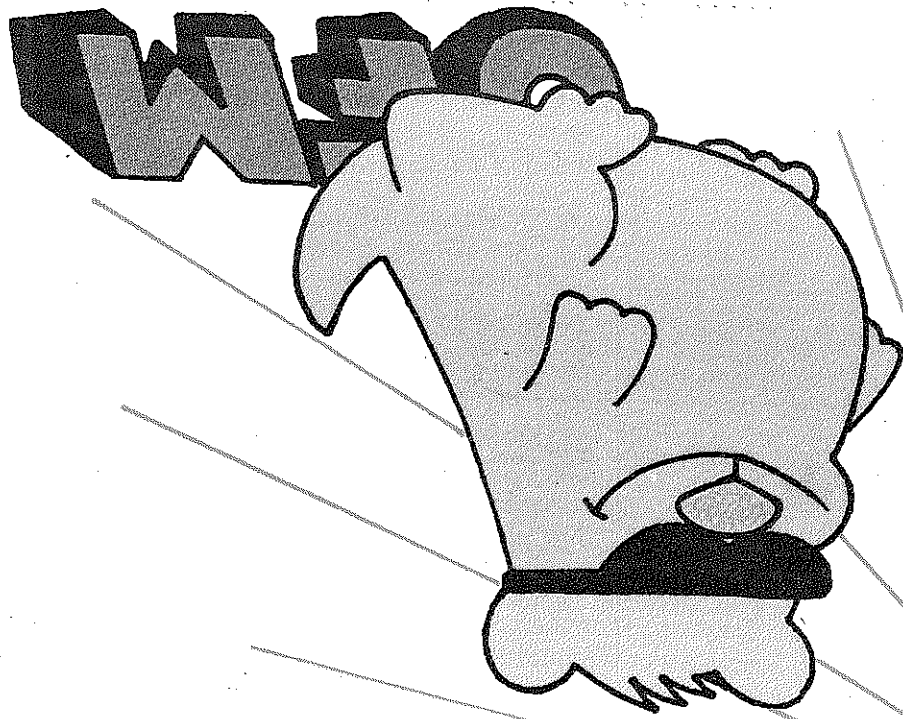
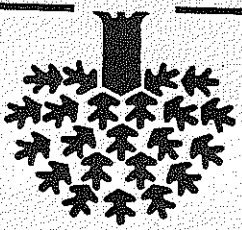


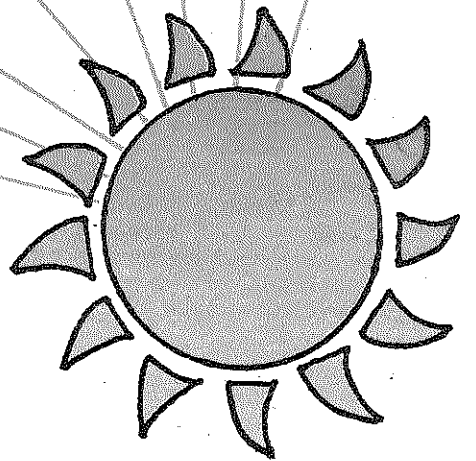
Classes  
2005 Spring  
Center  
Learning  
Community

**UFM**

Teaching • Learning • Growing  
Vol. 37 Edition 1

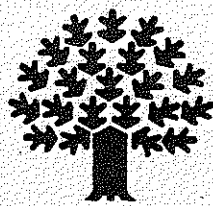


*"Beyond a shadow of a doubt,  
UFM is the place to be!"*



**Spring Classes January - May 2005**

- |                    |                     |
|--------------------|---------------------|
| Yogilates          | ONLINE Grantwriting |
| • • •              | • • •               |
| Wine, Coffee & Tea | Cooking Classes     |
| • • •              | • • •               |
| CPR & First Aid    | Guitar              |



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Center**

**2005  
Spring Classes**

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# Welcome to UFM Community Learning Center...

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

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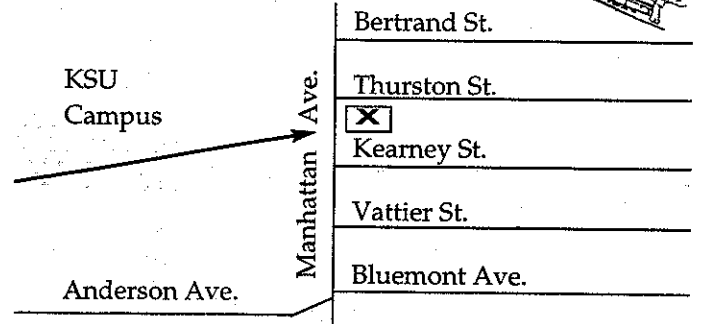
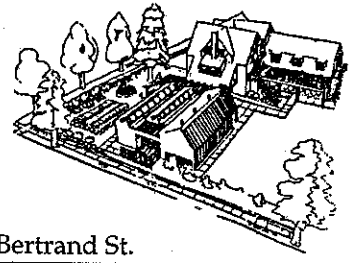
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## WHERE WE'RE LOCATED

**UFM**  
1221 Thurston



## BOARD OF DIRECTORS

Chuck Havlicek - <i>Chair</i>	Linda Inlow Teener - <i>President and CEO</i>
	Shane Shanks
Lori Martin - <i>Vice Chair</i>	Larry Fry
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### 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  
 Media Coordinator - Annette Sweet  
 Swim Supervisor - Abby Scheopner

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 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.

**Enroll online  
at [www.ufmprograms.org](http://www.ufmprograms.org)!**





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ion&fitness.martialarts.earth&nature.personalinterest.ksucreditcourses.aquatics.language.earth&nature.health&fitness.

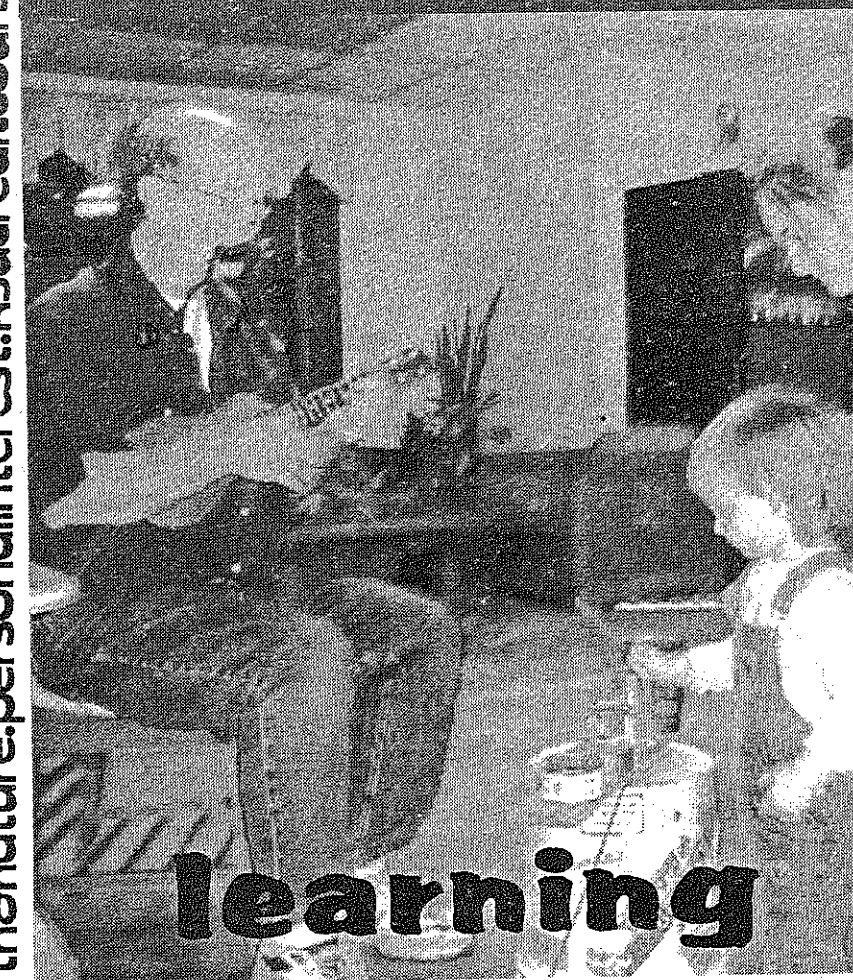


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# Aquatics



## Learn to Swim Classes

UFM proudly teaches the American Red Cross Swim Lessons Levels 1 - 6, 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. Changing tables are available in both the men's and women's locker rooms.

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

### BEGINNING & ENDING DATES (Except Where Noted):

- Session A: Monday, February 7 - April 18  
(No class March 21)
- Session B: Tuesday, February 8 - April 19  
(No class March 22)
- Session C: Wednesday, February 9 - April 20  
(No class March 23)
- Session D: Thursday, February 10 - April 21  
(No class March 24)
- Session E: Saturday, February 12 - May 7  
(No class February 19, March 19, March 26)

## Parent/Infant and Parent/Tot

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. This program emphasizes water adjustment, preparatory activities for swimming, and water enjoyment for you and your child. Small children should wear 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 meetings, parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child.

Monday 6:00pm - 6:30pm  
AQ-01P1 February 7 - March 7  
AQ-01P2 March 14 - April 18 (No class March 21)

Tuesday 6:00pm - 6:30pm  
AQ-02P1 February 8 - March 8  
AQ-02P2 March 15 - April 19 (No class March 22)

Saturday 9:30am - 10:00am  
AQ-05P1 February 12 - April 2  
(No class February 19, March 19, March 26)  
AQ-05P2 April 9 - May 7

Fee: \$22 per session (5 lessons)

## Tot Transition

If your toddler is ready to try the water without a parent, but not ready for Level I, 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 6:45pm - 7:15pm  
AQ-01T1 February 7 - March 7  
AQ-01T2 March 14 - April 18 (No class March 21)

Tuesday 6:45pm - 7:15pm  
AQ-02T1 February 8 - March 8  
AQ-02T2 March 15 - April 19 (No class March 22)

Saturday 10:15am - 10:45am  
AQ-05T1 February 12 - April 2  
(No class February 19, March 19, March 26)  
AQ-05T2 April 9 - May 7

Fee: \$22 per session (5 lessons)

## Level I: Introduction to Water Skills

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

AQ-01A Monday 6:00pm - 6:40pm  
AQ-01B Tuesday 6:00pm - 6:40pm  
AQ-01C Wednesday 6:00pm - 6:40pm  
AQ-01D Thursday 6:00pm - 6:40pm  
AQ-01E Saturday 9:30am - 10:10am

Fee: \$47 per session (10 lessons)

## Level II: Fundamental Aquatic 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 began in Level I. Students will be introduced to treading water, and swimming on their front and back. 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 6:00pm - 6:40pm  
AQ-04B Tuesday 6:00pm - 6:40pm  
AQ-04C Wednesday 6:00pm - 6:40pm  
AQ-04D Thursday 6:00pm - 6:40pm  
AQ-04E Saturday 10:15am - 10:55am

Fee: \$47 per session

## Level III: Stroke Development

The objective of Level III is to build on the skills in Level II by providing additional guided practice. Students will learn to coordinate the front and back crawl. They will be introduced to the elementary back stroke and butterfly stroke. Students will also learn rules for safe diving and 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 6:50pm - 7:30pm  
AQ-07B Tuesday 6:50pm - 7:30pm  
AQ-07C Wednesday 6:50pm - 7:30pm  
AQ-07D Thursday 6:50pm - 7:30pm  
AQ-07E Saturday 9:30am - 10:10am

Fee: \$47 per session (10 lessons)

## Level IV: Stroke Improvement

The objective of Level IV is to develop confidence in the skills learned and improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary backstroke, front crawl, back crawl, breaststroke) for greater distances. Students will be introduced to the basics of turning at a wall and coordinating the butterfly stroke. Students 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 6:50pm - 7:30pm  
AQ-10B Tuesday 6:50pm - 7:30pm  
AQ-10C Wednesday 6:50pm - 7:30pm  
AQ-10D Thursday 6:50pm - 7:30pm  
AQ-10E Saturday 10:15am - 10:55am

Fee: \$47 per session (10 lessons)

## Level V: Stroke Refinement

The objective of Level V is coordination and refinement of all strokes. Participants learn to perform each of the strokes over increased distances as well as learn surface dives and flip turns. 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 6:50pm - 7:30pm  
AQ-13E Saturday 10:15am - 10:55am

Fee: \$47 per session (10 lessons)

## Level VI: Swimming and Skill Proficiency

The objective of Level VI is to refine the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level VI is designed with "menu" options that focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard courses. These options include: Personal Water Safety, Fitness Swimming, Lifeguard Readiness, and Fundamentals of Diving. Students entering this course must have a Level V certificate or be able to demonstrate the skills required to complete Level V.

