

RH-02b

Michael Bennett

Date: April 3 - May 8 (Saturday)
Time: 7:30 - 8:30 pm
Fee: \$28 individual/\$49 couple
Location: ECM Auditorium
1021 Denison Avenue

Intermediate Belly Dance (Belly Dance III)

RH-14b

Maya Zahira (785-979-4681, www.geocities.com/zilldancer)

Date: March 30 - May 4 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: \$42
Location: UFM Banquet Room

Intermediate Ballroom Dance

RH-04

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

Michael Bennett

Date: January 23 - May 7 (Friday)
Time: 7:30 - 8:30 pm
Fee: \$51 individual/\$89 couple
Location: ECM Auditorium
1021 Denison Avenue
No class March 26

Belly Dance Basics (Level I)

RH-11a

Learn all the foundations of this ethnic dance form and get some great exercise. Class will cover basics of hip, rib cage, arm movements, simple turns, traveling steps, combinations and choreography. Wear comfortable clothing that allows for ease of movement. Come join us for creative movement and exercise in a positive and fun setting! Minimum age 14.

Maya Zahira (785-979-4681, www.geocities.com/zilldancer) began studying belly dance in 1999 under the instruction of Saudi-born Ferdoas Afani. Shortly thereafter, Maya traveled to New York City where she studied at Serena Studio in the Theater District. Maya regularly receives workshop instruction from Suhaila Salimpour, Karen Barbee, Hadia, Ansuya, Sahra and many others. Her dance performances include birthday parties, baby showers, corporate events, restaurant dancing, international fairs, sidewalk sales and the K.C. Renaissance Festival. Having a degree in Education, with more than eight years of professional teaching experience, she is patient, encouraging, innovative, and structured.

Date: February 10 - March 16 (Tuesday)
Time: 5:20 - 6:20 pm
Fee: \$42
Location: UFM Banquet Room

Belly Dance Workout

RH-15

Looking for a new and different type of workout? Belly dancing is now a popular trend in exercise. You'll get a total body workout. You'll raise your heart rate, burn fat and tone your muscles. Wear comfortable clothing that allows for ease of movement. Open to adults, Level I, II, and III students as well as those without previous dance experience.

Maya Zahira (785-979-4681, www.geocities.com/zilldancer)

Date: January 20 - February 3 (Tuesday)
Time: 5:20 - 6:20 pm
Fee: \$26
Location: UFM Banquet Room

Floor Work And Sword Dancing

RH-16

This special three-week seminar will introduce the mysterious and hypnotic art of sword dancing. Classes will cover the basic balancing tips, floor work, standing techniques, combinations and choreography. It is appropriate for most fitness levels. A towel, kneeling pad or soft kneepads are helpful for those with sensitive knees. Prerequisites: At least one session of Belly Dance Level II or equivalent. Required materials include a hard-back book or walking cane to practice head balancing OR one unsharpened, specially balanced dancing sword. Please contact instructor for information about swords. No sharpened swords will be allowed in class.

Maya Zahira (785-979-4681, www.geocities.com/zilldancer)

Date: January 20 - February 3 (Tuesday)
Time: 6:25 - 7:25 pm
Fee: \$26
Location: UFM Banquet Room

Belly Dance Basics (Level I)

RH-11b

Maya Zahira (785-979-4681, www.geocities.com/zilldancer)

Date: March 30 - May 4 (Tuesday)
Time: 5:20 - 6:20 pm
Fee: \$42
Location: UFM Banquet Room

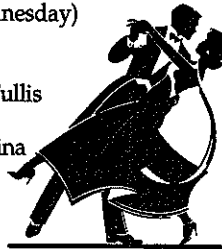
Ballroom Dance in Salina

RH-25

This class is an introduction to the principles of ballroom dancing. Class includes dance terminology, dance position, correct body alignment and positions and partnering. Techniques such as open and close positions, leading and following and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught. Partners are not necessary. Class is co-sponsored with KSU at Salina Recreation Center.

Audrey Umekubo (825-1339)

Date: January 28 - May 12 (Wednesday)
Time: 7:00 - 8:00 pm
Fee: \$80
Location: KSU Salina, Rec.Center, Tullis Building
3142 Scanlan Avenue, Salina
No class March 24



Foundations of Belly Dance (Belly Dance II)

RH-12a

This class is for those students who have taken at least one session of Level I Belly Dance Basics or equivalent. Students will be taught additional dance movements, combinations, choreography and veil work.

Maya Zahira (785-979-4681)

Date: February 17 - March 16 (Tuesday)
Time: 6:25 - 7:25 pm
Fee: \$42
Location: UFM Banquet Room

Ballroom Dance I

RH-27

Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps this class is for you. Swing, Foxtrot, Waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Since classes fill rapidly, it is advisable to register early.

Michael Bennett

Date: January 23 - May 7 (Friday)
Time: 6:30 - 7:30 pm
Fee: \$51 individual/\$89 couple
Location: ECM Auditorium, 1021 Denison
No class March 26

Foundations of Belly Dance (Belly Dance II)

RH-12b

Maya Zahira (785-979-4681, www.geocities.com/zilldancer)

Date: March 30 - May 4 (Tuesday)
Time: 6:25 - 7:25 pm
Fee: \$42
Location: UFM Banquet Room

Intermediate Belly Dance (Belly Dance III)

RH-14a

This class is for students who have taken at least TWO sessions of Continuing Belly Dance or equivalent. A different topic will be covered every week, including veil work, drum solos, folkloric, cane dancing, floor work, and choreography. Required materials: hip scarf, veil and finger cymbals. Performance opportunities are provided, but not required.

Maya Zahira (785-979-4681, www.geocities.com/zilldancer)

Date: February 10 - March 16 (Tuesday)
Time: 7:30 - 8:30 pm
Fee: \$42
Location: UFM Banquet Room

Look for these classes the family can enjoy together:

- Sunday Family Swim
SHARP Women's Self Defense
Tae Kwon Do
Pet First Aid and Safety
Parent/Tot Hands on Hootennany
Harmonica

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.

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

Lee Allison, Kansas Geological Survey, "The Ogallala aquifer: is it sustainable?"

January 21, 7:30 p.m.

1014 Throckmorton Hall, KSU

Nature Writer, Merrill Gilfillan (co-sponsored by KSU English Department)

April 21, 7:30 p.m.

Beach Museum of Art, KSU

Beginning Birding: Second Saturday Every Month. Meet at 8 a.m. in Ackert/Durland Hall parking lot, KSU, and carpool to local birding spots with birding experts. Children Encouraged!



African Style Dance/Aerobics RH-23a
This class is designed for those seeking a fun, rhythmic style of dance to tone and condition their bodies. Let the sound of the drum take over your body, and watch and feel your body move to the beat. You will be amazed at how great you will feel. African Dance is a great low impact way to burn calories. Don't worry! You do not need rhythm, or a dance background, just enthusiasm! Please bring a water bottle, towel, and spandex.

Donna Weaver has studied jazz and other cultural styles of dance since age 12. She now teaches jazz, African, and two-step Chicago style dance. She believes that no matter what age you are, African dance will definitely keep you fit while having fun.

Date: February 4 - March 17 (Wednesday)
Time: 5:30 - 6:30 pm
Fee: \$41
Location: UFM Banquet Room

African Style Dance/Aerobics RH-23b

Donna Weaver

Date: March 31 - May 12 (Wednesday)
Time: 5:30 - 6:30 pm
Fee: \$41
Location: UFM Banquet Room

Beginning Ballet plus a little Nutcracker Ballet YO-02

This is a beginning ballet class with classical ballet steps being introduced. A special feature will be dancing to some music from the Nutcracker Ballet. No dance experience or formal dance attire is needed. Geared for children aged 4-13.

Randi Dale (539-5767) has taught dance for over 40 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Master's Degree in Education. In the Spring of 2003 her dance students performed in the Don Quixote Ballet. Over the past six years she has had her ballet students perform in numerous story ballets. Her original choreography is designed for children.

Date: January 16 - January 23 (Friday)
Time: 6:00 - 6:30 pm
Fee: \$8
Location: 2416 Rogers Blvd.

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. Ages 13+.

Diana Tarver (820-8551) has a black belt in Taekwondo and Hapkido and is a certified instructor with the American Taekwondo Association. She has 18 years experience teaching martial arts, police defensive tactics and Sexual Harassment Assault and Rape Prevention for Women.

NOTE: MUST enroll by 5 pm February 26
Date: March 1 (Monday)
Time: 6:30 - 9:30 pm
Fee: \$18 individual/\$30 mother-daughter (additional \$10 per child)
Location: First Lutheran Church basement (Enter at North Door) 930 Poyntz Ave.

Shape Your Space

Residential Landscape Design EN-02a

Learn the basics of landscaping your home! Locally available resources will be presented with limited discussion on advantages and disadvantages of various plant material. This course is a must for new residents to the Manhattan community or those of us with "brown thumbs."

Alan Ladd (537-6350) is the Riley County Extension Director and coordinates the horticulture program in Riley County. He believes that education is a lifelong process and everyone needs to keep updated on areas of interest to them. Gregg Eyestone has used his horticulture degree from KSU as a County Extension Agent for 9 years. He has presented many landscaping classes and is looking forward to working with individuals whom have landscaping challenges.

Date: January 14 - 28 (Wednesday)
Time: 6:30 - 8:30 pm
Fee: \$32 per household
Location: Pottorf Hall, Cico Park

Residential Landscape Design EN-02b

Alan Ladd and Gregg Eyestone

Date: January 26 - February 9 (Monday)
Time: 1:30 - 3:30 pm
Fee: \$32 per household
Location: Courthouse Plaza Meeting Room

Butterfly Gardens EN-05

Learn which flowers attract butterflies and are suitable as host plants. The class illustrates the life cycle of butterflies, the process of installing a new garden, and showcases local and exotic butterflies.

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

Date: March 10 (Wednesday)
Time: 7:00 - 9:00 pm
Fee: \$15
Location: UFM Conference Room

Flower Bed Design EN-06

Do you find that your flower beds are just miscellaneous collections of plants, rather than the exciting display you were hoping for? Learn how to use color, plant shape and texture, proper quantities of plants and accents to maximize your bed impact. We'll use a slide program to see great combinations of perennials, annuals, using silver and gold plants, and handouts with useful notes, and a bibliography.

Andrea Ray Chandler

Date: April 7 (Wednesday)
Time: 7:00 - 9:00 pm
Fee: \$15
Location: UFM Conference Room

Spring Plant Swap EN-17

As the perennials you have multiply, do you wish you had less of them and more of something else? Rejuvenate your flower garden by dividing your perennials and bringing them to trade for other varieties to enhance your color and variety. Call and register to let us know what you have to swap. Examples include Iris, peony, herbs, vines, columbine, etc. Note: Divide bulbs only if they have already bloomed. You may drop off your plants at UFM on April 30. For more information visit www.ksu.edu/ufm.

Connie Carlson

Date: May 1 (Saturday)
Time: 10:00 am - 1:00 pm
Fee: N/C
Location: UFM Greenhouse & Fireplace Room

Lou Douglas Lecture



Dr. Cornelia Butler Flora

Director, North Central Regional Center for Rural Development and Charles F. Curtiss Distinguished Professor of Agriculture and Sociology, Iowa State University

"Corn and Capital: The Global Connection"

Monday, March 1, 2004
7:00 p.m., Forum Hall
K-State Student Union

There will be a public reception in the Union Courtyard after the lecture.