AQ-16C Wednesday 6:50pm - 7:30pm  
AQ-16E Saturday 10:15am - 10:55am

Fee: \$47 per session (10 lessons)

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SWIM TEAM**



A non-profit organization dedicated to providing children the chance of participating in competitive swimming. Primary emphasis is on positive self image, physical conditioning and development to the child's fullest potential

Ages: 5 years thru College level

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**Beginning and Intermediate Diving** AQ41

This class is designed to introduce diving to those who want to learn to dive. If you or your child has always wanted to learn how to dive, this is the class for you. This class is also designed to help those who want to improve their diving. Students enrolled will learn beginning and intermediate dives

Anna Neises

Date: February 9 - April 20 (Wednesday)  
 Time: 6:50pm - 7:30pm  
 Fee: \$47.00  
 Location: KSU Natatorium



**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 6:00pm - 6:40pm  
 AQ-22E Saturday 9:30am - 10:10am  
 Fee: \$47 per session (10 lessons)

**Lap Swimming: Ages 13+**

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

AQ-24A Monday 6:00pm - 7:30pm  
 AQ-24B Tuesday 6:00pm - 7:30pm  
 AQ-24C Wednesday 6:00pm - 7:30pm  
 AQ-24D Thursday 6:00pm - 7:30pm  
 AQ-24E Saturday 9:30am - 11:00am  
 Fee: \$19 per session (10 times)

**Lap Swimming for Parents**

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

AQ-25A Monday 6:00pm - 7:30pm  
 AQ-25B Tuesday 6:00pm - 7:30pm  
 AQ-25C Wednesday 6:00pm - 7:30pm  
 AQ-25D Thursday 6:00pm - 7:30pm  
 AQ-25E Saturday 9:30am - 11:00am  
 Fee: \$16 per session (10 times)

**Shallow Water Hydroaerobics: Water Exercise**

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

Session A: January 17 - February 17  
 Monday - Thursday (6:35pm - 7:30pm)  
 and Saturday (10:05am - 11:00am)

AQ-26A (1 time a week)  
 AQ-27A (3 times a week)  
 AQ-28A (5 times a week)

Session B: February 21 - March 31  
 (No classes February 19 - March 26)  
 Monday - Thursday (6:35pm - 7:30pm)  
 and Saturday (10:05am - 11:00am)

AQ-26B (1 time a week)  
 AQ-27B (3 times a week)  
 AQ-28B (5 times a week)

Session C: April 4 - May 7  
 Monday - Thursday (6:35pm - 7:30pm)  
 and Saturday (10:05am - 11:00am)

AQ-26C (1 time a week)  
 AQ-27C (3 times a week)  
 AQ-28C (5 times a week)

Fee: \$24 for 1 time a week per session (5 weeks of classes)  
 \$29 for 3 times a week per session (5 weeks of classes)  
 \$33 for 5 times a week per session (5 weeks of classes)

**Shallow Water Hydroaerobics for the Entire Semester**

Session D: January 17 - May 7  
 Monday - Thursday (6:35pm - 7:30pm)  
 and Saturday (10:05am - 11:00am)

AQ-26D (1 time a week)  
 AQ-27D (3 times a week)  
 AQ-28D (5 times a week)

No Classes February 5, February 19, March 19 - 26.

Fee: \$54 for 1 time a week per session (15 weeks of classes)  
 \$66 for 3 times a week per session (15 weeks of classes)  
 \$74 for 5 times a week per session (15 weeks of classes)

**Deep Water Hydroaerobics**

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

Session A: January 18 - February 17  
 AQ-100A Tuesday/Thursday 6:35pm - 7:30pm

Session B: February 22 - March 31  
 (No class March 22 or 24)  
 AQ-100B Tuesday/Thursday 6:35pm - 7:30pm

Session C: April 5 - May 5  
 AQ-100C Tuesday/Thursday 6:35pm - 7:30pm

Fee: \$24 per session (5 weeks of classes)

**Deep Water Hydroaerobics for the Entire Semester**

Session D: January 18 - May 5  
 AQ-100D Tuesday/Thursday 6:35pm - 7:30pm

No classes March 22 and March 24

Fee: \$58 per session (5 weeks of classes)

**Private Swim Lessons**

AQ-103

Private lessons provide one-on-one instruction for any level of swimmer. There are 5 lessons, 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 for private lessons when you enroll. Please make sure you record these times and dates when you register, because THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Private Lessons:

Session A1: Monday February 7 - March 7  
 Session A2: Monday March 14 - April 18  
 (No class March 21)

Session B1: Tuesday February 8 - March 8  
 Session B2: Tuesday March 15 - April 19  
 (No class March 22)

Session C1: Wednesday February 9 - March 9  
 Session C2: Wednesday March 16 - April 20  
 (No class March 23)

Session D1: Thursday February 10 - March 10  
 Session D2: Thursday March 17 - April 21  
 (No class March 24)

Session E1: Saturday February 12 - April 2  
 (No class February 19, March 19, 26)  
 Session E2: Saturday April 9 - May 7

Times for Monday- Thursday sessions:  
 6:00pm - 6:30pm or 6:45pm - 7:15pm

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

Fee: \$59 per session (5 lessons)  
 \$47 per student for semi-private lessons  
 (2 students per teacher) (5 lessons)

**Open Swim Appreciation**

AQ-31a

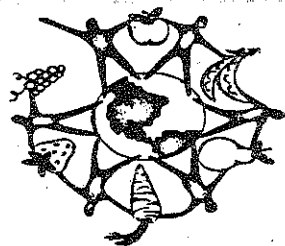
For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. There is no charge for this activity. However, registration with the number of participants planning to attend is requested so that we can provide adequate life-guards.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

Date: April 3 (Sunday)  
 Time: 5:00pm - 7:00pm  
 Fee: No charge  
 Location: KSU Natatorium

**Open Swim Appreciation**

AQ-31b

Date: April 17 (Sunday)  
 Time: 5:00pm - 7:00pm  
 Fee: No charge  
 Location: KSU Natatorium



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## AQUATICS (Continued)

### Sunday Family Swim

AQ-32

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 3 - April 24 (Sunday)  
Time: 5:00pm - 7:00pm  
Fee: \$10 individual/\$25 family  
Location: KSU Natatorium

### Scuba Diving

AQ105AZ

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

Jeff Wilson

Date: January 31 - March 7 (Monday)  
Time: 6:00pm - 10:00pm  
Fee: \$232  
Location: KSU Natatorium  
(Available for KSU Credit)



### Scuba Diving

AQ105BZ

This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$50.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from \$100 to \$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

Jeff Wilson

Date: March 28 - May 2 (Monday)  
Time: 6:00pm - 10:00pm  
Fee: \$232  
Location: KSU Natatorium (Available for KSU Credit)

### Scuba Diving

AQ105CZ

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

Jeff Wilson

Date: January 29 - March 19 (Saturday)  
Time: 9:30am - 1:30pm  
Fee: \$232  
Location: KSU Natatorium (Available for KSU Credit)

No classes February 5 & February 19.

### NAUI Skin Diver

AQ39

Learn to easily go below the surface where you will discover corals, fishes, crustaceans-everything from dolphins to dugongs face-to-face. Your NAUI Instructor will coach you through the process of breath-hold diving, and your fun will grow as your skills increase! This is a certification course in snorkeling and breath-hold diving. Upon successful completion of this course, graduates are considered competent to engage in open water breath-hold diving activities without supervision, provided the diving activities and the areas dived approximate those of training. The course is designed to: Develop skin diving skills for swimmers and scuba divers. Afford non-scuba divers the opportunity for diving-related training. Provide preparatory training for scuba diving. Prerequisites for Entering the Course

Age: Minimum is 12 years for Skin Divers  
(8 years for Junior Skin Diver)

Diver Certification: None Required

All equipment will be provided by the instructor, but equipment will be available for purchase if desired.

Jeff Wilson

Date: March 27 & April 3 (Sunday)  
Time: 9:00am - 12:00pm  
Fee: \$99  
Location: KSU Natatorium

### NAUI Scuba Refresher Course

AQ40

This course is for the certified diver who wishes to refresh their basic skills, or has not been diving for an extended period of time. This four hour session will include mask clearing, sharing air, equipment removal as well as a review of buoyancy control techniques. Some classroom review of the principles of scuba is also part of this course. The instructor provides tanks, buoyancy compensating jackets, regulator setup and weight belts. If you own equipment you are more than welcome to use it. The student must have their own mask, fins and snorkel and have a valid certification card through one of the major certifying organizations. Please bring your log books so they can be stamped to verify your completion of this refresher.

Jeff Wilson

Date: March 13 (Sunday)  
Time: 8:00am - 12:00pm  
Fee: \$67  
Location: KSU Natatorium

### Water Safety Instructor (WSI)

AQ121Z

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach Swimming and Water Safety Program courses, including the Basic Water Rescue course, the six levels of Learn-To-Swim, WSI-Aide, Water Safety Outreach presentations, and Parent and Child Aquatics. Please note: The WSI course is NOT designed to teach you the required strokes/skills. Paired practice, coaching and drills are used to refine skills. Be prepared for reading, homework, and presentations.

Prerequisites: 1) Minimum age of 16 on or before final scheduled session; 2) Current Fundamentals of Instructor Training certificate (included in course); 3) Swim the following strokes consistent with Level 4, Stroke Performance Charts: 25 yards each front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and 15 yards butterfly; 4) maintain position on back 1 minute in deep water (floating or sculling); 5) tread water for 1 minute.

Certification requirements: Successfully complete precourse session, attend and successfully participate in all course sessions, successfully complete the required number of practice-teaching assignments, demonstrate acceptable level of maturity and responsibility consistent with Red Cross standards, correctly answer at least 80% (40 out of 50 questions) on final instructor course written exam. Questions regarding above information may be directed to the instructor.

Carol Stites (clsswim@yahoo.com)

Date: April 4 - April 16 (Mon, Wed, Fri, Sat)  
Time: 4:00pm - 7:30pm (Mon, Wed, Fri)  
9:00am - 5:00pm (Sat)  
Fee: \$180

Location: KSU Natatorium (Available for KSU Credit)  
Books available for purchase at Red Cross Office

### Fitness Swimming

AQ108AZ

Students interested in this course MUST be able to demonstrate, without stopping, for 50 yards: front crawl and breaststroke w/rhythmic breathing, back crawl, and 10 yards of butterfly. Emphasis will be on analyzing and refining stroke technique for the four competitive strokes and turns, and improving and maintaining physical fitness and endurance through a progressive conditioning swimming program that include a variety of aquatic workouts. Students will learn components of well-balanced training and how to design workouts for life-time conditioning swimming. Questions regarding above information may be directed to the instructor.

Carol Stites (clsswim@yahoo.com)

Date: February 1 - March 17 (Tues/Thurs)  
Time: 9:30am - 11:00am  
Fee: \$76  
Location: KSU Natatorium  
(Available for KSU Credit)

### Fitness Swimming

AQ108BZ

Carol Stites (clsswim@yahoo.com)

Date: February 1 - March 17 (Tues/Thurs)  
Time: 6:00pm - 7:30pm  
Fee: \$76  
Location: KSU Natatorium  
(Available for KSU Credit)



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**Aquatic Fitness Instructor** AQ104AZ  
 This course is an in-depth educational and training program for individuals interested in advancing their knowledge and skills in designing and leading different types of water exercise. It will prepare instructors to become certified to organize, develop, teach, administer and market safe, fun and effective water exercise programs for various populations. 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. Be prepared for reading, homework and presentations.

Carol Stites (clsswim@yahoo.com)  
 Date: April 23 - April 30 (Tues/Thurs/Sat) (four sessions)  
 Time: 5:30pm - 9:30pm (Tues/Thurs)  
 9:00 am - 6:00pm (Sat) Fee: \$118  
 Location: KSU Natatorium (Available for KSU Credit)  
 Books available for purchase at Red Cross Office

**Aquatic Fitness Instructor** AQ104BZ

Carol Stites (clsswim@yahoo.com)  
 Date: January 15 - January 26 (Wed/Sat) (four sessions)  
 Time: 3:30pm 7:30pm (Wed) 9:00am - 6:00pm (Sat)  
 Fee: \$118  
 Location: KSU Natatorium  
 (Available for Non Credit)  
 Books available for purchase at Red Cross Office

**Lifeguard Training** AQ35AZ

The American Red Cross program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Prerequisites: candidates must 1) 15 years of age on or before the last scheduled day of class; 2) Swim 500 yards continuously using these strokes in the following order:

- \* 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick
- \* 100 yards of breaststroke using rhythmic breathing and a stabilizing, propellant kick
- \* 200 yards of front crawl, breaststroke, or combination thereof
- 3) Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 lb object, return to the surface, and swim 20 yards back to starting point with both hands on the object and face above the water at all times. Certification requirements: demonstrate competency in all required skills, demonstrate competency in the three final skill scenarios, demonstrate level of maturity and responsibility consistent w/Red Cross standards, and correctly answer at least 80% of questions on written exams.

Carol Stites (clsswim@yahoo.com)  
 Date: March 28 - May 6 (Mon/Wed/Fri)  
 Time: 9:30am - 11:00am  
 Fee: \$139  
 Location: KSU Natatorium  
 (Available for KSU Credit - 2 hours)

**Lifeguard Training** AQ35B

The American Red Cross program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Prerequisites: candidates must 1) 15 years of age on or before the last scheduled day of class;

- 2) Swim 500 yards continuously using these strokes in the following order:
  - \* 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick
  - \* 100 yards of breaststroke using rhythmic breathing and a stabilizing, propellant kick
  - \* 200 yards of front crawl, breaststroke, or combination thereof
- 3) Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 lb object, return to the surface, and swim 20 yards back to starting point with both hands on the object and face above the water at all times. Certification requirements: demonstrate competency in all required skills, demonstrate competency in the three final skill scenarios, demonstrate level of maturity and responsibility consistent w/Red Cross standards, and correctly answer at least 80% of questions on written exams.

Abby Scheopner  
 Dates: April 17 - April 23 (Sunday - Saturday)  
 Time: 5:00 p.m. - 6:00pm (Sun) Prerequisites  
 5:00pm - 10:00pm (Mon-Fri)  
 9:00am - 12:00pm (Sat)  
 Fee: \$139  
 Location: KSU Natatorium  
 (This session is only available as a NONCREDIT Course)  
 Books are available for purchase at the Red Cross Office.

**Intermediate Kayak Chapter Workshop** AQ109A

For experienced Touring and White Water Kayakers only. Bring your boats and practice self and assisted rescues. NOTE: Your boats(s) must be washed and cleaned inside and out ahead of the class. Instructors & Instructor Aides will be on hand from the Kansas Canoe Association (KCA) Kayak Chapter. Instructors will be on hand to:

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

**EQUIPMENT AND LOCATION NEEDS:**  
 Bring your own Touring or Whitewater Kayak, PFD, paddle, floatation, paddle float, pump, towel, swimsuit, change of clothes, goggles, dive mask or nose clips. Come with your swimsuit and be prepared to get wet.

**NOTE:**  
 1. Your boats must be washed and cleaned ahead of the class.  
 2. Boats and gear must be out of the Natatorium by 12:00 noon.

T.J. has taught UFM Kayaking from 1979-1991. He was one of the first American Red Cross Canoe & Kayak Instructor-Trainers in Kansas, having taught more than 250 students during that time. During his canoeing & 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. He is also the creator and Webmaster for the Kansas Paddler Home Page at: [www.kansas.net/~tjhittle/](http://www.kansas.net/~tjhittle/).

Date: January 23 (Sunday)  
 Time: 8:30am - 12:00pm  
 Fee: \$29  
 Location: KSU Natatorium  
 Park in west parking lot. Drop boats off in the Natatorium Alley.

**Intermediate Kayak Chapter Workshop** AQ109B

For experienced Touring and White Water Kayakers only. Bring your boats and practice self and assisted rescues. NOTE: Your boats(s) must be washed and cleaned inside and out ahead of the class. Instructors & Instructor Aides will be on hand from the Kansas Canoe Association (KCA) Kayak Chapter. Instructors will be on hand to:

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

**EQUIPMENT AND LOCATION NEEDS:**  
 Bring your own Touring or Whitewater Kayak, PFD, paddle, floatation, paddle float, pump, towel, swimsuit, change of clothes, goggles, dive mask or nose clips. Come with your swimsuit and be prepared to get wet.

**NOTE:**  
 1. Your boats must be washed and cleaned ahead of the class.  
 2. Boats and gear must be out of the Natatorium by 12:00 noon.

T.J. Hittle  
 Date: February 20 (Sunday)  
 Time: 8:30am - 12:00pm  
 Fee: \$29  
 Location: KSU Natatorium  
 Park in west parking lot. Drop boats off in the Natatorium Alley.

**Touring Kayak: Rescues and Recoveries** AQ37A

This class will give you the knowledge and skills needed to rescue yourself and your fellow paddlers if the need arises. You will be introduced to self rescue and assisted rescue techniques and there will be given time and opportunity to work on these skills in a controlled environment with the assistance of the instructor to help you perfect your skills. Equipment Required: touring kayak (clean), pfd, paddle, spray skirt, bilge pump, paddle float, towel and a change of clothes.

Larry Storer (785.292.4561) has been an avid touring kayaker for seven years. He has taught beginning skills and self-rescue kayak classes at local lakes and for the Kansas Canoe & Kayak Association for the last three years. Larry is an enthusiastic paddler and instructor who enjoys sharing his love of the sport.

Date: January 30 (Sunday)  
 Time: 9:00am - 12:00pm  
 Fee: \$50  
 Location: KSU Natatorium

**Touring Kayak: Rescues and Recoveries** AQ37B

This class will give you the knowledge and skills needed to rescue yourself and your fellow paddlers if the need arises. You will be introduced to self rescue and assisted rescue techniques and there will be given time and opportunity to work on these skills in a controlled environment with the assistance of the instructor to help you perfect your skills. Equipment Required: touring kayak (clean), pfd, paddle, spray skirt, bilge pump, paddle float, towel and a change of clothes.

Larry Storer (785.292.4561)  
 Date: February 27 (Sunday)  
 Time: 9:00am - 12:00pm  
 Fee: \$50  
 Location: KSU Natatorium

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**Touring Kayak: Rescues and Recoveries**

AQ37C

This class will give you the knowledge and skills needed to rescue yourself and your fellow paddlers if the need arises. You will be introduced to self rescue and assisted rescue techniques and there will be given time and opportunity to work on these skills in a controlled environment with the assistance of the instructor to help you perfect your skills. Equipment Required: touring kayak (clean), pfd, paddle, spray skirt, bilge pump, paddle float, towel and a change of clothes.

Larry Storer (785.292.4561)

Date: March 13 (Sunday)  
Time: 9:00am - 12:00pm  
Fee: \$50  
Location: KSU Natatorium

**Swim I**

AQ36Z

Swim I is designed ONLY for students who have a fear of the water and/or those with little or no water experience. It will address the needs of the beginning swimmer. Emphasis will be on acquiring skills, knowledge and attitudes necessary to become safe in, on and around the water; learning basic strokes and survival skills; and being able to assist others in an aquatic emergency using elementary forms of rescue. Required text: Swimming and Aquatic Safety; available at American Red Cross office, 2601 Anderson, 9 am - 5 pm, 537-2180.

Carol Stites (clsswim@yahoo.com)

Date: January 19 - March 16 (Mon/Wed)  
Time: 9:30am - 10:30am  
Fee: \$76  
Location: KSU Natatorium  
(Available for KSU Credit)

**Lifeguard Challenge**

AQ106A

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.

Abby Schoepner

Date: March 27 - March 30 (Sun/Mon/Wed)  
Time: 5:00pm - 7:00pm (Sun) Prerequisites  
6:00pm - 9:00pm (Mon/Wed)

Fee: \$46  
Location: KSU Natatorium  
Book available for purchase at Red Cross Office, 2601 Anderson Ave.



**Lifeguard Challenge**

AQ106B

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.

Abby Schoepner

Date: March 27 - April 1 (Sun/Tues/Fri)  
Time: 5:00pm - 7:00pm (Sun) Prerequisites  
6:00pm - 9:00pm (Tues/Fri)

Fee: \$46  
Location: KSU Natatorium  
Book available for purchase at Red Cross Office, 2601 Anderson Ave.



**Introduction to Canoeing**

AQ38A

This class is a short program that emphasizes the entry-level paddling skills for individuals desiring an introduction to the sport of canoeing. This class may also be used to prepare for Operation Paddle Safe Certification. All materials for this course will be provided by the instructor.

Steve Spencer

Date: February 26 & March 5 (Saturday)  
Time: 3:00pm - 7:00pm  
Fee: \$67.00  
Location: KSU, Natatorium

Scholarships are available to assist with class fees for both adults & children

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# Language



## French Language

LA04

This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and every day vocabulary.

*Emilie Rabbat* (785-587-9036), a naturalized citizen, is originally from Egypt. Her training course, "Stage de Formation Pedagogic" was from the Catholic University of West-Angers, France. She received a French Diploma from the Egyptian Government and the Embassy of France in Cairo, Egypt. Her learning experience includes working with adult Egyptian teachers and teaching French for 20 years at a Jesuit French School in Cairo.

Date: January 12 - January 28 (Wednesday/Friday)  
Time: 10:00am - 11:00am  
Fee: \$48.00  
Location: UFM Fireplace Room

## Modern Latin

LA06

Do you confuse e.g. and i.e.? Would you like to understand what Doc Holliday and Johnny Ringo say to each other in the movie "Tombstone"? Come to this class and learn how to properly use Latin abbreviations. You will also learn Latin phrases that live in our Modern Society and are considered a mark of sophistication. Feel free to bring song lyrics or movie quotes and we will translate.

*Rosina Eileen Catalan* (785-539-5613, RosinaCatalan@hotmail.com) has studied Latin for 14 years. She holds a B.A. in classics (Ancient Greek & Latin) and an M.A. in Mediterranean studies. She is currently a Latin tutor and Belly Dance instructor with the UFM.

Date: January 22 (Saturday)  
Time: 10:30am - 12:00pm  
Fee: \$17.00  
Location: UFM Multipurpose Room

## "In Nomine Patris" Church Latin Demystified

LA07

Many of us grew up saying "Meu Culpa" but didn't understand its full meaning. In this class you will learn the meanings to Latin phrases commonly found and used in Christianity. We will translate hymns and prayers. Translations will be provided and no Latin experience is needed. Feel free to bring texts for the instructor to translate. All faiths are welcome.

*Rosina Eileen Catalan* (785-539-5613, RosinaCatalan@hotmail.com)

Date: February 19 (Saturday)  
Time: 10:30am - 12:00pm  
Fee: \$17.00  
Location: UFM Multipurpose Room

## Commanding Vocabulary: A Latin-Based Course to Increase Your Vocabulary

LA08

Like it or not our vocabulary is a valuable asset. Others judge our intelligence, education, and professionalism based on our vocabulary. In this class you will learn how to break down words based on Greek and Latin prefixes and suffixes. We will address common mistakes and practice learning and using new words. Our goal is to sound intelligent and not "snobby".

*Rosina Eileen Catalan* (785-539-5613, RosinaCatalan@hotmail.com)

Date: March 5 - March 19 (Saturday)  
Time: 10:30am - 11:30am  
Fee: \$22.00  
Location: UFM Multipurpose Room

## ESL: Conversational English in the Kitchen & Garden

LA09

In this class we will learn vocabulary related to food and food preparation as well as weather, plants, animals/insects, and the great outdoors. We will focus on proper use of action verbs and prepositions and learn how to ask and answer questions clearly.