Jointly sponsored with the Donald J. Adamchak Distinguished Lecture Series in Sociology



Perfect Perennials & Awesome Annuals EN-20
Perennials are sometimes advertised as "just plant and that's all"! Well, not quite. What we have here is a plan for pinching, pruning and plucking. The average garden needs only 15 minutes a day to keep your flowers blooming, tidy and healthy. Learn the different kinds of care, see a slide show illustrating the principles, and get a handout detailing how you can keep your garden "in the pink" with a minimum of fuss.

Andrea Ray Chandler
Date: April 14 (Wednesday)
Time: 7:00 - 9:00 pm
Fee: \$15
Location: UFM Conference Room

Xeriscaping EN-24
That's pronounced "ZERI-SCAPING", not "zero-landscaping". You don't have to pave the yard in cacti to enjoy the benefits of flower gardening and landscaping adapted to less water usage. Learn how to get the bright, cottage-garden look with native and other adapted species that do great in our hot, dry weather. A xeriscape is also a lot less work!

Andrea Ray Chandler
Date: February 18 (Wednesday)
Time: 7:00 - 9:00 pm
Fee: \$15
Location: UFM Conference Room

Sunrooms: Design Thoughts For Plants & Warmth EN-25

Whether you want greens or just to heat adjoining rooms, sunrooms are certain to add light and enjoyment to your home. With slides, we will discuss examples of sunrooms built here in Manhattan and talk of the various design considerations for both growing plants and exporting warmth. Bring your blueprints and we can discuss your particular home and plans.

Bill Dorsett (539-1956) has been in the solar energy/sunroom business for 20 years.

Date: March 6 (Saturday)
Time: 1:30 pm
Fee: \$8
Location: UFM Greenhouse

Home Energy EN-26

If you were shocked by your energy bills this winter, this series will discuss what you might do about it. Technology and understanding how to heat and cool our homes didn't stop with the end of the oil embargo. In the first class we will discuss the first step anyone should take: making their house more efficient. In the second class we will discuss solar and wind energy as it might apply to providing you with electricity, hot water or air. Keeping it simple is the key, so don't be bashful with questions.

Bill Dorsett (539-1956)
Date: February 7 & 14 (Saturday)
Time: 1:30 pm
Fee: \$8
Location: UFM Greenhouse

Herb Gardening EN-33

This class is full of sensory experiences. We'll watch a full slide show of different herbs and herb gardens, explore the differences between annual/perennial herbs and discuss seed starting. Learn how to make herbal oils, vinegars and more. Class is devoted to culinary herbs and those suitable for adding into flower landscapes.

Andrea Ray Chandler
Date: April 21 (Wednesday)
Time: 7:00 - 9:00 pm
Fee: \$15
Location: UFM Conference Room

Cottage Garden in Suburbia EN-41
Love that lush, romantic look? Learn what annuals and perennials are appropriate for this mood and are also suitable for our climate. See how a new garden is put together, learn about basic garden design concepts and get some tips about planting the most popular perennials.

Andrea Ray Chandler
Date: March 3 (Wednesday)
Time: 7:00 - 9:00 pm
Fee: \$15
Location: UFM Conference Room

Were These Plants Framed? Gardening with Hot and Cold Frames EN-16

Would you like to start your own plants but don't have space indoors? Would you like to begin harvesting earlier in the spring? Learn about the various types of hot and cold frames, their proper use and what and when to plant utilizing this technique. Take home plans for building garden frames and get a head start on gardening.

Colleen Hampton (539-5934) is a seasoned Riley County Extension Master Gardener who has a passion for all types of gardening. She has taught UFM gardening classes for over 10 years. She is a member of the Manhattan Community Garden and several garden clubs. Colleen welcomes your questions and class participation.

Date: February 16 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

Gardening 101: The Basics EN-19a

Welcome to America's #1 hobby! Mom and Dad or Grandma made it look so easy back then! Now you're in charge and you have questions about site selection, soil types, what to plant when, pest control and how to deal with the weather extremes in Kansas. We will answer all these questions whether you're a vegetable or flower gardener. Your specific questions are welcome, too!

Colleen Hampton
Date: March 8 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

Gardening 101: The Basics EN-19b

Colleen Hampton
Date: April 3 (Saturday)
Time: 10 - 12 pm
Fee: \$8
Location: UFM Greenhouse



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Growing Cool and Warm-Season Vegetables EN-18
Would you like to grow more of your own vegetables? It's a growing trend across the nation and you can get all the how-to's in this class. We'll discuss all the popular veggies like tomatoes, lettuce and beans as well as more unique ones like broccoli, winter squash and sweet potatoes. You'll take home a lot of information on what to plant when and the various requirements of each.

Colleen Hampton
Date: March 15 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

Space-Efficient Gardening: Get More in Less Space EN-29

Let's face it most of us don't have unlimited space to grow herbs and vegetables. But there are techniques that not only save a lot of space, but can actually reduce weeding, watering, and other chores. Learn these techniques and you're on your way to increased harvests in a small amount of space. We will also discuss patio gardening and how you can grow many varieties in pots right outside your door!

Colleen Hampton
Date: April 12 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

Manhattan Community Garden

Plot Sign up Time!



The Manhattan Community Garden is a UFM sponsored cooperative project located on 3 1/2 acres in the south part of Manhattan at 9th and Riley Lane. Over 160 plots are available on an annual basis. Rent per plot is charged on a sliding scale basis. Water, tools, mulch and advice are provided. Plot rental fees range from 2.5 to 6 cents per square foot. Plots are available in various sizes. A \$10 plot deposit is also required.

Spring 2004 sign up dates are:

Returning Gardeners:
February 4, Wednesday, 7:30 pm, UFM
February 14, Saturday, 10 am, UFM

New Gardeners:
March 3, Wednesday, 7:30 pm at UFM
March 13, Saturday, 10 am at UFM
April 7, Saturday, 10 am at UFM

Call 539-8763 for more information.



Where the Sun Doesn't Shine...

Shade Gardening

EN-22

Tired of having plants die because they didn't get enough sun? Tired of that spot on the side of the house where nothing seems to grow? Perhaps you need to plant some shade-tolerant species! We'll discuss types of shade and what plants do well or even flourish in a shady site. Annuals, perennials, shrubs and trees will be covered.

Colleen Hampton

Date: April 19 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

Perennial Flowers

EN-11

Are you tired of buying and planting new flowers year after year? Why not invest in some perennial flowering plants that will return every year? We will discuss the best perennial flowers for the Manhattan area and when each blooms, how to get season-long color and other planting and growing tips. Be the envy of your neighborhood with minimal effort.

Colleen Hampton

Date: March 29 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

Water Gardens: Pond Building 101

EN-39

Water gardening is the fastest growing sector in the gardening world. Once you have a water feature, you'll understand why! Water Gardens are simple to care for if they are built and maintained with some basic ecological principles in mind. Learn how to install this type of pond with easy step-by-step instructions that will result in a pond that doesn't require much care on your part for the rest of the summer. Get your other spring planting out of the way and then build that pond you've always dreamed of!

Colleen Hampton

Date: April 26 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

Water Gardens: Stocking and "Planting"

EN-40

Backyard ponds are more enjoyable if you can watch the fish and see the flowers blooming along with hearing the rushing water! In order to maintain the ecological balance of your pond, your mini-ecosystem needs fish and certain plants and this class will discuss which are the desirable ones. Find out what and how many to put where! We'll also plan for a "fieldtrip" to view the instructor's water garden.

Colleen Hampton

Date: March 3 (Monday)
Time: 7 - 9 pm
Fee: \$8
Location: UFM Greenhouse

Reading the Landscape

EN-27a

"The object is to teach the student to see the land, to understand what he sees, and enjoy what he understands."—Aldo Leopold. This workshop will be based on activities that have evolved from each of Leopold's essays in Sand Almanac. They are holistic in nature, experiential, "place" based and can be modified for any and all ages. This workshop is for anyone who is concerned about the human need for "connectedness" with our landscapes, both built and natural. It is for anyone who wants to gain insight into how to introduce and sustain the wonder and strangeness of our common environment for our children and community members.

Dru Clarke was a public school teacher for 31 years and now is keeper of a parcel of land in the Flint Hills where she and her husband raise quarter horses. Dru is passionate about place-based education, natural landscapes, and the "unsung" values of the commonplace.

Date: March 6 (Saturday)
Time: 9 - 4:30 pm
Fee: \$48 (includes lunch & snacks)
Location: Possum Hollow Ranch
7810 Hopkins Creek Road, St. George

Reading the Landscape

EN-27b

Dru Clarke

Date: April 10 (Saturday)
Time: 9 - 4:30 pm
Fee: \$48 (includes lunch & snacks)
Location: Possum Hollow Ranch
7810 Hopkins Creek Road, St. George

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Evening College offers three degree programs that can be completed entirely

at night: criminology, interdisciplinary social science, or life span human development. When combined with distance education courses, students can choose from a wide assortment of degree programs.

Call 1-800-622-2KSU or visit www.dce.ksu.edu/eveningcollege to learn more today!

KANSAS STATE UNIVERSITY EVENING College

Imagine the Possibilities

Safe & Creative Album Making (family photos & more)

CF-02a

Where are your photos? It's time to turn that box of photos into an album full of pictures, memorabilia and journal memories. You'll learn 5 easy steps: organize, crop, design layout, mount and journal. Your albums will give you and your family a lifetime of enjoyment, a priceless heirloom. Bring your last roll of film or 8-10 pictures of a theme. If you have scrapbooked and have existing supplies, bring them and I can teach you how to make quick simple borders for your pages.

Pam Schmid, Creative Memories Senior Director, has been teaching album making classes since 1989 and is dedicated to helping people make safe meaningful albums.

Date: February 3 (Tuesday)
Time: 7:00 pm
Fee: \$14
Location: UFM Fireplace Room

Safe & Creative Album Making (family photos & more)

CF-02b

Pam Schmid

Date: March 1 (Monday)
Time: 7:00 pm
Fee: \$14
Location: UFM Fireplace Room

Safe & Creative Album Making (family photos & more)

CF-02c

Pam Schmid

Date: April 5 (Monday)
Time: 7:00 pm
Fee: \$14
Location: UFM Fireplace Room

Rubber Stamping Basics

CF-03a

Come and learn the basics of rubber stamping. You will learn the differences in inks, papers, stamps and powders. We will cover basic techniques and embossing. Supplies for three cards will be provided, which will be made in class. Please bring the following to class: 12" paper cutter, adhesive, scoring tool, scissors and a heat tool. (If you don't have them, you can share.)

Heather Scott (494-2505) is a published rubber stamp artist. She has been stamping for seven years. Let her help you catch the stamping bug, so you can create masterpieces of your own for friends and family.

Date: February 9 (Monday)
Time: 7:00 - 9:00 pm
Fee: \$16
Location: UFM Fireplace Room

Rubber Stamping Basics

CF-03b

Heather Scott (494-2505)

Date: April 12 (Monday)
Time: 7:00 - 9:00 pm
Fee: \$16
Location: UFM Fireplace Room

That Shimmery Touch

CF-05

Learn four fabulous techniques for adding a shimmering touch to your stamping art. You can also use them in your scrapbooks! You will make four masterpieces and also take home written instructions for each technique. Please bring scissors, 12" cutter and adhesive.