*Martha Seaton* (785-537-0936) is a 1970 education graduate of KSU; currently certified to teach preschool through adult education, Martha has spent the last forty years of her life in the kitchens, gardens and classrooms of Kansas and Brazil.

Date: March 2 - May 11 (Wednesday)  
Time: 5:00pm - 7:00pm  
Fee: \$69.00  
Location: UFM Kitchen  
No class March 23

## French Studies & Culture

LA10

This course is for people who want to further their knowledge in speaking another language other than their native language. This course is based on cultural studies, beginners conversational skills, subjects, nouns and the alphabet. This will be a fun course and light in atmosphere. There will be studies in French foods, homelife, and tourist attractions in France.

*Lauren Roesner* started learning French her freshman year in high school, which was 7 years ago. She learned various things from great teachers all throughout high school and three semesters in college. She hopes to get a French minor and to study abroad someday in the near future in Paris, France. Lauren is currently a junior year at KSU.

Date: January 27 - March 17 (Thursday)  
Time: 6:00pm - 7:00pm  
Fee: \$39.00  
Location: UFM Banquet Room

## Conversational Vietnamese

LA11

Students will learn basic conversational Vietnamese along with the country's culture.

*Hieu M. Doan* was born in Vietnam and moved to the United States 9 years ago. She loves the Vietnamese language and is excited to teach the language to others and also the culture behind it.

Date: January 24 - May 2 (Monday)  
Time: 7:30pm - 9:00pm  
Fee: \$39.00  
Location: Eisenhower Hall, Room 227, KSU  
No class March 21

Scholarships are available  
to assist with class fees  
for both  
adults & children

## Chinese Language & Literature

LA01

This class will be introducing Chinese language and literature using songs, games and other methods. Students will learn many aspects of Chinese from this class.

*Wendy Chien Yee Thee* (785-395-2435, cythee@ksu.edu)

Date: January 30 - March 6 (Sunday)  
Time: 6:00pm - 7:00pm  
Fee: \$48.00  
Location: UFM Conference Room

## Spanish I

LA02

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

Date: January 24 - February 28 (Monday)  
Time: 7:00pm - 8:00pm  
Fee: \$22.00  
Location: UFM Conference Room

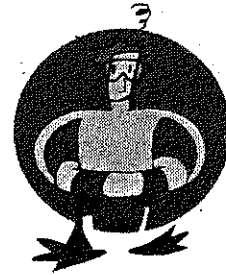
## Slovakia- Heartland of Europe

LA12

The major goal of the course is to introduce both the Slovak language and Slovakia from the geographical, cultural and historical perspective. The country is comprised of beautiful mountain regions and various unique natural formations; it has experienced different contradictory ruling systems - therefore it offers "a spectacular story" told in many possible ways. In terms of the Slovak language, the course will focus on basic word structure and pronunciation to make verbal communication possible. The syllabus can be adjusted according to students and interests.

*Michal Juraska* (mjuraska@hotmail.com) was born and spent his entire childhood and teenage period in the mountainous region of the north of Slovakia. He is currently a Math student at the Charles University in Prague, Czech Republic experiencing an exchange program at KSU. He invites all students ready learn an exciting story from "the old continent".

Date: January 25 - March 15 (Tuesday)  
Time: 7:00pm - 8:00pm  
Fee: \$46.00  
Location: UFM Greenhouse



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# Health & Wellness



## Responding to Emergencies

**HW19AZ**  
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 illnesses 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). Fee includes textbook, supplies and certifications. Certification requirements: attend all sessions and view all videos, successfully demonstrate all skills, correctly answer at least 80% of all written exams.

Carol Stites (clsstites@yahoo.com)

Date: February 1 - March 17 (Tues/Thurs)  
Time: 3:00pm - 5:00pm  
Fee: \$182.00  
Location: American Red Cross, 2601 Anderson Ave.  
(Available for KSU credit)

## Responding to Emergencies

**HW19BZ**  
Carol Stites (clsstites@yahoo.com)

Date: January 31 - March 16 (Mon/Wed)  
Time: 2:00pm - 4:00pm  
Fee: \$182.00  
Location: American Red Cross, 2601 Anderson Ave.  
(Available for KSU credit)

## Community CPR & First Aid (Red Cross)

**HW25A**  
This is an 8-hour course that includes training in Adult, Child and Infant CPR and First Aid. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants and children, controlling bleeding, and many other useful skills.

Vanessa Hermes

Date: February 15 & February 17 (Tues/Thurs)  
Time: 5:30pm - 9:30pm  
Fee: \$50.00  
Location: KSU Natatorium

## Community CPR & First Aid (Red Cross)

**HW25B**  
This is an 8-hour course that includes training in Adult, Child and Infant CPR and First Aid. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants and children, controlling bleeding, and many other useful skills.

Abby Scheopner

Date: February 26 (Sat)  
Time: 9:00am - 6:00pm  
Fee: \$50.00  
Location: KSU Natatorium

## Community CPR & First Aid (Red Cross)

**HW25C**  
This is an 8-hour course that includes training in Adult, Child and Infant CPR and First Aid. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants and children, controlling bleeding, and many other useful skills.

Abby Scheopner

Date: April 4 & April 6 (Mon/Wed)  
Time: 5:30pm - 9:30pm  
Fee: \$50.00  
Location: KSU Natatorium

## Basic First Aid (Red Cross)

**HW26A**  
This course teaches First Aid skills only. No CPR. This class last 4 hours and is a one day class. You will pick up all materials for the class the day of the training.

Abby Scheopner

Date: January 24 (Monday)  
Time: 5:30pm - 9:30pm  
Fee: \$25.00  
Location: KSU Natatorium

## Basic First Aid (Red Cross)

**HW26B**  
This course teaches First Aid skills only. No CPR. This class last 4 hours and is a one day class. You will pick up all materials for the class the day of the training.

Abby Scheopner

Date: March 24 (Thursday)  
Time: 5:30pm - 9:30pm  
Fee: \$25.00  
Location: KSU Natatorium

## CPR Challenge (Red Cross)

**HW27A**  
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.

Abby Schmoepner

Date: April 5 (Tuesday)  
Time: 6:00pm - 9:00pm  
Fee: \$36.00  
Location: KSU Natatorium

## CPR Challenge (Red Cross)

**HW27B**  
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.

Abby Schmoepner

Date: April 8 (Friday)  
Time: 6:00pm - 9:00pm  
Fee: \$36.00  
Location: KSU Natatorium

## First Aid/CPR/AED Instructor (Red Cross)

**HW20Z**  
The First Aid/CPR/AED Instructor Course will provide candidates with the knowledge and skills necessary to teach the First Aid/CPR/AED courses and modules. These courses include Workplace Training: Standard First Aid; Adult/Child/Infant CPR; AED Essentials; and combinations thereof; as well as six Injury Control Modules. Orientation to the Community Program materials is also included in the training. Instructor candidates will also receive an introduction to the history, structure, activities, and policies and procedures of the Red Cross through Fundamentals of Instructor Training, a prerequisite module which will prepare instructor candidates to teach to a diverse population and ensure course consistency, quality and appropriate training.

Carol Stites

Date: February 7 - March 14 (Monday)  
Time: 4:00pm - 8:30pm  
Fee: \$124.00  
Location: American Red Cross, 2601 Anderson Ave.  
(Available for KSU credit)

## CPR and First Aid (Medic First Aid)

**HW03A**  
This course trains students in child, infant and adult CPR, and first aid and emergency care skills. Designed to meet Kansas regulatory requirements and the American Heart Association for CPR. This class provides training for day care providers, school personnel, bus drivers, athletic instructors, babysitters and new parents. Upon completion of this course, the student will be able to approach and manage a basic emergency situation. This course qualifies as Level I training for Girl Scouts. No matter if you are a novice or experienced provider, this class is taught in a low stress, informative environment.

Sheryl Cornell (cornell@saintmail.net) has been training First Aid and CPR for USD 383 for more than five years.

Date: March 5 (Saturday)  
Time: 8:00am - 5:00pm  
Fee: \$42.00  
Location: College Avenue Methodist Church, Fellowship Hall

## CPR and First Aid (Medic First Aid)

**HW03B**  
Sheryl Cornell (cornell@saintmail.net)

Date: April 2 (Saturday)  
Time: 8:00am - 5:00pm  
Fee: \$42.00  
Location: College Avenue Methodist Church, Fellowship Hall

## Beginning Yoga

**HW15AZ**  
This course will cover the basics of how to begin a practice of yoga: Basic body postures and movements, Breath awareness, Coordination of body and mind, Practical applications, and Introduction to yoga philosophy. Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class.

Ana Franklin

Date: January 19 - March 14 (Mon/Wed)  
Time: 3:00pm - 4:00pm  
Fee: \$104.00  
Location: KSU Ahearn Dance Studio, Room 301  
(Available for KSU credit)

## Beginning Yoga

**HW15BZ**  
Ana Franklin

Date: January 19 - March 14 (Mon/Wed)  
Time: 1:30pm - 2:30pm  
Fee: \$104.00  
Location: KSU Ahearn Dance Studio, Room 301  
(Available for KSU credit)

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**Intermediate Yoga**

HW21Z

This course will increase the student's understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and in-depth study of Yoga Sutras. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to their individual body-type. Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class. Prerequisite: This course is for those who have taken at least sixteen yoga classes and practiced yoga on a regular basis for not less than eight weeks.

Ana Franklin

Date: January 18 - March 10 (Tues/Thurs)  
Time: 10:00am - 11:00am  
Fee: \$104.00  
Location: KSU Ahearn Dance Studio, Room 301  
(Available for KSU credit)

**Chi Lei - Chi Gong**

HW22

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

Enell Foerster (785-537-0977) has studied under Luke Chan, the only Chi Lei master teacher outside of China. She has taught Jackie Sorensen's Aerobic Dancing, aquatic exercises and is currently a certified Body Recall exercise instructor. She has taught Red Cross CPR and First Aid, Yoga and other classes for UFM.

Date: February 17 - March 10 (Thursday)  
Time: 5:30pm - 6:15pm  
Fee: \$34.00  
Location: UFM Greenhouse  
(First class meets in the UFM Conference Room)

**Personal Safety and Self-Defense for Women**

HW01A

This course has been designed to offer women quick & easy-to-learn techniques. By empowering women to better protect themselves, they gain confidence in social and professional environments. Personal issues such as safety when living, traveling and working alone will be covered. Material from this class is taught from a practical approach with physical techniques that are useful to women of all ages and physical conditions. This is a great class for mothers and daughters to take together. Ages 13 and up.

Jill Shanteau has been practicing Martial Arts since 1995 & has been teaching self defense classes for 7 years. She has experience teaching people of all ages. Jill recently obtained her Master's Degree in Social Work and works toward promoting equal rights between men and women.

Date: February 21 and February 28 (Monday)  
Time: 7:00pm - 8:30pm  
Fee: \$24.00  
Location: UFM Banquet Room

**Beginning Ashtanga Yoga**

HW28A

This course is intended to serve as a basic introduction into the practice of Ashtanga Yoga. Ashtanga is a form of Yoga which involves synchronizing the breath with a series of postures in order to generate heat and create a strong and fluid body. Most poses can be modified to the level of the students capabilities, but some degree of athletic ability may be necessary. Please bring a towel and a mat if you have one. Otherwise a mat can be provided. Recommended Clothing: Something you can move in easily such as a t-shirt, shorts, leggings, etc.

Micah Sharp (785-539-6389)

Date: January 15 - March 5 (Saturday)  
Time: 8:00am - 9:30am  
Fee: \$41.00  
Location: KSU Ahearn, Room 301

**Journey of Holistic Healing**

HW23

Each week we will focus on a different healing modality, all of which can assist you in a journey of healing. The journey of healing will include topics such as, Know your Numbers, What Have You Told Your Body Today, Animal Spirits, Plant Spirits, Gemstone Guardians, Reiki and Listen To Your Heart. Please bring a notebook and pen because you will want to take notes!

June Hunzeker began her healing journey in early childhood when she responded to the call of plants in her yard on a farm in Nebraska. She continues to work with the Nature Spirits for healing of our planet and its peoples. She is the owner of Flint Hills Peacemakers and lives happily on the prairie.

Date: January 18, February 1 & 15, March 1, 15 & 29,  
April 12 (Tuesday)  
Time: 7:30pm - 8:30pm  
Fee: \$58.00  
Location: UFM Multipurpose Room

**Personal Safety and Self-Defense for Women**

HW01B

This course has been designed to offer women quick & easy-to-learn techniques. By empowering women to better protect themselves, they gain confidence in social and professional environments. Personal issues such as safety when living, traveling and working alone will be covered. Material from this class is taught from a practical approach with physical techniques that are useful to women of all ages and physical conditions. This is a great class for mothers and daughters to take together. Ages 13 and up.

Jill Shanteau

Date: April 7 and April 14 (Thursday)  
Time: 7:00pm - 8:30pm  
Fee: \$24.00  
Location: UFM Banquet Room

**Beginning Ashtanga Yoga**

HW28B

Micah Sharp (785-539-6389)

Date: March 12 - May 7 (Saturday)  
Time: 8:00am - 9:30am  
Fee: \$41.00  
Location: KSU Ahearn, Room 301  
No class March 26

**Living the Art: Jin Shin Jyutsu**

HW08

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. Jin Shin Jyutsu harmonizes the body's energy by engaging one's self awareness, enhancing well being, and recognizing the wisdom of body.

Kate Cashman (785-537-1911) is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: March 2 - March 16 (Wednesday)  
Time: 7:00pm - 9:00 pm  
Fee: \$25.00  
Location: 811 Colorado Street

**Introduction to Sahaj Marg Meditation**

HW02

You are invited to explore the infinite potential of the Sahaj Marg system of Raja Yoga Meditation. Sahaj Marg offers Meditation practice and a Unique Technique called Cleaning, which can easily be integrated into one's daily life. It progressively leads to a calm, balanced mind making it a perfect instrument, thereby helping us to realize our highest potential. The instructors are practitioners of the Sahaj Marg system of meditation for about 6 years. Their experience is that this meditation has brought about a complete change in their outlook towards life. They learned that it has brought a balance between the material as well as their spiritual lives. Additional classes may be scheduled later.

Gayathri Kambhampati (gkam\_99@hotmail.com)

Date: February 5 (Saturday)  
Time: 10:00am - 12:00pm  
Fee: No Charge  
Location: UFM Conference Room



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**Self Massage for Pain Relief**

HW16

Learn a self-massage routine to help with promotion of relaxation and relief of muscular aches, pains and tension. You will become familiar with basic principles and tools 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* (785-537-3607) is a licensed Massage Therapist with 30 years experience. She is the owner of Lifecenter Bodywork and is experienced with Deep Tissue Massage, Orthobionomy, Sports Massage, Reflexology, Reiki Baby and Pet Massage.

Date: March 17 (Thursday)  
Time: 7:30pm  
Fee: \$22.00  
Location: UFM Greenhouse

**Massage for Two**

HW17

Come and learn the basic principles of therapeutic massage and understand how massage can help maintain health. This class will focus on Swedish-style massage, the most common style of massage, by using long-flowing strokes. Emphasis of the class will be on the neck and back. (Wear comfortable clothing.) Each pair will need to bring a sleeping bag or thick blanket. Pairs may include mother-daughter, friends or couples.

*Sandy Snyder* (785-537-3607)

Date: March 18 (Friday)  
Time: 7:30pm  
Fee: \$36.00 per couple  
Location: UFM Greenhouse



**Introduction to Reiki**

HW09A

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on the idea that an unseen "life-force energy or Chi" flows through us and is what causes us to be alive. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit. It creates 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* (785-539-6386) 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 28 (Monday)  
Time: 7:00pm - 9:00pm  
Fee: \$22.00  
Location: 513 Leavenworth, Suite 2

**Introduction to Reiki**

HW09B

*Sarah English* (785-539-6386)

Date: April 25 (Monday)  
Time: 7:00pm - 9:00pm  
Fee: \$22.00  
Location: 513 Leavenworth, Suite 2

**Essential Oils - How to Use Essential Oils to Help Keep You Healthy**

HW24

Ancient health secrets now revealed. Learn how this ancient knowledge can improve your health and lifestyle today. You will receive some samples of Young Living Therapeutic Essential Oils and Berry Young Juice.

*Enell Foerster* (785-537-0977) has studied and used essential oils for several years. She has taught Chi-Lel-Chi Gong, Red Cross CPR & First Aid, Yoga, Aquatic exercises, Aerobic Dancing classes and is a certified Body Recall exercise instructor.

*Darlene J. Vermeullen*, MH, CI, a former nurse, received Certification in the Science & Practice of Iridology from Dr. Bernard Jensen. She also has a Master Herbalist Degree, and is a Master Gardner. A long interest in ancient civilizations allowed her to see the tremendous value of YLEO (Young Living Essential Oil Company) the largest producer and distributor of organic essential oils which are based on ancient information and formulas from around the world.

Date: April 2 (Saturday)  
Time: 10:00am - 4:00pm (Lunch will not be provided)  
Fee: \$30.00  
Location: UFM Conference Room

**Meditation & Tai Chi Chuan**

HW29

This class will combine the practice of sitting meditation and the beginning study of the short form Yang style Tai Chi Chuan. This class will focus on the health benefits of Tai Chi Chuan through the principles of relaxation and correct position. Please bring a sitting cushion and comfortable clothing to each class.

*Karena Kimble* is an artist and Tai Chi Chuan practitioner. She studied under the tutelage of Jane and Bataan Faigo, advanced students of Master Cheng Man-Ching. She has been dedicated to the practice for 11 years.

Date: January 21 - March 18 (Friday)  
Time: 8:00pm - 8:45pm  
Fee: \$72.00  
Location: UFM Fireplace Room



See Youth section for  
yoga classes for kids

**Tai Chi Chuan for Beginners**

HW07

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*

Date: January 23 - March 20 (Sunday)  
Time: 8:30am - 9:30am  
Fee: \$72.00  
Location: UFM Fireplace Room

**Therapeutic Touch**

HW30A

The human body, mind, emotions, spirit and intuition form a complex and dynamic energy field. Therapeutic Touch works in this energy field to promote healing and reduce stress. Participants will work on each other (fully clothed) to learn the basics of Therapeutic Touch. By the end of class, participants will recognize changes in the energy field and know how to move in the energy field to reduce stress and promote healing.

*Eunice Dorst* (785-313-2549, edorst@direcway.com)

Date: January 27 (Thursday)  
Time: 7:00pm - 9:00pm  
Fee: \$12.00  
Location: UFM Conference Room

**Therapeutic Touch**

HW30B

*Eunice Dorst* (785-313-2549, edorst@direcway.com)

Date: March 23 (Wednesday)  
Time: 7:00pm - 9:00pm  
Fee: \$12.00  
Location: UFM Conference Room

**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

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**BRUCE BALKENHOL**  
Jin Shin Jyutsu Practitioner  
537-1049

**HEATHER GRITTON**  
Craniosacral Therapist &  
Natural Force Healing Practitioner  
776-0523

**PALMA M. HOLDEN**  
Spiritual Intuitive, Writing Tutor  
& Pet Consultant  
539-1183

**KRISTINA R. KRAMER**  
Certified Massage and  
Neuro-Muscular Therapist  
341-9217

**MARCIA MCFARLAND**  
Reiki Teacher & Practitioner  
776-1766

**SHARON LANDRITH**  
Medical & Personal Intuitive, Healing Touch  
Practitioner & Meditation Teacher  
556-1145

**JENNIFER MOONEY, MSN, ARNP-C**  
Family Nurse Practitioner  
776-7808

**MARILYN TOMICH**  
Astrology Consultant  
537-8335



# Career & Finance



## Gain Control of Your Money & Become Debt Free

FC01

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 7 (Monday)  
Time: 7:00pm - 8:30pm  
Fee: \$12.00 individual/\$16.00 couple  
Location: UFM Conference Room  
(Both Gain Control & Investing  
\$16.00 individual/\$20.00 couple)

## Investing In Your Future

FC02

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 14 (Monday)  
Time: 7:00pm - 8:30pm  
Fee: \$12.00 individual/\$16.00 couple  
Location: UFM Conference Room  
(Both Gain Control & Investing  
\$16.00 individual/\$20.00 couple)

## ABCs of Grantwriting (Basic Course)

FC09A

Whether you're a volunteer or staff member in one of the many non-profit organizations in Kansas, grantwriting is a key ability to have to ensure the success of your mission. Come learn the ins-and-outs of grant research, prospect research, and the basic types of grants available.

Linda Harvey (785-285-0453, [writergirlks@cox.net](mailto:writergirlks@cox.net)) has nearly a decade of experience in the non-profit sector. As a fundraiser, she has raised nearly \$500,000 through grantwriting. By trade, Ms. Harvey is a writer and teaches writing in K-State's journalism school. She is a graduate of KSU and also holds a master's degree in public administration from the University of Nebraska.

Date: February 12 (Saturday)  
Time: 9:00am - 11:30am  
Fee: \$42.00  
Location: UFM Conference Room

## ABCs of Grantwriting (Basic Course)

FC09B

Whether you're a volunteer or staff member in one of the many non-profit organizations in Kansas, grantwriting is a key ability to have to ensure the success of your mission. Learn the ins-and-outs of grant research, prospect research, and the basic types of grants available through a 5-week, online course in grantwriting. Online modules will utilize PowerPoint presentations (with audio), handouts and a class message board. (Proposal writing will be covered in another online class)

Linda Harvey (785-285-0453, [writergirlks@cox.net](mailto:writergirlks@cox.net))

Date: February 16 - March 16 (Wednesday)  
Time: At your Leisure  
Fee: \$49.00  
Location: Any PC available with Internet Access

## ABCs of Grantwriting (Advanced Course)

FC10

This class is an extension of the online ABCs of Grantwriting Basic course. Learn how to write effective grant proposals, and spend time learning how to write each section of a mock proposal during the 5-week online workshop. The ABCs of Grantwriting Basic Course is suggested before taking this class. Participants will need access to the Internet and a computer on which they can view PowerPoint presentations. PowerPoint, the Internet, MSWord and an online message board will be utilized during this course.

Linda Harvey (785-285-0453, [writergirlks@cox.net](mailto:writergirlks@cox.net))

Date: March 30 - April 27 (Wednesday)  
Time: At your Leisure  
Fee: \$49.00  
Location: Any PC available with Internet Access

## Welcome to the Real World

FC13A

Calling all teens! Here is your chance to experience life in the "Real World". Participants in this program will explore careers they might like to try in the future. Once you've selected a career, you'll participate in a simulation activity in which you'll receive one month's salary, deduct taxes, put money in savings and then pay your monthly bills. We'll explore how checking and savings accounts work, and how lifestyle choices can make a big impact on your ability to make it in the "real world".

Jennifer Wilson has been employed with K-State Research and Extension in Riley County since 1995. She currently works with youth, family and community development programs. Wilson has B.S. in agricultural communications and an M.S. in family life education, both from K-State. She enjoys helping young people learn to make good decisions in life.

Date: March 3 (Thursday)  
Time: 5:00pm - 7:00pm  
Fee: \$12.00  
Location: UFM Conference Room

## Yoga Connection

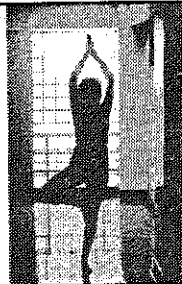
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## Welcome to the Real World

FC13B

Calling all teens! Here is your chance to experience life in the "Real World". Participants in this program will explore careers they might like to try in the future. Once you've selected a career, you'll participate in a simulation activity in which you'll receive one month's salary, deduct taxes, put money in savings and then pay your monthly bills. We'll explore how checking and savings accounts work, and how lifestyle choices can make a big impact on your ability to make it in the "real world".

Jennifer Wilson

Date: March 8 (Tuesday)  
Time: 7:00pm - 9:00pm  
Fee: \$12.00  
Location: UFM Conference Room

Are you a college student needing volunteer hours or a youth looking for something to do after school?

Come to UFM Community Learning Center for the Teen Mentoring Program!