Heather Scott (494-2505)

Date: February 16 (Monday)
Time: 7:00 - 9:00 pm
Fee: \$18
Location: UFM Fireplace Room



Rubber Stamping Basics III

CF-08

Add more stamping techniques to your repertoire with this class! We will learn to do some ultra thick embossing, use velum flawlessly, and even learn a little shading with colored pencils. You can never have too many stamping techniques! Rubber Stamping Basics III may be taken before Rubber Stamping Basics II.

Heather Scott (494-2505)

Date: March 15 (Monday)
Time: 7:00 - 9:00 pm
Fee: \$16
Location: UFM Fireplace Room

Learning to Write and Sell Fiction

CF-20

A workshop where students learn through participation, this class will introduce the fundamentals of writing and selling novels, stories, and teleplays, especially those in the genres of science fiction, fantasy, mystery, and horror (although the principles taught apply to all genre fiction). General topics will be covered as well as specific issues related to the student's manuscripts. Please bring a sample of a work in progress or begin a project after the first class session. Work will be critiqued by the instructor and by other members of the class.

Glenn Sixbury has been writing and selling science fiction and fantasy for sixteen years. His credits include science fiction, fantasy, horror, and children's stories published in magazines, international hardcover and paperback anthologies. Over 200,000 copies of his stories exist in print, including international versions in both French and German. His first novel, *Legacy*, was released in hardback and trade paperback by Tor Publishing in May 2002.

Date: February 2, 9, 16 (Monday)
Time: 7:30 - 9:30 pm
Fee: \$14
Location: UFM Banquet Room

Writing and Publishing Your Novel

CF-07

This class is an introduction to the steps for developing, writing, and selling a manuscript to the popular fiction market. Including lecture elements, class participation, voluntary homework, and critiques, we will address conflict, character, plot, openings, point of view, anatomy of scene and chapters, dialog, and pacing. Also covered will be marketing aspects including the query letter, synopsis, and preparing the proposal. Bring your work in progress, or start that novel you've promised yourself to write! See www.ksu.edu/ufm for more details.

Linda Madl (770-9363) has been active in the Romance Writers of America, Novelists Inc. and the Kansas Fiction Writers. Her work includes ten novels, eight novellas, several short stories, and numerous nonfiction articles and newsletters. She has presented programs and workshops at numerous meetings, including the 2000 Romance Writers of America Region 2 conference in Omaha and the 1999 RWA national conference in Chicago.

Date: January 20 - March 16 (Tuesday)
Time: 7:00 - 9:00 pm
Fee: \$42
Location: UFM Multipurpose Room
No Class March 9

Take a Peek at the Past

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

Riley County Historical Museum

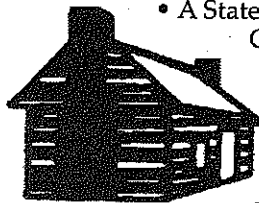
2309 Claflin

- 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

Goodnow House Museum

2309 Claflin

- Home of Issac Goodnow (founder of KSU and Manhattan)
 - Free state advocate
 - Educator (common school to college)
 - A State Historic Site
- Call 565-6490 for Hours



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

Wolf House Museum

630 Fremont

- 1868 stone home also served as a boarding house
 - Furnished with period antiques
 - Special exhibits
- Victorian Manhattan: Life in 1885
1:00-5:00 Saturday 2:00-5:00 Sunday
and by appointment

For more information, call 565-6490



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

Covering the basics of black/white film processing and darkroom procedures, we will limit the class size to provide hands-on experience. Each student will develop their own roll of black and white film. Note: Student needs to bring an exposed roll of Tri-X 400 ISO film to class. This film may be purchased at Walgreens or Alco. All other materials are included in the class fee.

Harold Wellmeier has a degree in Commercial and Industrial Photography and enjoys black and white photography and processing his own film.

Date: March 2 (Tuesday)
Time: 7:00 pm
Fee: \$17
Location: UFM Darkroom
Sign up deadline is February 24

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

Date: April 13 (Tuesday)
Time: 7:00 pm
Fee: \$17
Location: UFM Darkroom
Sign up deadline is April 6

Black & White Printing CF-10a

Feel the satisfaction of turning your own black and white negatives into prints. Each student will gain hands-on darkroom experience in print procedures. Bring 2 black and white negatives of your choice to process and print in class. Processing and printing materials included in class fees.

Harold Wellmeier

Date: March 23 (Tuesday)
Time: 7:00 pm
Fee: \$17 No refunds as the instructor must purchase unreturnable chemicals.
Location: UFM Darkroom

Black & White Printing CF-10b

Harold Wellmeier
Date: April 27 (Tuesday)
Time: 7:00 pm
Fee: \$17 No refunds as the instructor must purchase unreturnable chemicals.
Location: UFM Darkroom

Traveling on Your Own CF-22

Planning a trip this summer? Do you want to travel, but don't like the idea of going with a group of strangers on a rigid schedule? Then learn how to travel independently! This class will focus on traveling alone in big cities and other countries. It will also help beginning travelers with questions about airlines, passports, finding hotels and other helpful information.

Joyce Brite (537-7027) has traveled independently both in the U.S. and abroad.

Date: March 9 (Tuesday)
Time: 7:00 pm
Fee: \$8
Location: UFM Conference Room

Juggling: For Wellness, For Fun CF-24a

This exercise works at many levels including entertainment and as a mental and physical stimulant. Varieties of juggling are used in grade schools to focus the energy of attention deficit students, calm temperaments of behavioral disorders as well as stimulate the minds of gifted students. All levels of juggling may be a useful tool for self-improvement and above all it's fun!

Ryan Bradburn (rmb4466@ksu.edu, 317-0929) has been juggling for about 4 years and currently works with clubs and balls for props. He re-founded the KSU Juggling Club in March 2003 and will use it as a source of extra instruction Thursday nights.

Date: January 20 - February 19 (Tuesday/Thursday)
Time: 6:00 - 8:00 pm
Fee: \$39 (Includes 3-ball kit)
Location: UFM Fireplace Room

Juggling: For Wellness, For Fun CF-24b

Ryan Bradburn
Date: February 24 - April 1 (Tuesday/Thursday)
Time: 6:00 - 8:00 pm
Fee: \$39 (Includes 3-ball kit)
Location: UFM Fireplace Room

Juggling: For Wellness, For Fun CF-24c

Ryan Bradburn (rmb4466@ksu.edu, 317-0929)
Date: April 6 - May 6 (Tuesday/Thursday)
Time: 6:00 - 8:00 pm
Fee: \$39 (Includes 3-ball kit)
Location: UFM Fireplace Room

Parent Toddler Hands-on Hootenanny CF-26a

Music appreciation and participation! Parents and their toddlers ages 2-5 will hear Thad perform using the guitar, harmonica, jawharp, ukulele, mandolin, fiddle, and banjo-uke plus hands-on playing from Thad's "Band in a Bucket."

Thad Beach

Date: March 2 (Tuesday)
Time: 11:00 - 11:45 am
Fee: \$13 (parent & tot)
Location: UFM Fireplace Room

Parent Toddler Hands on Hootenanny CF-26b

Thad Beach
Date: March 2 (Tuesday)
Time: 1:30 - 2:15 pm
Fee: \$13 (parent & tot)
Location: UFM Fireplace Room

Harmonica for Everyone CF-27

Harmonica is for everyone! Kids, parents, and grandparents will laugh and learn as they are led through an introduction to the 10 hole diatonic harmonica. We'll cover folk, gospel, old-time, bluegrass and country-blues styles along with different songs than those offered last fall. Learn proper care of your instrument and the essentials to play by ear or from harmonica notation. Ages 8+.

Thad Beach, a full time musician since 1988, has worked as an "Artist in Education" through Arts Commission Programs in Kansas, Iowa, North Carolina and South Carolina. He performs at schools, libraries and festivals across Kansas. An experienced, organized, creative, and humorous teacher, Thad has conducted harmonica classes in Abilene, Salina, McPherson, Newton, Hays and Winfield.

Date: March 2 (Tuesday)
Time: 6:30 - 8:00 pm
Fee: \$20 (Includes harmonica and handout)
Location: UFM Fireplace Room

Burn Baby Burn! (A DVD That Is!) CF-40a

You have edited movies on your computer. Now what? How do you produce a DVD that you can actually play on your DVD player? Learn about some of the issues involved in creating DVD's. A short DVD with chapters will be created (burned) during the class.

Gordon Schmid is from Council Grove and has taught for 35 years in the public schools with recent experience in Library Media/Technology. He is the owner of a mobile digital video editing business, Story 2 Tell, and has 15 years experience using Mac Computers as well as 10 years experience as a hobbyist videographer.

Date: February 3 (Tuesday)
Time: 7:00 pm
Fee: \$25
Location: UFM Greenhouse

Burn Baby Burn! (A DVD That Is!) CF-40b

Gordon Schmid
Date: March 1 (Monday)
Time: 7:00 pm
Fee: \$25
Location: UFM Greenhouse

Burn Baby Burn! (A DVD That Is!) CF-40c

Gordon Schmid
Date: April 5 (Monday)
Time: 7:00 pm
Fee: \$25
Location: UFM Greenhouse

Tatting - The Return of a Lost Art! CF-44

Learn the basics of this portable lace-making technique that your grandmother may have done. It's back, with many new techniques and patterns. Bring a tatting shuttle.

Ronna Robertson (770-8305) has been tatting for 35 years and teaching classes since 1971.

Date: March 4 & 11 (Thursday)
Time: 7:00 - 9:00 pm
Fee: \$25
Location: 1717 Kingwood Dr.

Beginning Knitting CF-45a

Two projects (headband and hat) will be completed as you learn to cast-on, the knit stitch, binding off and seaming. Bring short size 10' needles and a light colored bulky weight yarn.

Kennita Tully (537-1826) is the proprietor of Wildflower Yarns and Knitwear, 106 S. 4th in Manhattan. She designs knitwear for national knitting magazines and yarn companies.

Date: February 5, 12, 19, 26 (Thursday)
Time: 7:30 - 9:00 pm
Fee: \$27
Location: 106 S. 4th St.

Beginning Knitting CF-45b

Kennita Tully
Date: April 1, 8, 15, 22 (Thursday)
Time: 7:30 - 9:00 pm
Fee: \$27
Location: 106 S 4th St.



Knitting With Beads

CF-51

Knit a beaded sock-cuff or wrist warmer using yarn/beads which will be provided. Bring size US2 or US3 knitting needles. Students must know how to knit before attending.

Kennita Tully (537-1826) is the proprietor of Wildflower Yarns and Knitwear, 106 S. 4th in Manhattan. She designs knitwear for national knitting magazines and yarn companies.

Date: April 18 (Sunday)
Time: 1:00 - 4:00 pm
Fee: \$30
Location: 106 S. 4th St.

Add Color to Your Knits

CF-54

Learn to add color to your knits with several techniques, including stripes, fair-isle, slip stitch, intarsia and duplicate stitch. Students should bring 2-3 colors of worsted weight yarn, size US7 or US8 needles. Students should know how to knit prior to attending this class.

Kennita Tully (537-1826)

Date: March 4 (Sunday)
Time: 1:00 - 4:00 pm
Fee: \$30
Location: 106 S. 4th St.

Basic Nature Photography

CF-73

Information will be primarily centered around 35mm SLR cameras and equipment in this class. Some topics include camera settings and operation, choosing and using different lenses, types of film and an introduction to exposure, composition, and technique. This class is geared toward beginning photographers and those wishing to know more about camera operation and nature photography. Participants will need their own fully functional 35mm SLR camera to each class. Tripods will also be beneficial. The class will include 3 classroom meetings and 2 field trips. Fee includes 2 rolls of film, developing, plus a framed 8 x 10 picture, and a photography booklet.

Scott Bean has been enjoying the hobby of nature photography for the past 8 years. Photography is a wonderful way to enjoy the beauty of nature. Each photograph represents a unique view of our world. Scott started trying to capture these views 8 years ago and would like the chance to help others get started in this wonderful hobby. His goal is to help you avoid some of the common mistakes he experienced as a beginning photographer and help you get the most out of your camera.

Date: April 15, 22, 29 (Thursday)
April 18, 25 (Sunday)
Time: 7:00 - 9:00 pm (Thursday)
5:00 - 7:00 pm (Sunday)
Fee: \$68
Location: UFM Conference Room

Look for youth classes throughout the catalog

- Archery for Youth
- Kid's Crochet
- Kid's Knitting
- Parent/Tot Hands on Hotenanny
- Beginning Ballet plus a little Nutcracker
- Swim Lessons
- Tae Kwon Do

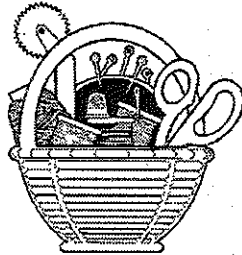
Kid's Beginning Knitting

YO-04a

Students will learn how to cast on, bind off, and the two most important stitches of knitting: knit and purl. A small project will be completed in the class and an instruction book of projects, yarn and needles will be provided. Age 8+.

Kennita Tully (537-1826) is the proprietor of Wildflower Yarns and Knitwear in Manhattan, and designs knitwear for national knitting magazines and yarn companies.

Date: January 17 & 24 (Saturday)
Time: 9:00 - 10:30 am
Fee: \$22
Location: 106 S. 4th St.



Kid's Beginning Knitting

YO-04b

Kennita Tully (537-1826)

Date: April 10 & 17 (Saturday)
Time: 9:00 - 10:30 am
Fee: \$22
Location: 106 S. 4th St.

Kid's Introduction to Crochet

YO-06a

Students will learn the foundation of crochet and will receive a book of instructions for fun projects, a crochet hook and yarn to get started. Age 8+.

Kennita Tully (537-1826)

Date: February 21 (Saturday)
Time: 9:00 - 10:30 am
Fee: \$25
Location: 106 S. 4th St.

Kid's Introduction to Crochet

YO-06b

Kennita Tully (537-1826)

Date: May 8 (Saturday)
Time: 9:00 - 10:30 am
Fee: \$25
Location: 106 S. 4th St.

Zucchini, zucchini, zucchini...

FF-02

Bring your favorite or strangest recipe for using zucchini. Several recipes will be demonstrated and sampled. Together we'll try to get ahead of next summer's zucchini invasion!


Ronna Robertson (770-8305) has been teaching cooking classes since 1997.

Date: February 12 (Thursday)
Time: 7:00 - 9:00 pm
Fee: \$13
Location: 1717 Kingwood Dr.
(Stagg Hill to Sumac to Kingwood)



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Live theatre

- * *She Loves Me* Feb. 20-22, 26-29
- * *Dearlly Departed* April 30-May 2, 6-9

Swing City Jazz

- * Three shows this spring! Visit www.manhattanarts.org for performance dates.
- * Plus our *Jazzy Valentine* fundraiser on Feb. 14

Bird House

- * *Patty Larkin* Feb. 6
- * *Steve Seskin & Christine Kane* March 6
- * *Zoe Lewis* April 3
- * Plus another show TBA

Classes for all ages

- Suzuki violin
- Drawing
- Watercolor
- Star Struck Players
- Spotlight Workshops
- Visual Arts

Galleries

Exhibits year round

Watercolor studio

Wednesday mornings 9-noon

Red Inklings writers group

1st & 3rd Wednesday of every month 6:30 p.m.



Salon Concert Series

Live music and gourmet refreshments in private homes

For information, to become a member or be added to our mailing list, call 537-4420, stop by 1520 Poyntz or e-mail programs@manhattanarts.org

Manhattan Arts Center, 1520 Poyntz * Smoke-free * Wheelchair accessible * www.manhattanarts.org

The Manhattan Arts Center is funded in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency. Additional funding comes from the City of Manhattan and MAC members and friends. MAC is a member of the Manhattan Area Arts & Humanities Coalition.

Sharpen Your Skills

Gain Control of Your Money & Become Debt Free FC-01

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 debt and insurance? This class will cover fees/charges to watch out for with credit cards and mortgages. You will learn to identify problem areas in your finances, so that you can start to take control of your money. Learn to buy wisely and reach your financial dreams. Everyone attending this seminar will have the option to get an individual consultation to establish their debt-free date.

Charlene Brownson (776-3666) is the instructor for Women & Money, an 8-week program that is offered in the fall for KSU credit and non-credit. She enjoys sharing her knowledge with others to help them develop money skills. Charlene works with a local financial service company.

Date: March 1 (Monday)
Time: 7:00 - 8:30 pm
Fee: \$8 individual/\$12 couple
Both: Gain Control & Investing Classes
\$10 individual/\$14 couple
Location: UFM Conference Room

Investing In Your Future FC-02

Individuals who are in the accumulation phase of their lives, 25 -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 development of 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.

Charlene Brownson (776-3666)

Date: March 8 (Monday)
Time: 7:00 - 8:30 pm
Fee: \$8 individual/\$12 couple
Both: Gain Control & Investing
\$10 individual/\$14 couple
Location: UFM Conference Room

"Before Happily Ever After:" FC-05a The Financial Impact of a Marriage

Get the wedding basics for marriage as we discuss the costs of a wedding, marital budgeting, saving and checking accounts and planning for the cost of raising children.

Theresa Foster (532-5493) is a graduate of the KSU Personal Financial Planning Program and currently serves as the coordinator for the Financial Life Planning Clinic on campus.

Date: February 2 & March 1 (Monday)
Time: 7:00 pm
Fee: \$12
Location: Galichia Institute, KSU

"Before Happily Ever After:" FC-05b The Financial Impact of a Marriage

Date: April 5 & May 3 (Monday)
Time: 7:00 pm
Fee: \$12
Location: UFM Conference Room

Are You Searching For The Key FC-07a To Investment Success?

Did you know
* Investors tend to be influenced more by the prospect of loss than by the opportunity for gain?
* There is a strategy that can help prepare your portfolio for potential success, even in volatile markets?
* How you choose to combine your investments should depend on your investment goal?
Given continuing market volatility, it may be wise to take a second look at how your investments are allocated. Many people have questions about their investment strategy yet they never find the time to get them answered. We'll discuss what asset allocation is and what it can do for you, how to set the right allocation plan, and how to stay on track to meet your financial goals.

Rob Hayes (776-9382) graduated from Kansas State University with a degree in Family Financial Planning. Before finishing his education, he and his wife owned and operated a supermarket. He has more than 20 years experience in management, is a member of The Financial Planning Association, has served on their board of directors, and has served as treasurer for Peoples Grocery Coop. Rob has lived in the Manhattan area for over 44 years and is a life insurance agent with Farmers Insurance Group and registered representative of Farmers Financial Solutions, LLC. here in Manhattan.

Date: February 3 (Tuesday)
Time: 7:00 pm
Fee: \$8
Location: 2044 Tuttle Creek Blvd

Are You Searching for the Key FC-07b to Investment Success?

Rob Hayes (776-9382)

Date: March 9 (Tuesday)
Time: 7:00 pm
Fee: \$8
Location: 2044 Tuttle Creek Blvd

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Emotions, Expectations, Economics FC-08a and Your Investment Decision

Did you know

* Investment decisions are 89% based on emotion?
* Only 20% of the population feels comfortable with higher levels of investment risk?

With constantly changing market conditions, now may be the best time to determine how you will react and what effect your actions may have on your financial plan. Many people have questions about their investment strategy yet they never find the time to get them answered. We'll discuss the benefits of interest income, how emotions affect investment decisions, market expectations of three investor types, an overview of the last seven decades of U.S. economic history and investment tools and strategies to help fine tune your financial plans.

Rob Hayes (776-9382)

Date: January 27 (Tuesday)
Time: 7:00 pm
Fee: \$8
Location: 2044 Tuttle Creek Blvd

Emotions, Expectations, Economics FC-08a and Your Investment Decision

Rob Hayes (776-9382)

Date: February 24 (Tuesday)
Time: 7:00 pm
Fee: \$8
Location: 2044 Tuttle Creek Blvd

Emotions, Expectations, Economics FC-08c and Your Investment Decision

Rob Hayes (776-9382)

Date: April 27 (Tuesday)
Time: 7:00 pm
Fee: \$8
Location: 2044 Tuttle Creek Blvd

Growing Your Money FC-09

Do you have more debt than wealth? Do you want to take control of your financial future? Growing your money can help you develop critical skills for financial independence. We will cover developing a spending plan, checking/saving accounts, understanding credit, your credit report and getting a loan. This is a basic financial education.

Jennifer Wilson (537-6350) has been an Extension Agent in Riley County for 8 years. She has her B.S. and M.S. degrees from KSU and has significant training/experience in basic family finance and budgeting.

Date: February 5, 12, 19, 26 (Thursday)
Time: 7:00 - 9:00 pm
Fee: \$25
Location: UFM Multipurpose Room

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Focus on Financial Management FC-14a

Are you achieving all the financial goals and objectives you've set for yourself? Unfortunately for many people the answer is no. Today, especially, it's easy to get set back simply because of daily living expenses and paying bills. Identifying your goals and designing strategies to help meet those goals are key elements in a successful financial approach. Putting your money to work through careful planning can create a number of additional possibilities for success. It also gives you greater control over the direction of your financial future. Simply stated, a sound financial education could help you:

- Expand your world of opportunities and your potential for rewards
- Overcome the obstacles to financial success
- Make your money work smarter and harder for you
- Increase your net worth
- Reduce your taxes

Design a plan that is tailored to your needs and changes as you do

Have more overall control of your financial affairs
Just for attending the workshop you'll receive a full-color, 20 page workbook on financial management. This invaluable resource consists of easy-to-understand worksheets, exercises and questions designed to help you identify your needs and evaluate your options.

Rob Hayes (776-9382)

Date: March 16 (Tuesday)
Time: 7:00 pm
Fee: \$8
Location: 2044 Tuttle Creek Blvd

Focus on Financial Management FC-14b

Rob Hayes (776-9382)

Date: April 13 (Tuesday)
Time: 7:00 pm
Fee: \$8
Location: 2044 Tuttle Creek Blvd

Beginners 101: Getting Started with Your PC and Windows CP-06a

No experience required! This class is designed for people who would like to learn how to use their computer in a more effective manner and those with some experience who would like some practical tips on how to get the most out of their computer. Topics will include basic computer setup and troubleshooting, things to look for when purchasing a new or used PC, an introduction to working with Windows, how to start and use many common programs, how to manage your desktop and files, and how to personalize your computer and change the appearance of Windows. Designed for non-technical individuals, the class will proceed at a comfortable, friends pace with plenty of time for questions and answers.