Youth are matched one-on-one with volunteer college students for a variety of fun & educational activities.

Spring group begins February 8th & 9th

M.S. students meet on Wednesdays at UFM from 3:30-5:00 p.m.

H.S. students meet on Tuesdays at UFM from 3:30-5:00 p.m.

Transportation to and from group is provided!

Call Karen today at 539-8763 for more information and an application!

# Youth Classes



## Archery for Youth

YO01A

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

Tom Korte (785-776-8204) is a certified national archery instructor NAA level 4. Tom has helped his students compete at a national level and has produced a national champion. He has many years of coaching experience including Archery Instructor for 4-H and Shooting Sports Director for Boy Scout Camp. He is presently coaching Junior Olympic Archery Development, Manhattan Royal Archers and the KSU Archery Club.

Date: January 31 - February 21 (Monday)  
Time: 6:00pm - 7:00pm  
Fee: \$20.00  
Location: 1125 Laramie Plaza, upstairs

## Archery for Youth

YO01B

Tom Korte (785-776-8204)

Date: February 28 - March 28 (Monday)  
Time: 6:00pm - 7:00pm  
Fee: \$20.00  
Location: 1125 Laramie Plaza, upstairs  
No class March 21

## Introduction To Dance: Ballet, Tap, and Jazz

YO03A

This is an introductory class designed to provide exposure to basic ballet steps and the story ballet, The Nutcracker Ballet. The second half is an introduction to beginning Tap and Jazz steps. No dance experience or formal dance attire is needed. For children ages 4-12.

Randi Dale (785-539-5767) has taught dance for 42 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a master's degree in education. In Spring 2002, her dance students performed Swan Lake Ballet with her original choreography designed for children.

Date: January 18 (Tuesday)  
Time: 6:00pm - 6:45pm  
Fee: \$10.00  
Location: 2416 Rogers Blvd.

## Introduction To Dance: Ballet, Tap, and Jazz

YO03B

Randi Dale (785-539-5767)

Date: January 25 (Tuesday)  
Time: 6:00pm - 6:45pm  
Fee: \$10.00  
Location: 2416 Rogers Blvd.

## Wah Lum Kung Fu - Praying Mantis- For Kids!

YO07B

Caryn Brooks (carynfb@juno.com)

Date: March 9 - May 2 (Monday/Wednesday)  
Time: 6:00pm - 7:30pm  
Fee: \$46.00  
Location: KSU Ahearn Fieldhouse  
No class March 21 and March 23

## Wah Lum Kung Fu - Praying Mantis- For Kids!

YO07A

Students will learn the basics of Kung Fu which includes: kicks, punches, stances and small forms combination moves. As the child progresses, they will also learn applications of moves, more challenging techniques with jumps, and eventually weapons forms. Kung Fu is great for teaching children balance, coordination, control and patience.

Caryn Brooks (carynfb@juno.com) is from the Boston area. She has studied Wah Lum Kung Fu for about 13 years and has been teaching for about 5 years. About 3 years ago, before moving to Kansas, Caryn became a certified instructor for the Wah Lum System.

Date: January 19 - March 7 (Monday/Wednesday)  
Time: 6:00pm - 7:30pm  
Fee: \$46.00  
Location: KSU Ahearn Fieldhouse

## Piano Lessons for Kids and Beginners

YO11A

Learn the basics of music and how to play the piano. This course will require outside practice.

Laura Wood (785-539-9636, llw5454@ksu.edu) has competed at state level in piano competitions. Music has been a part of her whole life and the ability to play the piano has been rewarding. Please come learn her passion and have some fun.

Date: January 24 - March 14 (Monday)  
Time: Call for class times  
Fee: \$72.00  
Location: 1729 Anderson Ave.

## Piano Lessons for Kids and Beginners

YO11B

Laura Wood (785-539-9636, llw5454@ksu.edu)

Date: March 21 - May 9 (Monday)  
Time: Call for class times  
Fee: \$72.00  
Location: 1729 Anderson Ave.  
No class March 23

## Cheerleading and Dance 101

YO10A

This class will be focused on learning and critiquing the fundamentals of cheerleading; including but not limited to: motions, jumps, cheers and dance skills. Cheerleading can also help with flexibility and balance. There is a lot of memorization involved with dancing and cheering. Cheerleading is also a fun way to stay in shape. This class can help girls who are interested in trying out for cheerleading at a high school level.

Mary Fox (913-980-9881, mfox@ksu.edu) cheered for nine years. She has experience working with all ages of cheerleaders, including elementary-aged cheerleaders. She has competed at a varsity level in 5 different competitions and has attended multiple UCA camps.

Date: January 19 - February 9 (Monday/Wednesday)  
Time: 6:00pm - 8:00pm  
Fee: \$38.00  
Location: KSU Ahearn Fieldhouse

Swim lessons  
are available in the  
Aquatics section

## Cheerleading and Dance 101

YO10B

Mary Fox (913-980-9881, mfox@ksu.edu)

Date: February 14 - March 7 (Monday/Wednesday)  
Time: 6:00pm - 8:00pm  
Fee: \$38.00  
Location: KSU Ahearn Fieldhouse

## Cheerleading and Dance 101

YO10C

Mary Fox (913-980-9881, mfox@ksu.edu)

Date: March 28 - April 18 (Monday/Wednesday)  
Time: 6:00pm - 8:00pm  
Fee: \$38.00  
Location: KSU Ahearn Fieldhouse

## Yoga for Teens

YO12A

This class is offered to teenagers (13-18) as an introduction to Yoga. We will work to strengthen and stretch the body, balancing out the stresses of sports and helping correct any tightness and weaknesses. Open to all teens whether involved in sports or not. Yoga mat recommended but not required.

Diana Knox (785-564-3663, dknox@ksu.edu) is the Fitness Director of ProFitness in Aggieville. She has been involved in the fitness industry for 11 years as a director and an instructor. She is also certified through YogaFit and AFAA, as well as being a personal trainer.

Date: January 16 - February 27 (Sunday)  
Time: 3:30pm  
Fee: \$49.00  
Location: ProFitness in Aggieville, 1125 Laramie St., lower level

## Yoga for Teens

YO12B

Diana Knox (785-564-3663, dknox@ksu.edu)

Date: March 6 - April 24 (Sunday)  
Time: 3:30pm  
Fee: \$49.00  
Location: ProFitness in Aggieville, 1125 Laramie St., lower level  
No class March 27

## Yoga for Teens

YO12C

Diana Knox (785-564-3663, dknox@ksu.edu)

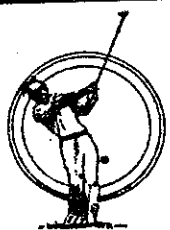
Date: January 13 - February 24 (Thursday)  
Time: 4:30pm  
Fee: \$49.00  
Location: ProFitness in Aggieville, 1125 Laramie St., lower level

## Yoga for Teens

YO12D

Diana Knox (785-564-3663, dknox@ksu.edu)


Date: March 3 - April 21 (Thursday)  
Time: 4:30pm  
Fee: \$49.00  
Location: ProFitness in Aggieville, 1125 Laramie St., lower level  
No class March 24



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# Martial Arts



## White Phoenix Kung Fu

MA03

(Formerly known as White Dragon Kung Fu) In this class we will do basic solo techniques (bows, stances, blocks, hand strikes and kicks) and two person one-step sparring techniques. This style of Kung Fu includes hard, soft and internal methods, although it starts out with mostly hard style methods.

Stan Wilson (785-313-5488) has been doing martial arts for 35 years and holds a second degree black belt in Hakkoryu Jujutsu, a second degree black sash in White Dragon Kung Fu, an eight degree black sash in Zee Do Lum Kung Fu, and a first degree black sash in Mew Hing's 18 Taoist Palms Kung Fu. He has produced 3 books, over 20 manuals, and over 20 video tapes on the martial arts and self-defense. He is the founder of the White Phoenix system of martial arts, which is 40% Kung Fu, 40% Jujutsu, and 20% other methods.

Date: March 28 - April 25 (Monday)  
Time: 8:00pm - 9:00pm  
Fee: \$42.00  
Location: KSU Ahearn Fieldhouse

## Modern Aikijujutsu

MA11

In this class we will work on falling without getting hurt, the Hakkoryu basic waza (two person techniques), 20 Jujutsu self-defense techniques (two person), and self-walking exercises from the Hakkosen system. This is a self-defense oriented class. The student should wear loose comfortable clothing. The Hakkoryu techniques are similar to Aikido.

Stan Wilson (785-313-5488)

Date: January 31 - March 7 (Monday)  
Time: 8:00pm - 9:00pm  
Fee: \$42.00  
Location: KSU Ahearn Fieldhouse



## Judo I

MA08Z

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 safety of participants and for demonstrating fundamental principles.

Isaac Wakabayashi

Date: January 18 - May 5 (Tues/Thurs)  
Time: 8:45pm - 9:45pm  
Fee: \$75.00  
Location: KSU Ahearn Fieldhouse, Room 301  
(Available for KSU credit)  
No class March 22 & March 24.

## Judo II

MA09Z

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 18 - May 5 (Tues/Thurs)  
Time: 9:45pm - 10:45pm  
Fee: \$75.00  
Location: KSU Ahearn Fieldhouse, Room 301  
(Available for KSU credit)  
No class March 22 & March 24

## Tae Kwon Do I

MA01Z

Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance and flexibility. The basics of blocking, punching, kicking, self-defense and white belt form will be covered. Class will consist of practicing these skills as a group, working with other classmates and the instructor one-on-one. At the end of the semester, students will have the option to be tested for their orange belt.

David Moore

Date: January 18 - May 5 (Tues/Thurs)  
Time: 6:30pm - 8:30pm  
Fee: \$72.00  
Location: KSU Ahearn Fieldhouse  
(Available for KSU credit)  
No class March 22 & March 24

## Tae Kwon Do II

MA02Z

Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance and flexibility. The Tae Kwon Do II class is for students who have completed Tae Kwon Do I or who have advanced skills. Students will continue to develop the skills of blocking, punching, kicking and self-defense.

David Moore

Date: January 18 - May 5 (Tues/Thurs)  
Time: 6:30pm - 8:30pm  
Fee: \$72.00  
Location: KSU Ahearn Fieldhouse  
(Available for KSU credit)  
No class March 22 & March 24

## Lao Hu Pai Kung Fu

MA05

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. Ages 14 and up.

Dr. Michael Tran (mtrandpm@hotmail.com) has been actively practicing martial arts for the past 18 years and holds a second degree black belt (sensei level) in Lao Hu Pai Kung Fu, first degree black belt in Won Hop Loong Chuan Kung Fu, and a first degree black belt in Goshin Aikijutsu. He has extensive training in other systems including: Vovinam, Shaolin Long Fist and Praying Mantis.

Date: January 19 - May 4 (Wednesday)  
Time: 6:00pm - 8:00pm  
Fee: \$59.00  
Location: KSU Ahearn Fieldhouse  
No class March 23

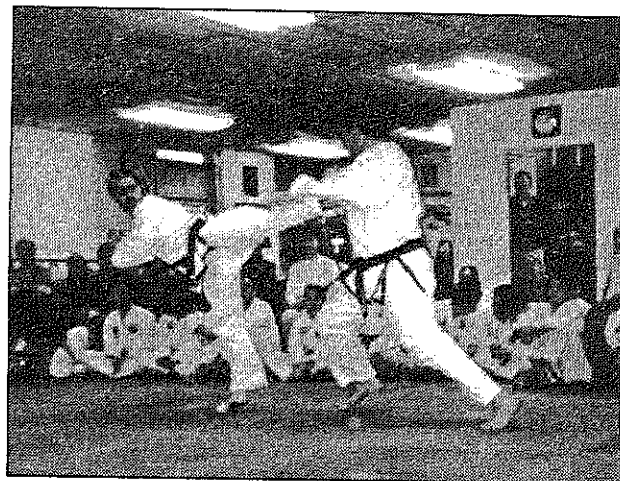
## Tae Kwon Do I in Salina

MA12Z

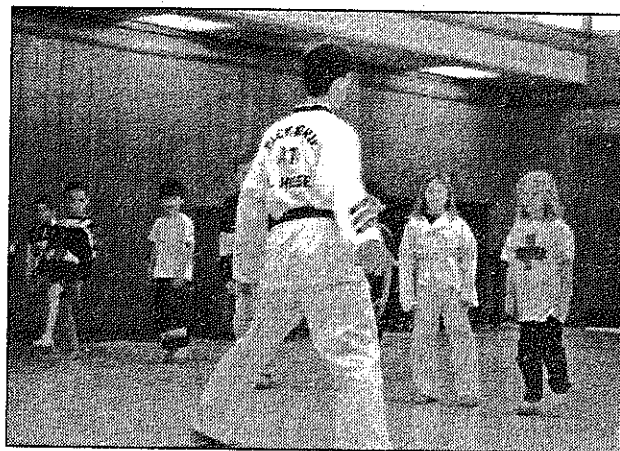
Tae Kwon Do is an effective way to unify the mind and body. It develops one's health by increasing cardiovascular abilities, strength, balance and flexibility. The basics of blocking, punching, kicking and self defense are taught. Students will work through the materials from white belt through yellow belt (the 1st three levels) at an individual pace. Class will consist of practicing these skills as a group, working with other classmates and the instructor one on one. There will be 3 testings (on skill) as you progress through each level. Not all students will be expected to cover all three levels.