Chris Wilson (556-1570) has been providing training, consulting, programming and technical support on a contract basis since 1995 and has worked for dozens of small and large businesses including John Hopkins University, Chubb Insurance Corporation, Toyota Motor Corporation, and the State of Kansas. He also led the support team for one of the largest free CGI script repositories on the internet for almost 5 years. When not working online, he enjoys the outdoors and spending time with his family.

Date: February 4 (Wednesday)
Time: 6 - 8 pm
Fee: \$28
Location: Manhattan Public Library

Beginners 101: Getting Started with Your PC and Windows CP-06b

Chris Wilson (556-1570)

Date: April 10 (Saturday)
Time: 2 - 4 pm
Fee: \$28
Location: Manhattan Public Library

Introduction to HTML and Basic Web Page Design CP-05a

Interested in creating your own space on the World Wide Web? Want to get started but are not sure where to turn? This class will teach you the basics of how to design, create, and publish your own website for personal or business use. Topics will cover HTML basics, working with images and multimedia, linking web pages and sending email from a web page. This class will discuss some of the more commonly available programs used for site design as well as how to create a page from scratch. No computer programming experience is required but a basic familiarity with using PC's and the Internet is preferred. Additionally, (time permitting) a few intermediate topics will be covered including domain name registration, choosing a web host, site promotion and e-commerce for business. Registration fee includes a CD with software and references.

Chris Wilson (556-1570)

Date: February 25 (Wednesday)
Time: 6 - 8 pm
Fee: \$28
Location: Manhattan Public Library



Introduction to HTML and Basic Web Page Design CP-05b

Chris Wilson (556-1570)

Date: April 24 (Wednesday)
Time: 2 - 4 pm
Fee: \$28
Location: Manhattan Public Library

If you build it, will they come?: Tips for Successful Website Marketing and Promotion CP-01a

A website is nothing without visitors. Whether you are selling products or services online or just publishing information, there are certain techniques you can use to make sure your site has maximum visibility to prospective viewers. This course is geared for individuals who already have a website or for those who are considering getting started online. Bring your dot com and your questions for a lively discussion that will provide something for everyone from novices to web veterans. Registration fee includes a CD with software and references.

Chris Wilson (556-1570)

Date: February 21 (Saturday)
Time: 2 - 4 pm
Fee: \$35
Location: Manhattan Public Library

If you build it, will they come?: Tips for Successful Website Marketing and Promotion CP-01b

Chris Wilson (556-1570)

Date: April 28 (Saturday)
Time: 6 - 8 pm
Fee: \$35
Location: Manhattan Public Library

Ebay for Everyone! CP-03a

Chances are you have heard of the online auction site Ebay. Now join the millions who are taking advantage of this thriving online auction community. There are some incredible bargains to be found online and chances are if you have something to sell somebody out there wants to buy it. We will cover all aspects of Ebay from start to finish starting with registration and moving through creating your own listings, how to get paid, tips on shipping and how the feedback system works. In addition we will cover setting up an online store using third party tools to manage your auction and what to do when things go wrong.

Chris Wilson (556-1570)

Date: February 7 (Saturday)
Time: 2 - 3:30 pm
Fee: \$20
Location: Manhattan Public Library

Ebay for Everyone! CP-03b

Chris Wilson (556-1570)

Date: March 17 (Wednesday)
Time: 6 - 7:30 pm
Fee: \$20
Location: Manhattan Public Library

Buy or Build? How to Build your Own Computer and Save Big CP-04a

It's easier than you think! This class will cover how to build your own computer from the ground up. Why spend thousands of dollars on a pre-built system when this class will teach you everything you need to build a complete system in just a few hours. We will cover planning your system, where to get components, the actual assembly process, configuration and troubleshooting. A complete system will be assembled during the class so you can see firsthand just how easy it is. This class is also good for those who are interested in upgrading their existing computers.

Chris Wilson (556-1570)

Date: February 18 (Wednesday)
Time: 6 - 8 pm
Fee: \$30
Location: UFM Fireplace Room

Buy or Build? How to Build your Own Computer and Save Big CP-04b

Chris Wilson (556-1570)

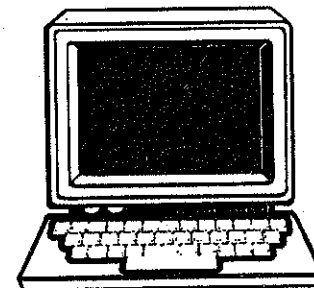
Date: April 17 (Saturday)
Time: 2 - 4 pm
Fee: \$30
Location: UFM Fireplace Room

Long Term Care: How to Secure Your Financial Independence Today FC-15

The cost of long-term care is a major risk to your assets, so how do we prepare ourselves? Do we need insurance? The average cost of a year in a nursing home is \$50,000 and home health care averages \$15.00 an hour. This class is designed to help you protect your financial future and independence.

Matthew Meehan (816-246-2079) and Brad Beckman

Date: February 17 (Tuesday)
Time: 7:00 - 9:00 pm
Fee: \$8
Location: Justin Hall, Room 341



Grab Your Gear

Golf

RH-01a

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

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

Date: April 1, 8, 15, 22 (Thursday)
Time: 6:00 pm
Fee: \$37
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Golf

RH-01b

Jim Gregory (539-1041)

Date: April 29, May 6, 13, 20 (Thursday)
Time: 6:30 pm
Fee: \$37
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Tennis

RH-05

The focus of this introductory class will be the proper technique of each stroke. Scoring, rules, single/doubles formations, shot selection, and match play will be also covered. Come enjoy the "Sport of a Lifetime". All players must wear appropriate tennis shoes (NO running shoes) and comfortable workout attire. Tennis rackets will be available if needed.

Bill Fraley, Head Tennis Pro at Cottonwood Racquet Club, is USTPA certified and was the 2001 Kansas Tennis Pro of the Year.

Date: January 28 - March 17 (Wednesday)
Time: 1:00 - 3:00 pm
Fee: \$67
Location: Cottonwood Racquet Club
3615 Claflin Rd.

Beginning Fencing

RH-08

Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in the international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip - integrating diplomacy, aggression, speed and skill. Minimum age 13. Equipment is provided and course may be repeated.

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

Date: February 9 - May 10 (Monday)
Time: 6:00 - 7:30 pm
Fee: \$44 with own equipment/\$74 with instructor's equipment
Location: South end of indoor track, Ahearn Fieldhouse KSU
Enter west side of Ahearn off of Denison Street.
No class March 22

Intermediate Fencing

RH-09

Class continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack and bouting. Course may be repeated.

Bill Meyer (587-9990)

Date: February 9 - May 10 (Monday)
Time: 7:30 - 9:00 pm
Fee: \$44 with own equipment/\$74 with instructor's equipment
Location: South end of indoor track, Ahearn Fieldhouse, KSU
Enter west side of Ahearn off of Denison St.
No class March 22

Beginning Bowling

RH-10a

This course will cover the basic fundamentals of bowling; how to choose a ball, stance, four-step approach, aim, spot bowling, proper release and spare conversion system. Score keeping, tournament play, rules and tips will also be taught.

Terri Eddy (532-6562) is the Recreation Manager of the K-State Student Union. She is an experienced bowler and has held the record for 12 years as the Kansas High Women's Scores (812). She was the Manhattan Woman Bowler of the year for six years and was the Manhattan City Scratch All Event Champion from 1993-1995.

Date: January 29 - May 13 (Thursday)
Time: 10:30 - 11:20 am
Fee: \$59 non-credit, also available for KSU credit
Location: Student Union Bowling Alley, KSU
No class March 25

Pocket Billiards

RH-21

Introduction to Pocket Billiards

This class will help you develop your skills including stance, stroke, position play and the "mental game." We will cover eight ball, nine ball, straight pool, and even a few trick shots.

Jerry Riggs grew up playing pool and played professionally for 12 years. During that time he qualified and played in four world open championship tournaments in New York City, finishing in the top 10. He has won numerous state and regional tournaments and titles. Jerry thinks the game should be fun and enjoys teaching the game. Jerry lives in Manhattan with his wife and son and is an agent with Farmers Insurance Group.

Date: January 8 - February 12 (Thursday)
Time: 7:30 pm
Fee: \$20.00
Location: K-State Student Union

Golf in Salina

RH-26a

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

Ronda Green (819-4653) is a professional golf instructor.

Date: March 1 - April 26 (Monday)
Time: 2:30 - 4:30 pm
Fee: \$120
Location: TBA

Golf in Salina

RH-26b

Ronda Green (819-4653)

Date: March 4 - April 29 (Thursday)
Time: 5:30 - 7:30 pm
Fee: \$120
Location: TBA

Archery for Youth

YO-09

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

Tom Korte (587-4555) is a certified national archery instructor NAA level 4. He has helped his students compete at a national level, produced a national champion, and has many years of coaching experience, including Archery Instructor for 4-H, and Shooting Sports Director for Boy Scout Camp. Tom is presently coaching JOAD club, Manhattan Royal Archers.

Date: February 2 - 23 (Monday)
Time: 6:00 - 7:00 pm
Fee: \$20
Location: 1125 Laramie Plaza, upstairs

Archery for Adults

RH-17

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

Tom Korte (587-4555)

Date: April 5 - May 10 (Monday)
Time: 8:00 - 9:30 pm
Fee: \$38
Location: 1125 Laramie Plaza, upstairs

Archery for Women

RH-19

Join other women in this opportunity to learn Olympic Style Recurve archery. Students will learn how archery can be a simple, life-long sport that anyone can enjoy. The instructor will provide all the equipment and gear the class towards individual needs.

Rhonda Polak began learning archery in 1992 through a similar course for women. After being introduced to the National Archery Association, she started to compete and is currently a JOAD Coach and a 4-H instructor.

Date: April 5 - 26 (Monday)
Time: 5:30 - 6:30 pm
Fee: \$26 individual
\$46 pair/mother-daughter
Location: 1125 Laramie Plaza, upstairs

Fly Fishing

EN-01a

This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up/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: February 16 - 26
(Mon., Tue., Wed., Thurs.)
Time: 6:00 - 8:00 pm
Fee: \$88 non-credit, also available for KSU credit
Location: Susan B. Anthony Middle School
2501 Browning

Fly Fishing

EN-01b

Date: March 1 - 11
(Mon., Tue., Wed., Thurs.)
Time: 6 - 8 pm
Fee: \$88 non-credit, can be applied for KSU credit
Location: Susan B. Anthony Middle School
2501 Browning

Expand Your Horizons

Religion and Philosophy

SP-07

This class will be participant driven and we will determine the topics we will discuss relating to religion and philosophy.

Rev. Mark Miller (485-0169) is a Kansas native who promotes religious freedom and he founded the Church of Religious Freedom. He has studied many faiths and theologies.

Date: January 21 - May 5 (Wednesday)
 Time: 7:00 - 9:00 pm
 Fee: \$31
 Location: UFM Greenhouse
 No class March 24



The Enneagram: Nine Ways of Being in the World

SP-02

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

Karma Smith-Grindell (539-3733) has been working with Enneagram since 1984 and has studied with several teachers and authors in this newly emerging field. She is certified through the Enneagram Professional Training Program with David Daniels, M.D. and Helen Palmer.

Date: February 2, 9, 16 (Monday)
 Time: 7:00 - 9:00 pm
 Fee: \$14
 Location: UFM Conference Room

*Ability is what you're capable of doing;
 Motivation determines what you do;
 Attitude determines how well you do it.*

Meditation and Spiritual Discussion Group

SP-11a

What is spirituality to you? In our busy lives it's easy to forget this very important part of ourselves. This class will be an open environment for exploring. Each class will begin with a guided meditation followed by a discussion of spirituality in our own lives. We will discuss the many different aspects of spiritual experience.

Tim Sidorsky (539-9395) has been a spiritual seeker for many years and has come into contact with a wide variety of useful tools and concepts in assisting the spiritual journey. He enjoys sharing and learning with others.

Date: February 3 - March 16 (Tuesday)
 Time: 7:00 - 9:00 pm
 Fee: \$21
 Location: UFM Greenhouse

Meditation and Spiritual Discussion Group

SP-11b

Tim Sidorsky (539-9395)

Date: March 30 - May 11 (Tuesday)
 Time: 7:00 - 9:00 pm
 Fee: \$21
 Location: UFM Greenhouse

Clearing Clutter

SP-12

Learn to clear your space to enhance your life. We'll examine the energetics of clutter and talk about the attitudes and ideas that enable us to let go. Liberate yourself! Recommended reading: Clear Your Clutter with Feng Shui by Karen Kingston.

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

Date: April 12, 19, 26 (Monday)
 Time: 7:00 pm
 Fee: \$24
 Location: 811 Colorado

TEEN MENTORING PROGRAM

Spring Program

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

Group meets every Wednesday from 3:30-5:00 p.m.

Call UFM at 539-8763 for more information

Celebrate 150 Years!

COMMUNITY VOLUNTEERS are still needed to help PLAN and DEVELOP the area's Biggest Birthday Bash ever!

Join one of these C150! Committees:
 Events, Heritage, Publicity, and
 Volunteers/Fundraising

FIND OUT MORE ABOUT THE CELEBRATE 150!
 and EACH OF THE SUBCOMMITTEES ON THE
 WEB at www.celebrate150.org.

CALL 785-313-3623 to leave a voice mail
 or email the Celebrate 150! Committee at:
signmeup@celebrate150.org for more information!
 You may also drop a note to CELEBRATE 150!,
 P.O. Box 825, Manhattan, Kansas 66505

www.celebrate150.org



A Course in Miracles

SP-18

This class is a self-study program in retraining the mind for inner peace through the practical application of principles such as forgiveness, eliminating fear and bringing more love into our lives and the lives of others. It has been described as a divinely inspired road map for one's own inner spiritual journey. The daily application of the lessons provides opportunities for experiencing peace, happiness and fulfillment - not so easy to come by as we struggle with the challenges and changes of life.

Mary Williams (785-654-9882) has been seeking inner peace for years! She has been a student and a teacher of A Course in Miracles since 1985. Professionally, Mary is a K-12 gifted education teacher in rural schools south of Topeka and has her own wellness business.

Date: April 10, 17, 24 (Saturday)
Time: 10:30 am - 12:00 pm
Fee: \$14
Location: UFM Conference Room

Leadership Lounge

SP-16

Have you ever felt "different" at work because of your gender, race, sexual orientation, philosophy & values, or leadership style? In her engaging book *Tempered Radicals: How Everyday Leaders Inspire Change at Work*, Dr. Debra Meyerson reveals how progressive work places are not built by "revolutionaries", but by "tempered radicals" - people who want to succeed in their organizations, yet want to live by their values or identities, even if they are somewhat at odds with the dominant culture of their organizations. *Tempered Radicals* want to fit in and they want to retain what makes them different. Meyerson argues that these "everyday leaders" act as crucial sources of new ideas, alternative perspectives, and organizational learning and change.

Drawing on 15 years of research and the compelling stories of tempered radicals in a variety of organizations, she illustrates a spectrum of innovative ways that individuals use to "rock the boat" from the inside and steer a course for a powerful, positive change. This class is for those interested in advancing their personal and professional development, as we share ideas, experiences, and insights on the concept of the book, and how they apply to our lives.

Robert Wilson (rmwilson@k-state.edu) is an Environmental Planner with K-State Research and Extension where he helps communities take a proactive role in protecting natural resources. He has served on the boards of several organizations, including UFM, the Kaw Valley Heritage Alliance, Sustainable Manhattan and the K-State Leadership Seminar Committee.

Date: February 12 & 19 (Thursday)
Time: February 12 11:30-1:30 pm; February 19 7-9 pm
Fee: \$8 (Purchase book locally or from the instructor)
Location: To Be Announced

Responding To Emergencies

SP-24

This class will provide the citizen responder with the knowledge/skills necessary in an emergency to help sustain life/injury until medical help arrives; thereby acting as the first link in the Emergency Medical Services system (EMS).

The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED).

Carol Stites (539-1991)

Date: February 3 - March 18 (Tuesday/Thursday)
Time: 3 - 5 pm
Fee: \$122
Location: American Red Cross Office
2601 Anderson Avenue

How To Arrange Your Dresser Drawer: Level I

SP-26

Tired of opening your sock drawer and feeling overwhelmed by a sea of mismatched colors? We will focus on management techniques including proper folding, keeping mates together through the wash/dry cycle and letting go of the 'oldies'. This class is the first in 4 levels (just like your dresser) and the beginning of total drawer management.

Dr. Whitey Golden-Toe has been teaching drawer management for several years, starting when she could no longer get out of the house each morning without being frustrated. Bring to class 6-8 pair of socks and your drawer.

Date: April 3 (Saturday)
Time: 2:30 pm
Fee: \$8
Location: 1234 Hanes Dr.

Grandma's Home: Modifying Homes for the Aging

SP-08

"Grandma's home" is a comment that she can still live independently or too often a comment that she has returned from medical help. Every family will face fading vision, hearing, mobility or frailty. Home problems range from inconvenient to dangerous and their solutions range from simple to complicated. In this class we will discuss how you can modify "Grandma's home" to allow her to live independently as long as possible.

Bill Dorsett (539-1956) has aging parents who have lived at home, in assisted living units and nursing homes. None of his parents have wanted to leave their homes so he has modified their homes to allow them to stay in their homes as long as possible. He has installed showers, grab bars, modified cabinets and improved lighting, but does not pretend to know it all. Please bring your own ideas.

Date: February 2 & 4 (Monday & Wednesday)
Time: 6:30 - 8:30 pm
Fee: \$8
Location: Senior Center, 412 Leavenworth St.

French Language

LA-02a

As an introduction to the French language, this class will emphasize conversation, grammar, proper pronunciation, and every day vocabulary.

Emilie Rabbat (587-9036), a naturalized citizen, is originally from Tanta, Egypt. Her training course, "Stage de Formation Pedagogic" was from the Catholic University of West-Angers, France. She received a French Diploma from the Egyptian Government and the Embassy of France in Cairo, Egypt. Her learning experience includes working with adult Egyptian teachers, primary level students, and teaching French for 20 years at a Jesuit French School in Cairo.

Date: February 4 - 26 (Wednesday/Thursday)
Time: 10:00 - 11:00 am
Fee: \$48
Location: UFM Fireplace Room

French Language

LA-02b

Emilie Rabbat (587-9036)

Date: April 7-29 (Wednesday/Thursday)
Time: 10:00 - 11:00 am
Fee: \$48
Location: UFM Fireplace Room

Spanish I

LA-11

The class emphasis will be on oral communication and interaction. Classes adapted to students' preferences. The main topics covered include: colors, clothing, numbers, greetings, parts of the body, descriptions of people, family members, telling time, activities, sports, etc.

Alberto Levera was born in Asuncion, Paraguay, S.A. and has a degree in Business Administration and Marketing. He enjoys teaching Latin culture to promote awareness, discussing political issues, and reading.

Date: February 3 - 26 (Tuesday/Thursday)
Time: 7:00 - 8:00 pm
Fee: \$24
Location: UFM Conference Room

Basic Conversational Chinese

LA-12

In this class students will learn basic Mandarin Chinese including listening, speaking, and grammar skills. Upon completion of this class students should be able to converse in basic Chinese, and recognize some Chinese characters.

Instructor: Yinghua Huang

Date: January 26 - March 15 (Monday)
Time: 7:00 - 8:30 pm
Fee: \$43
Location: UFM Multipurpose Room

2004 Season for Nonviolence Movie - Discussion - Celebrative Walk

SP-20

Movie and Discussion

There will be a showing of "Bowling for Columbine" and a group discussion to follow. "Bowling for Columbine" is an alternately humorous & horrifying film about the United States. It asks the questions: Why do 11,000 people die in the U.S. annually at the hands of gun violence? How have we become the master and victim of such enormous amounts of violence? and more. From a look at the Columbine High School security camera tapes to a visit with the NRA (National Rifleman's Association) President Charlton Heston, to the murder of a six-year-old girl by another six year old. This movie is a journey with hopes of discovering why our pursuit of happiness is so riddled with violence. NOTE: This is a documentary of real life violent situations and is rated "R." Children should be accompanied by a parent. Please register if you wish to attend the movie so we can make sure we have proper accommodations.

Madonna Stallmann (539-4805)

Date: April 4 (Sunday)
Time: 2:30 - 5:45 pm
Fee: Free and open to public
Location: Manhattan Public Auditorium
629 Poyntz

Walk for Nonviolence

After the movie, Manhattan area community members will walk together from a sidewalk in front of the public library, up Poyntz Ave., around city park and back to the library in a peaceful and fun call for nonviolence in our community. Walkers, runners, strollers and pets are welcome!

You may wear a favorite t-shirt and/or carry a sign to make a statement about any nonviolence related theme. But keep in mind, this is not a protest, it's a celebrative walk. The goal is to create awareness for our commitment to build a safe and fair community by practicing nonviolence in our own lives. We'll enjoy a beautiful early spring evening stroll!

These activities are the last of a number of activities planned for the 2004 Season of Nonviolence, a 64 day annual event between January 30th and April 4th (assassination anniversaries of peacemakers Martin Luther King Jr., and Mahatma Gandhi). Sponsors of these activities are The K-State Campaign for Nonviolence and the Manhattan Mennonite Church.

Madonna Stallmann (539-4805)

Date: April 4 (Sunday)
Time: 6:00 - 6:30 pm
Fee: Free and open to public
Location: Sidewalk in front of Manhattan Public Library

Join the Manhattan/Riley County Sesquicentennial Celebration!

Join in the fun — Help plan our 150th birthday party in 2005. A whole year of activities and celebrations for everyone!

Volunteers needed! Contact Dave Lewis, dlewis@allstardj.com, 776-1350.



Women's Book Club

CF-50

The women's book club was started 4 years ago. Members will choose a book to discuss once a month. Meeting locations will vary. All types of books are eligible and women of all ages are welcome.

Terry Murray (776-3029) has enjoyed reading books from a variety of authors. She started the club four years ago and enjoys the group discussions.

Date: January 26 (Monday)
Time: 7:00 pm
Fee: \$8
Location: To Be Announced



Pet First Aid & Safety

EN-04

The American Red Cross has a new 5 hour First Aid and CPR course for animals lovers. The course will teach you how to:

- Protect both you and your pet from injury
- Perform rescue breathing and what to do when your pet is choking
- Stop bleeding, splint broken bones and treat for shock
- Prevent and handle poisoning
- Take care of your pet if bitten by a snake
- Handle sudden illnesses, including car sickness
- Treat your pet for exposure to extreme heat or cold, and more!