Cathy Strowig

Date: January 13 - May 5 (Mon/Thurs)  
Time: 4:00pm - 5:00pm  
Fee: \$72.00  
Location: Salina Rec Center, 3142 Scanlan Ave.  
(Available for KSU credit)  
No class January 17, March 21 & March 24



Kung Fu For Kids  
is listed in the  
Youth Section  
on Page 14



You can now enroll  
in UFM classes  
ONLINE at  
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# Creative Free Time



## Harmonica Nights

CF06

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 and up.

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

Date: February 17 (Thursday)  
Time: 7:00pm - 8:30pm  
Fee: \$22.00 (Harmonica Provided)  
Location: UFM Fireplace Room

## Learning to Write and Sell Fiction

CF36

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 students' 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 17 years. His credits include science fiction, fantasy, horror, and children's stories published in magazines and 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 28 - March 14 (Monday)  
Time: 7:30pm - 9:30pm  
Fee: \$18.00  
Location: UFM Multipurpose Room



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## Brain Gym Core Course Series - Optimal Performance

CF29A

Learn and review the 26 movements that are considered the Brain Gym Activities. This set of simple activities enhances whole brain learning. When used with awareness and intention, participants often experience immediate and profound improvement. The activities have a simple, physiological basis and are easily done in less than five minutes. This workshop offers a brief insight into the physiological basis of PACE that has implications for explaining why the activities have such a significant impact on learning. PACE is a combination of four of the movements that are used before beginning a new learning experience to relieve stress and regain optimal performance. Often used anytime during learning, PACE becomes a useful habit for learners of all ages.

Also taught in this workshop is body awareness. Brain Gym is a body awareness program. The simple tool of "noticing" is vital to learning. One cannot store for later reference anything that is not noticeable by the mind/body system. Throughout the workshop participants will be reminded to bring their awareness into play and notice the impact it has on their overall effectiveness. The information will be explored in the Five Steps To Easy Learning Process taught in Educational Kinesiology. You are encouraged to come with a goal in mind such as "How to use what you learn effectively". This day offers you enough information and experience to begin to use Brain Gym successfully with yourself, your family, friends and/or your students.

*Judy Metcalf* (571-217-7736, jmetcalf44@aol.com) is licensed by Brain Gym International/Educational Kinesiology Foundation and has been teaching for 30 years. She welcomes opportunities to share her passion about moving to learn and learning to move and invites you to join in lifelong learning.

Date: January 22 (Saturday)  
Time: 9:30am - 4:30pm  
Fee: \$74.00  
Location: UFM Kitchen

## Brain Gym Core Course Series - Repatterning

CF29B

Learn and review PACE, the Brain Gym Learning Readiness Tool, which prepares the mind/body system for fun and easy learning. This learning "jump-start" is unique to Brain Gym and is useful whenever the participant feels a need to re-energize and/or gain more clarity for a more active and positive learning experience. These four Brain Gym activities have a simple, physiological basis and are easily done in less than five minutes. This workshop includes two repatterning techniques. The Dennison Laterality Repatterning is a simple process that is unique to the work created by Dr. Paul Dennison, Ph.D., known as Educational Kinesiology. The Three Dimensional Repatterning is a variation of this basic technique that requires a different body orientation with more in-depth use of the muscular system to re-organize the nervous system. Participants enhance basic movement patterns and create a higher level of whole brain learning by using these processes.

Also taught in this workshop is an awareness of the use of the muscular system to access information that can be helpful in understanding the participant's levels of integration or lack thereof. With enhanced levels of muscular awareness you are able to make better choices in your learning and decision-making. Muscle response, often referred to as muscle checking or applied kinesiology by specialists, is explored at the level of group interest. The information will be explored in the Five Steps To Easy Learning Process for Whole Body Movement and can include goals for such academic skills as reading, writing, spelling and math.

*Judy Metcalf* (571-217-7736, jmetcalf44@aol.com)

Date: January 29 (Saturday)  
Time: 9:30am - 4:30pm  
Fee: \$74.00  
Location: UFM Kitchen

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## Take a Peek at the Past

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

### Riley County Historical Museum

2309 Clafin

- 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 Clafin

- 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



**Brain Gym Core Course Series - Three Dimensions of Learning**

CF29C

This workshop offers practical applications of PACE, the Brain Gym learning readiness tool. This combination of four simple Brain Gym activities is encouraged anytime learners feel unprepared for what is to "come next" as they learn. Participants will experience using PACE in a variety of situations. The skill of "noticing" will be explored. This skill is most important in the learning process for the development of cognitive thinking. What we first experience in the body can then be recorded in the brain. Information will be presented by building knowledge piece by piece using the five steps to learning taught in Educational Kinesiology.

Judy Metcalf (571-217-7736, jmetcalf44@aol.com)

Date: April 23 (Saturday)  
Time: 9:30am - 4:30pm  
Fee: \$74.00  
Location: UFM Kitchen

**Brain Gym Core Course Series - Bringing It All Together**

CF29D

Learn and review all of the Brain Gym activities. Make it a habit of doing PACE. Create intentional movement using the 26 activities on a regular basis. Notice the differences you experience in academic skills, whole body movement and other life skills. This class brings your knowledge about Brain Gym together in a complete and expansive way. This workshop helps students to refine the skills learned over a combination of 18 hours prior to Bringing It All Together. Practical implications are shared and a foundation for future support is developed. You will receive membership in the international organization, the Educational Kinesiology Foundation and materials to support the use of Brain Gym in your personal and/or professional life.

Also learned in this workshop is any skill or technique that has been un-integrated in your previous Brain Gym learning. The dimensions of laterality, centering and focus are clearly experienced in the physiology of each participant allowing for easier communication, organization and focus in daily life activities. For this additional six hour training, participants will receive a certificate for completion of the Brain Gym Core Course recognized as the basic class for all offerings of the Educational Kinesiology Foundation training program often referred to as Brain Gym 101. All classes in this series are taught by licensed instructors.

Judy Metcalf (571-217-7736, jmetcalf44@aol.com)

Date: April 30 (Saturday)  
Time: 9:30am - 4:30pm  
Fee: \$74.00  
Location: UFM Kitchen

**Piano I**

CF35Z

This is a group keyboard class designed for beginners with no previous keyboard experience. This popular class teaches basic concepts which includes note reading, rhythm reading, sight reading and group and individual playing. Outside practice is essential for progress in this class.

Andrea Perez

Date: March 7 - May 4 (Mon/Wed)  
Time: 4:30pm - 5:20pm  
Fee: \$119.00  
Location: KSU McCain Hall, Room 127 (Available for KSU credit)  
No class March 21 & March 23

**Piano II**

CF37Z

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

Andrea Perez

Date: March 7 - May 4 (Mon/Wed)  
Time: 5:30pm - 6:20pm  
Fee: \$119.00  
Location: KSU McCain Hall, Room 127 (Available for KSU credit)  
No class March 21 & March 23

**Guitar for Beginners**

CF38A

This is a group guitar class designed for those with no previous guitar experience. This class will provide the basic concepts of guitar in an enjoyable atmosphere. No prior knowledge of music required. You will need a 6 string electric or acoustic guitar.

Adam Ingersoll (785-395-4862, adamingersoll@hotmail.com)

Date: February 1 - March 8 (Tuesday)  
Time: 6:00pm - 6:30pm  
Fee: \$42.00  
Location: UFM Fireplace Room

**Guitar for Beginners**

CF38B

Adam Ingersoll (785-395-4862, adamingersoll@hotmail.com)

Date: March 29 - May 3 (Tuesday)  
Time: 6:00pm - 6:30pm  
Fee: \$42.00  
Location: UFM Fireplace Room

**Beginning Knitting**

CF05A

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 smooth yarn for the first project. Materials will be available for purchase at the first class.

Kennita Tully (785-537-1826) is the proprietor of Wildflower Yarns and Knitwear, 106 S. 4th Street in Manhattan. She designs knitwear for national knitting magazines and yarn companies.

Date: January 20 - February 10 (Thursday)  
Time: 7:00pm - 8:30pm  
Fee: \$31.00  
Location: Wildflower Yarns & Knitwear, 106 S. 4th St.

**Beginning Knitting**

CF05B

Kennita Tully (785-537-1826)  
Date: February 9 - March 2 (Wednesday)  
Time: 7:00pm - 8:30pm  
Fee: \$31.00  
Location: Wildflower Yarns & Knitwear, 106 S. 4th St.

**Beginning Knitting**

CF05C

Kennita Tully (785-537-1826)  
Date: April 7 - April 28 (Thursday)  
Time: 7:00pm - 8:30pm  
Fee: \$31.00  
Location: Wildflower Yarns & Knitwear, 106 S. 4th St.

**Triple Techniques in Stamping**

CF31A

Triple your stamping and scrapbooking fun each time you take this class! You will learn 3 new techniques every session - plus you are invited to come back to the next session and trade cards made with the previous months techniques! What a great way to learn new things and get more examples of how to apply them! We will be learning the following in the next three sessions: Almost Leather, Bleach Stamping, Shimmer Spray, Brayered Backgrounds, Chalk Popping, Fading for motion, plus 3 mystery techniques to be announced in class. All supplies and materials are furnished to make 3 samples (one of each technique), plus you will receive a technique sheet on each technique with written instructions and supplies listed - this is a great tool to make a technique binder of your own with samples included!!! NOTE: Stamping Basics is required before taking the Triple Technique class. Come and join the stamping fun!

Heather Scott (785-494-2505) is a published rubber stamp artist. She has been stamping for ten years. Let her help you catch the stamping bug, so you can create masterpieces of your own for friends and family.

Date: February 7 (Monday)  
Time: 7:00pm - 9:00pm  
Fee: \$19.00  
Location: UFM Kitchen

**Triple Techniques in Stamping**

CF31B

Heather Scott (785-494-2505)

Date: March 7 (Monday)  
Time: 7:00pm - 9:00pm  
Fee: \$19.00  
Location: UFM Kitchen

**Triple Techniques in Stamping**

CF31C

Heather Scott (785-494-2505)

Date: April 4 (Monday)  
Time: 7:00pm - 9:00pm  
Fee: \$19.00  
Location: UFM Kitchen

**Rubber Stamping Basics**

CF33A

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 (785-494-2505)

Date: February 28 (Monday)  
Time: 7:00pm - 9:00pm  
Fee: \$19.00  
Location: UFM Fireplace Room

**Rubber Stamping Basics**

CF33B

Heather Scott (785-494-2505)

Date: April 25 (Monday)  
Time: 7:00pm - 9:00pm  
Fee: \$19.00  
Location: UFM Fireplace Room



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Scholarships are available to assist with class fees for both adults & children

Big and Beautiful Laundry Basket

The biggest basket I've woven yet! Its finished diameter is 23" with a height of 13", all the better for hauling lots of laundry or for storage use. It is woven with different sizes of flat natural reed on a wooden base and is finished with bushel handles for easy lifting. It is a big beauty. Deadline for registering in this class is a week prior to start date.