Please bring a stuffed animal to class (no live animals).

Lara Staker has been an American Red Cross Health and Safety instructor since 1997. A resident of Geary County since 1998, she has been involved with the Manhattan Kennel Club since 1999 and is currently their Public Education Coordinator.

Date: February 21 (Saturday)
Time: 10:00 am - 3:00 pm
Fee: \$14 (Includes book and first aid kit)
Location: UFM Conference Room

Eat Less, Sleep More

SP-31

Based from a Ph.D. dissertation on relationships among education-related fears, anxiety, self-esteem and attitude, plus a method of time-management, reading and dialog, this class will give you self-directed intra-personal and interpersonal techniques for basic and enhanced habit change. Please bring your favorite book with you to the first class.

C.L. Fung (cfung5@hotmail.com)

Date: January 28, February 4 & 11 (Wednesday)
Time: 12 pm
Fee: \$14
Location: UFM Greenhouse

A Young Adult's Legal Rights and Responsibilities

SP-14a

Do you know your legal rights and responsibilities? Do you realize the full impact on how your responsibilities affect getting a job or renting? This workshop will help you examine your knowledge of the current laws, the effects on job hunting and applying for college loans and housing. Various topics covered include background checks, curfew violations, default on paying bills, expungement, search and seizure, sexually transmitted diseases and unlawful use of a driver's license. The textbook is a collaboration from various professionals (police officers, university counselors, district attorneys, military and government personnel, and private agencies) all contributing to the culmination of this pertinent information.

Mary Beth Wilson is the founder and owner of Pro-Search Investigations and Mediation Services, a pre-employment screening and family mediation agency. Not only is she an author but also an educator, mediator, experienced public speaker, entrepreneur and holds a degree in Social Work from KSU. Mary has been married for over 22 years, has two sons and has resided in Manhattan since 1972.

Date: February 12 (Thursday)
Time: 7 pm
Fee: \$22
Location: UFM Banquet Room

A Young Adult's Legal Rights and Responsibilities

SP-14b

Mary Beth Wilson

Date: March 11 (Thursday)
Time: 7 pm
Fee: \$22
Location: UFM Multipurpose Room

A Young Adult's Legal Rights and Responsibilities

SP-14c

Mary Beth Wilson

Date: April 8 (Thursday)
Time: 7 pm
Fee: \$22
Location: UFM Multipurpose Room

"Good judgement comes from experience, and experiences comes from bad judgement."

—Barry LePatner

Manhattan Community Garden

Plot Sign up Time!



The Manhattan Community Garden is a UFM sponsored

cooperative project located on 3 1/2 acres in the south part of Manhattan at 9th and Riley Lane. Over 160 plots are available on an annual basis. Rent per plot is charged on a sliding scale basis. Water, tools, mulch and advice are provided. Plot rental fees range from 2.5 to 6 cents per square foot. Plots are available in various sizes. A \$10 plot deposit is also required.

Spring 2004 sign up dates are:

Returning Gardeners:

- February 4, Wednesday, 7:30 pm, UFM
- February 14, Saturday, 10 am, UFM

New Gardeners:

- March 3, Wednesday, 7:30 pm at UFM
- March 13, Saturday, 10 am at UFM
- April 7, Saturday, 10 am at UFM

Call 539-8763 for more information.

!WANTED!

Instructors to Teach

- International Dances
- English as a Second Language
- Real Estate
- Car Maintenance
- Upholstery
- Basic Home Repair

Teach a Class at UFM

Teaching a Class at UFM can enhance your business, be an instructional opportunity for students, be an opportunity to network with those who share your interests or be a nice way to meet people. Call UFM (539-8763) to offer a class in the summer catalog.



Test Preparation Courses

Be Confident and Prepared to take the PPST, GMAT, GRE, and LSAT

PPST Prep FC-23 **Pre-Professional Skills Test** **Review Course for Teachers**

- Review & practice the three subject areas of reading, mathematics and writing
- Learn strategies for successful test taking, problem solving, and quizzes

Date: February 23 - March 17 (M/W)

Time: 7 - 9 pm

Fee: \$160 (includes Cambridge Test Prep Plus textbook, and The PPST Guide test with answer explanations, skill review and practice test)

Location: Bluemont Hall, Room 114, KSU

GMAT Prep FC-22 **Graduate Management** **Admission Test Preparation** **Course**

Review Segments

- Reading Comprehension
- Sentence Correction & Analytical
- Writing Assessment
- Critical Reasoning
- Discrete Quantitative
- Data Sufficiency

Date: Feb. 3 - March 11
(Tue/Thur)

Time: 7 - 9 p.m.

Fee: \$240 (fee includes all materials)

Location: KSU, Bluemont Hall, Room 5102

LSAT Prep FC-11 **Law School Admission Test** **Review Course**

- Comprehensive 28-hour Review
- In-Class & At-Home Study Materials
- Analytical Lectures
- Test-Taking Strategies

Date: April 19 - May 8 (Mon/Wed/Sat)

Time: 6 - 9 pm (Mon/Wed) 8 - 12 (Sat)

Fee: \$250

Location: Bluemont Hall, Room 114, KSU

GRE Prep FC-10 **Graduate Record Exam** **Preparation Course**

- Review and practice the three GRE subject areas of Math, Logic and Verbal Skills
- Learn strategies for successful test taking
- Analyze the reasons for correct responses

Date: Feb. 3 - March 11
(Tue/Thur)

Time: 7 - 9 p.m.

Fee: \$240 (fee includes study books)

Location: KSU, Bluemont Hall, Room 5102



KSU Credit Courses

Recreational courses for KSU credit on this page are offered for credit through the Division of Continuing Education with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special instructor and

equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information, or visit www.dce.ksu.edu/dce/outreach/recreationcourses.html

Scuba Diving RRES-200 #92430

This course will prepare students for Open Water certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. The certification is included in the class fee; however, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel. There is a non-refundable materials fee of \$50 for withdrawing from the class after the first day.

Instructor: Jeff Wilson

Date: February 2 - March 8 (Monday)
Time: 6:00 - 10:00 pm
Fee: \$292 Also available noncredit
Location: KSU Natatorium

Scuba Diving RRES-2000 #92431

Instructor: Jeff Wilson

Date: April 5 - May 10 (Monday)
Time: 6:00 - 10:00 pm
Fee: \$292 Also available noncredit
Location: KSU Natatorium

Water Safety Instructor (WSI) RRES-200 #92435

This course is dedicated to developing the skills you will need to instruct and plan courses in the American Red Cross Swimming and Water Safety Program. Instruction includes Parent/Preschool classes, Learn to Swim Levels I-VII; Community Water Safety; Basic Water Rescue; WSI-Aide; Basic Aquatic Exercise; Special Population; and Competitive Swim team preparation. Other training that may be available with additional prerequisites and additional training, Safety training for Coaches. Please note: The WSI course is NOT designed to teach you the required strokes/skills. Paired practice, coaching and drills are used to refine skills. Be prepared for reading and homework. Prerequisites: 1) Minimum age of 17 on or before the final testing session; 2) successfully demonstrate 50 yards of each of the following: front crawl, back crawl, breaststroke, elementary back stroke, sidestroke and 10 yards butterfly; 3) perform standing front dive; 4) perform long shallow dive in a minimum of 9 ft of water, perform a surface dive, retrieve a 10 lb brick in 6-9 ft of water and bring it to the surface; 5) perform Wading Assist w/equipment; 6) perform throwing assist with equipment; 7) perform reaching assist with equipment; 8) correctly answer 80% of questions on pre-test exam. Read chapters 2 and 13 of "Swimming and Diving" or read "Community Water Safety" to prepare for the pre-course written and skills tests.

Certification requirements: Attend all sessions; correctly answer at least 80% on final exam; and successfully perform the activities required in the course. Questions regarding above information may be directed to the instructor.

Instructor: Carol Stiles clsswim@yahoo.com

Dates: February 5 - May 13 (Tuesday/Thursday)
Time: 9:30 - 11:10 am
Fee: \$387 (3 hours credit)
Location: KSU Natatorium
No class March 23 and 25

Ballroom Dance DANCE-599 #92400

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: January 28 - May 12 (Wednesday)
Time: 8:00 - 9:00 pm
Fee: \$186 Also available noncredit
Location: ECM Auditorium, 1021 Denison Ave
No class March 24

Ballroom Dance DANCE-599 #92401

Instructor: Michael Bennett

Date: January 23 - May 7 (Friday)
Time: 6:30 - 7:30 pm
Fee: \$186 Also available for noncredit
Location: ECM Auditorium, 1021 Denison Ave
No class March 26

Ballroom Dance II DANCE-599 #92402

Instructor: Michael Bennett

Date: January 23 - May 7 (Friday)
Time: 7:30 - 8:30 pm
Fee: \$186 Also available for noncredit
Location: ECM Auditorium, 1021 Denison Ave
No class March 26

Golf RRES-200 #92418

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

Instructor: Jim Gregory

Date: March 2 - April 27 (Tuesday)
Time: 2:30 - 4:30 pm
Fee: \$205
Location: Stagg Hill Golf Club, 4441 Ft. Riley Blvd.
No class March 23

Golf RRES-200 #92419

Instructor: Jim Gregory

Date: March 3 - April 28 (Wednesday)
Time: 1:30 - 3:30 pm
Fee: \$205
Location: Stagg Hill Golf Club, 4441 Ft. Riley Blvd.
No Class March 24

Golf RRES-200 #92420

Instructor: Jim Gregory

Date: March 3 - April 28 (Wednesday)
Time: 5:30 - 7:30 pm
Fee: \$205
Location: Stagg Hill Golf Club, 4441 Ft. Riley Blvd.
No Class March 24

Golf RRES-200 #92421

Instructor: Jim Gregory

Date: March 4 - April 29 (Thursday)
Time: 9:30 - 11:30 am
Fee: \$205
Location: Stagg Hill Golf Club, 4441 Ft. Riley Blvd.
No Class March 25

Golf - in Salina RRES 200 #89025

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

Instructor: Ronda Green

Dates: March 1 - April 26 (Monday)
Time: 2:30 - 4:30 pm
Fee: \$214 Also available for noncredit*
Location: To Be Announced
No class March 22

Golf - in Salina RRES 200 #89026

Instructor: Rhonda Green

Dates: March 4 - April 29 (Thursday)
Time: 5:30 - 7:30 pm
Fee: \$214 Also available for noncredit*
Location: To Be Announced
No Class March 25

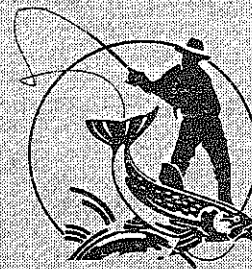
*Register for non credit at KSU Recreation Center (785) 823-6594

Scuba Diving - in Salina RRES-200 #89024

This course will prepare students for Open Water certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. The certification is included in the class fee; however, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel. There is a nonrefundable materials fee of \$50 for withdrawing from the class after the first day.

Instructor: Jeff Wilson

Date: January 29 - March 11 (Thursday)
Time: 6:30 - 10:00 pm
Fee: \$340* There is a nonrefundable material fee of \$50 for withdrawing from the class after the first day.
Location: YMCA Salina, 570 YMCA Dr., Salina, KS





Fly Fishing RRES-200 #92415

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

Instructor: Paul Sodamann

Date: February 16 - February 26 (M, T, W, TH)
Time: 6:00 - 8:00 pm
Fee: \$196 Also available for non-credit
Location: Susan B. Anthony Middle School
2501 Browning

Fly Fishing RRES-200 #92416

Instructor: Paul Sodamann

Date: March 1 - March 11 (M, T, W, TH)
Time: 6:00 - 8:00 pm
Fee: \$196 Also available for non-credit
Location: Susan B. Anthony Middle School
2501 Browning

Judo I RRES-200 #92425

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

Instructor: Isaac Wakabayashi

Date: January 27 - May 13 (Tu/Th)
Time: 8:45 - 9:45 pm
Fee: \$140 Also available for noncredit
Location: Ahearn, Room 301, KSU
No class March 23 and 25

Judo II RRES-200 #92426

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

Instructor: Isaac Wakabayashi

Date: January 27 - May 13 (Tu/Th)
Time: 9:45 - 10:45 pm
Fee: \$140 Also available for noncredit
Location: Ahearn Room 301, KSU
No class March 23 and 25

Archery RRES-220 #92404

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

Instructor: Tom Korte

Date: January 26 - March 15 (Monday)
Time: 8:00 - 9:45 pm
Fee: \$186
Location: 1125 Laramie Plaza, upstairs

Beginning Fencing RRES-200 #92412

Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding diplomacy has wide application off the strip-integrating diplomacy, aggression, speed and skill. This course may not be repeated for credit.

Instructor: William Meyer

Date: February 9 - May 10 (Monday)
Time: 6:00 - 7:30 pm
Fee: \$161 Also available for noncredit
Location: Ahearn Fieldhouse
No class March 22

Intermediate Fencing RRES-200 #92413

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

Instructor: William Meyer

Date: February 9 - May 10 (Monday)
Time: 7:30 - 9:00 pm
Fee: \$161 Also available for noncredit
Location: Ahearn Fieldhouse
No class March 22

Ballroom Dance in Salina DANCE 599 #89023

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

Instructor: Audrey Umekubo

Date: January 28 - May 12 (Wednesday)
Time: 7 - 8 pm
Fee: \$163 credit, Also available noncredit
*Register for non credit at KSU Recreation Center (785) 823-6594
Location: KSU at Salina, Recreation Center,
3142 Scanlan Avenue, Salina
No class March 24

Aquatic Fitness Instructor RRES 200 #92406

This course is an educational and training program for individuals interested in advancing their knowledge and skills in designing and leading different types of water exercise. It will prepare the instructors to become certified to organize, develop, teach, administer, and market safe fun and effective water exercise programs. Prerequisites: Minimum age 17, on or before the final scheduled session of the instructor course. Must have current Adult CPR and First Aid certificates or equivalent. If you do not have a current Adult CPR and First Aid or equivalent there of, you must get them within 30 days of the class in order to receive your Aquatic Fitness Instructor certification. Swim continuously for 200 yards demonstrating: 50 yards Freestyle, 50 yards Breaststroke, 50 yards Backstroke, and 50 yards your choice. (Not timed and can be done with head out of water.) Basic water rescues will be reviewed in class. Certification requirements: Attend all sessions; score at least 80% on final written exam; successfully demonstrate ability to plan a class for various populations and effectively teach a class from deck.

Instructor: Carol Stites - clsswim@yahoo.com

Date: March 6 - March 13
(Tuesday/Thursday, Saturday)
Time: 5:30 - 9:30 pm Tuesday/Thursday,
9 am - 6 pm Saturday
Fee: \$190 Also available for noncredit
Location: KSU Natatorium

Tennis RRES - 200 #92433

The focus of this introductory tennis course is on introducing the proper technique of each tennis stroke. Scoring, rules, single and doubles formation, shot selection and match play will also be covered. Come enjoy the "Sport of a Lifetime". All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Tennis rackets will be available if needed.

Instructor: Bill Fraley

Date: January 28 - Mar 17 (Wednesday)
Time: 1 - 3 pm
Fee: \$162 Also available noncredit
Location: Cottonwood Racket Club
3615 Claflin Rd

Responding to Emergencies RRES 200 #92428

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED).

Instructor: Carol Stites clsswim@yahoo.com

Date: February 3 - March 18 (Tuesday & Thursday)
Time: 3:00 - 5:00 pm
Fee: \$248 (Fee includes books, supplies, & certification)
Location: American Red Cross Office
2601 Anderson Avenue

Beginning Bowling RRES-200 #92408

This course will cover the basic fundamentals of bowling: how to choose a ball, stance, four-step approach, aim, spot bowling, proper release, and spare conversion system. Score keeping, tournament play, rules, and tips will also be taught.

Instructor: Terri Eddy (532-6562)

Date: January 29 - May 13 (Thursday)
Time: 10:30 - 11:20 am
Fee: \$159
Location: Student Union Bowling Alley
No class March 25

Fitness Swimming RRES-200 #92437

Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing. Emphasis will be on analyzing and refining stroke technique and additional competitive skills, improving/maintaining physical fitness and endurance through a progressive conditioning swimming program. Students will learn the components of well-balanced training and how to design a workout for conditioning swimming.

Instructor: Carol Stites

Date: February 2 - March 17 (Monday/Wednesday)
Time: 9:00 - 10:30 am
Fee: \$165 Also available for noncredit
Location: KSU Natatorium

Fundamental Canoeing RRES-200 #92410

This course will cover the proper techniques for performing four basic Paddle Strokes. Emphasis will be on analyzing and refining stroke techniques, proper paddle sizing and boat control. Students will learn canoe nomenclature, pdf requirements, river safety and canoe rescue techniques, communication signals and how to use the river currents to your advantage. All equipment provided.

Instructor: Charlie Burgess

Date: May 3 - May 6 & May 8
(Monday - Thursday and Saturday)
Time: 4:00 - 7:30 pm, M-Th and Noon - 5 pm, Saturday
Fee: \$164
Location: Tuttle Creek State Park, River Pond

Thanks for Your Support!

We wish to thank the following contributors to UFM and to the Lou Douglas Lecture Series for their financial assistance during 2003. These donations help underwrite the general operating costs, and scholarships that make other program services possible as well as supporting the Lou Douglas lectures.

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

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

Call Linda at 539-8763 for details.

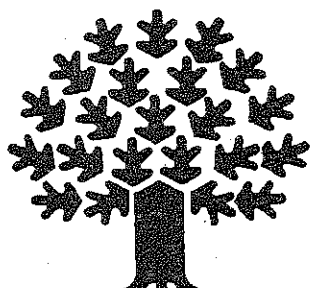
What will a donation buy?

Gifts to UFM may be designated in several ways.

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

Call Linda at 539-8763 to discuss these options.

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



1221 Thurston, Manhattan, KS 66502
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I WANT TO
SUPPORT
UFM!

I wish to donate: _____ \$10 _____ \$25 _____ \$50 _____ \$100 _____ Other

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Name: _____ Home Phone _____

Address: _____ Work Phone _____

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UFM INSTRUCTORS

Kristen Ackerman	Bill Dorsett	T.J. Hittle	Mark Miller	Sandy Snyder	Mike Webb
Thad Beach	Terri Eddy	Yinghua Huang	David Moore	Paul Sodamann	Harold Wellmeier
Scott Bean	Sarah English	Elizabeth Jankord	Terry Murray	Lara Staker	Mary Williams
Brad Beckman	Greg Eyestone	Karena Kimble	Rhonda Polak	Madonna Stallmann	Chris Wilson
Michael Bennett	Enell Foerster	Tom Korte	Emilie Rabbat	Carol Stites	Jeff Wilson
Joyce Brite	Theresa Foster	Alan Ladd	Ronna Robertson	Chae Sun Yi	Jennifer Wilson
Charlene Brownson	Bill Fraley	Alberto Levera	Gordon Schmid	Diana Tarver	Mary Beth Wilson
Ryan Bradburn	Ana Franklin	Joe Long	Pam Schmid	Michael Tran	Robert Wilson
Connie Carlson	Catherine Fung	Linda Madl	Heather Scott	Kennita Tully	Stan Wilson
Kate Cashman	Ronda Green	Matthew Meehan	Tim Sidorfsky	Audrey Umekebo	Jannet Wright
Patricia Cassinelli	Jim Gregory	Mandy Mertes	Glen Sixbury	Isaac Wakabayaski	Maya Zahira
Andrea Ray Chandler	Colleen Hampton	William Meyer	Karma Smith-Grindell	Donna Weaver	
Randi Dale	Rob Hayes				

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.

Kristen Johnston

ON CAMPUS REGISTRATIONS

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

DATE	TIME	LOCATION
January 20	10 am - 2 pm	KSU Union
January 21	10 am - 2 pm	KSU Union

Registration continues throughout the semester:

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

MAILING YOUR REGISTRATION?

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

UFM accepts donations of money and usable office items.

Private monetary donations help underwrite the costs of maintaining the UFM building, coordinating the catalog of classes and special projects such as scholarships, youth projects, or gardening.

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

CRA-Community Resource Act

Who we are: UFM's State Outreach Program

What we do: Assist Kansas towns in developing community education/development programs

How we assist: Mni grants and free technical assistance

For more information, call UFM
(785) 539-8763

ANSWERING MACHINE

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

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!

About UFM Classes

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

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

UFM CANCELLATION POLICY

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

REFUND POLICY

We will give a full refund if a class is canceled by UFM. If a student decides to withdraw before the class begins, and gives 48 hours notice before the starting date, we will refund all but a \$3 processing fee. Some classes have material fees which are non-refundable. Those classes are marked. **NO REFUND AFTER THE CLASS BEGINS.**

PRE-REGISTRATION IS REQUIRED

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

INCLEMENT WEATHER POLICY

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

SPECIAL POLICIES FOR CREDIT OPTIONAL CLASSES

Credit Registration Refunds: A full refund of tuition and fees, less any non-refundable material fee, may be given before 20% of the scheduled class meetings. A 50% refund of tuition and fees may be given, less any non-refundable material fee, between 20% and 25% of the scheduled class meetings. No refund is issued after 25% of the scheduled class meetings. A course dropped between 25% to 30% of the scheduled class meetings will have no "W" recorded on the students transcript. A course dropped between 30% to 63% of the scheduled class meetings will have a "W" recorded on the students transcript. Students dropping a course must either complete and submit the online drop form located at: <http://www.dce.ksu.edu/dce/distance/forms.html> or send written notification to the DCE Registration Office (785-532-5566) postmarked no later than the deadline. Students may not drop from a course after 63% of the course has been completed.

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

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.

NONDISCRIMINATION POLICY

UFM welcomes participants of any race, color, religion, or national or ethnic origin to all UFM classes. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions. Please call (785) 539-8763 to make arrangements for classroom accessibility.

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SIGN UP NOW!!



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



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



Walk it in: Stop by the UFM house, 1221 Thurston between 8:30-12 & 1:00-5:00 (Monday thru Friday).

✓ **Flexible registration**--register by phone, mail, or in person

✓ **Discounts**--find the fake class and win \$1.00 off any UFM class. Youth scholarships are also available.

✓ **Enrollment office hours** are between 8:30 & 12:00 and 1:00 & 5:00, Monday thru Friday.

FOR YOU... One participant per form, please

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

UFM 1221 THURSTON 539-8763
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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	Date	Staff	Amount	Total Paid
Date Received Entered Computer	_____	_____	Check _____	Date _____
	_____	_____	Cash _____	
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