Joyce Resnick (785-232-3511)

Date: April 16 (Saturday)
Time: 9:00am - 2:00pm
Fee: \$50.00
Location: UFM Greenhouse

Exploration of Drawing and Watercolor

We will use drawing fundamentals such as varying line thickness, gesture drawing, still life drawing, contour and value. These exercises will lead us into the creation of watercolor compositions such as landscapes, portraits, flowers and more.

Brandon Lutterman (btlutter@ksu.edu) is a graduate from Mankato State University with a B.F.A. in fine arts and a master of arts degree in ceramics from Kansas State University. His hobbies consist of portrait drawings, water color and other art activities. He also researches Marine Biology and is an AM AU AVID Aquarist.

Date: January 29 - March 5 (Saturday)
Time: 9:00am - 11:30am
Fee: \$44.00
Location: UFM Banquet Room

Hanging File Folder Basket

A practical and decorative addition for your desktop. We will weave a holder for a plastic hanging file folder insert from both dye and natural reed. Weavers may choose to add woven flowers as additional decoration. Deadline for registering in this class is a week prior to start date.

Joyce Resnick (785-232-3511) has been weaving for 8 years and teaching for more than 2 years. She is a member of the weaving guild in Kansas City, Lawrence, Topeka and Wichita. Joyce stays up to date with current information, design and trends by attending basket weaving conventions and retreats throughout the Midwest. Joyce loves to share her basket weaving passion with students who are interested in exploring this heirloom craft that combines history, service and decorative elements in a fun atmosphere. Joyce was named Kansas Arts Commission Fellow for basket weaving in 2004.

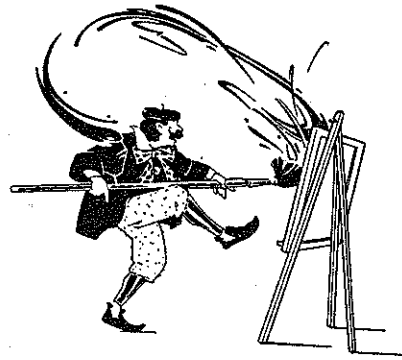
Date: January 22 (Saturday)
Time: 9:00am - 2:00pm
Fee: \$40.00
Location: UFM Greenhouse

Music Fundamentals

This course is based on learning the beginning fundamentals of music. This class is more of an academic class. We will listen to music, learn about notes, and really enjoy what music has to offer. This course will be a light, fun and stress free environment.

Lauren Roesner excelled in music most of her life. She plays the violin, piano and sings. She was a student in music performance at KSU, emphasizing in the violin. She has played for many groups and helped raise money for the funding of the Salina Central High Strolling Strings.

Date: January 27 - March 17 (Thursday)
Time: 7:15pm - 8:15pm
Fee: \$39.00
Location: UFM Banquet Room



Chess Workshop: Beginning to Intermediate

Open to all ages. The workshop will cover from the basics to the specifics on how to play chess. Students will learn all phases of the game including: opening organization, middle game development, end game techniques, how to checkmate the King, some chess tactics, how to draw and win lost positions and more. The class is for both beginner and intermediate level game players. No equipment necessary.

Raymond Paul (robindale7@yahoo.com) has been an avid chess enthusiast for most of his adult life by teaching and playing chess. He was the KSU Chess Club's founder and president in the late 90's and was recently the president of the Fort Hays State Chess Club. He enjoys writing poetry, mathematics, black and white photography, oil painting and has a degree in science.

Date: January 12 - May 4 (Wednesday)
Time: 4:00pm - 6:00pm
Fee: \$54.00
Location: KSU Student Union, Room 206
No class March 23

Beginning Brazilian Drumming

In this introduction to brazilian drumming you will learn the fundamentals of batucada-style samba made famous in Rio at Carnival. In addition to developing skills on original brazilian drums including repenique, caixa and tamborim, you will learn call and response patterns, and section breaks typical of this exciting music. No prior drumming experience necessary.

Steve Travers (785-539-9250, travers@ksu.edu) education in percussion began in the fifth grade and continued through Kansas State University where he played in the marching band and jazz ensemble in the 80's. He first learned brazilian drum styles playing in Los Angeles with a large "escola" derived from the Rio-based Mocidade Independente. In addition to playing with other batucada groups in San Francisco, Boston and New York City he formed two groups of his own (Solta Franga Ithaca, NY and SBSS, Santa Barbara, CA) that still play today.

Date: January 24 (Monday)
Time: 7:30pm - 8:30pm
Fee: \$14.00
Location: UFM Fireplace Room

Fort Sumpter Fireside Basket

This basket is fashioned from a basket on display in historic Fort Sumpter. Its original use was thought to be for holding firewood or kindling but could be used for any type of gathering due to its generous size and sturdiness. It is woven from flat natural reed accented by two bands of colorful twill weaving and completed by two bushel handles on the top for easy lifting. Deadline for registering in this class is a week prior to start date.

Joyce Resnick (785-232-3511)

Date: February 26 (Saturday)
Time: 9:00am - 2:00pm
Fee: \$40.00
Location: UFM Multipurpose Room

Hearth or Gathering Basket

Learn how to make a large basket with sides that taper down low for easy access, which lends itself to flower/vegetable gathering or kindling for your fireplace. It is woven with colorful dyed reed and makes a useful and decorative basket for display. Deadline for registering in this class is a week prior to start date.

Joyce Resnick (785-232-3511)

Date: March 26 (Saturday)
Time: 9:00am - 2:00pm
Fee: \$40.00
Location: UFM Multipurpose Room

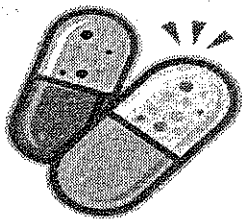
Chess Workshop: Beginning to Intermediate

Raymond Paul (robindale7@yahoo.com)

Date: January 12 - May 4 (Wednesday)
Time: 6:00pm - 8:00pm
Fee: \$54.00
Location: KSU Student Union, Room 206
No class March 23

REIKI ENERGY MEDICINE Bonnie Hansen, Ph.D. Reiki Master Teacher (785) 539-9286 Classes, Nutritional Counseling, Therapy, Reconnection

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**Basic Nature Photography**

CF13

This class focuses on using SLR cameras and equipment (both film and digital). To get the most out of this class, participants should have either a film or digital SLR that users can take complete manual control of settings such as aperture and shutter speed. People with other types of cameras are welcome to take the class, but if you don't have the ability to manually control camera settings you won't get as much from the class. Topics that will be covered include basic camera settings and operation, choosing and using different lenses, types of film and an introduction to exposure, composition and technique. Discussion of issues relevant to digital photography such as white balance and resolution will be covered if necessary. The class will emphasize landscape and nature photography, but anyone interested in photography will benefit.

This class is geared toward beginning photographers and those wishing to know more about a camera operation and nature photography. To get the most out of the class, participants are encouraged to bring their camera to each class. Tripods will also be beneficial. The class will include 3 classroom meetings and 2 field trips. Exact times of the field trips will be discussed at the first class but will be in the evenings a couple of hours before sunset. Class fees include an 8x10 picture and a photography booklet. Participants will be responsible for their own film and development costs. In addition, participants are encouraged to bring prints from the field trips to the following class session for discussion.

Scott Bean (785-776-9441, srbean@ksu.edu) has been enjoying the hobby of nature photography for over 10 years. Photography is a wonderful way to enjoy the beauty of nature. Each photograph represents a unique view of our world. Scott would like the chance to help others get started in this wonderful hobby. His goal is to help you avoid some of the common mistakes he experienced as a beginning photographer and help you get the most out of your camera and avoid being frustrated with your camera.

Date: April 20 - May 4 (Wed/Sat)  
Time: 7:00pm - 9:00pm (Class time)  
5:00pm - 8:00pm (Field trip time)  
Fee: \$46.00  
Location: UFM Conference Room

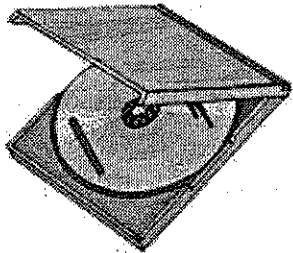
**Burn Baby Burn! (A DVD That Is!)**

CF43A

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: March 7 (Monday)  
Time: 7:00pm  
Fee: \$25.00  
Location: UFM Fireplace Room



**Burn Baby Burn! (A DVD That Is!)**

CF43B

Gordon Schmid  
Date: April 7 (Thursday)  
Time: 7:00pm  
Fee: \$25.00  
Location: UFM Fireplace Room

**Safe & Creative Album Making (family photos & more)**

CF42A

Where are your photos? It's time to turn that box of photos into an album full of pictures, memorabilia and journaled 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: March 7 (Monday)  
Time: 7:00pm  
Fee: \$14.00  
Location: UFM Fireplace Room

**Safe & Creative Album Making (family photos & more)**

CF42B

Pam Schmid  
Date: April 7 (Thursday)  
Time: 7:00pm  
Fee: \$14.00  
Location: UFM Fireplace Room

**Pattern Making**

CF49A

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

Florence Wang has worked as a pattern maker and fashion designer in Taiwan and was born into a family textile business that gave her 12 years of pattern design experience.

Date: March 25 & April 1 (Friday)  
Time: 10:00am - 12:00pm  
Fee: \$65.00  
Location: UFM Fireplace Room

**Pattern Making**

CF49B

Florence Wang  
Date: April 22 & April 29 (Friday)  
Time: 10:00am - 12:00pm  
Fee: \$65.00  
Location: UFM Fireplace Room

**Mosaic Magic**

CF50

Be a mosaic magician and make something new and beautiful from something old and broken. Bring your cracked, broken and mismatched china and turn it into a new mosaic serving plate. While the instructor will provide some china to break and use in decorating the mosaic platter, participants should bring a pillowcase and their own broken china or plates to break during class. The class will learn to properly break, attach, grout and protect the china tiles on a new serving platter. All other materials will be provided. Do not bring any glass to use for this class.

Olivia Collins is a new mosaic artist who is eager to learn with and from others who are interested in this creative craft. Bring your unique design ideas to share.

Date: January 31 (Monday)  
Time: 6:30pm - 8:30pm  
Fee: \$15.00  
Location: UFM Kitchen

**Fantasy Workshop**

CF51

This class will be focused on developing people's fantasy skills and making them able to bring a part of their dreams and visions to the real world. "Express your dreams and what you carry in your head!" The class will contain drawings, readings, and listening to music and creating. Warning: You can find out something about yourself you don't know yet!

Veronika Skrivankova (veronika@ksu.edu)  
Date: February 2 - March 30 (Every other Wednesday)  
Time: 3:15pm - 4:20pm  
Fee: \$39.00  
Location: UFM Conference Room

**Indian Friendship Bracelets**

CF52

Make a beautiful indian bracelet on your own! Tell your friends they have a place in your life and make a little present for them. It's not difficult and it doesn't take very long, it's fun and it helps to develop your skills. Many different types are available and also hair streams are possible if you are interested. Material will be provided for the first class.

Veronika Skrivankova (veronika@ksu.edu)  
Date: February 2 - March 2 (Wednesday)  
Time: 2:00pm - 3:00pm  
Fee: \$39.00  
Location: UFM Conference Room



**Beginning Oil Painting**

CF53

This introductory course to oil painting will thoroughly cover the process of creating an entire painting. Students will learn the technical aspects of oil painting materials, including preparation of color palettes. A list of materials will be provided when you enroll for this class.

Hannah Hess (Bronston2001@yahoo.com) is in her final semester at K-State studying art therapy. She hopes to bring the artistic knowledge that she has acquired from her education to others in the community and looks forward to the future.

Date: February 2 - 23 (Wednesday)  
Time: 6:00pm - 9:00pm  
Fee: \$18.00  
Location: UFM Fireplace Room

**TEEN MENTORING PROGRAM**

Spring program

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

Groups meet Tuesdays & Wednesdays from 3:30 to 5:00 p.m.

Call UFM at 539-8763 for an application or more information

# Recreation & Fitness



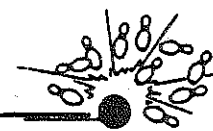
## Bowling Basics

RF20

Want to go bowling with your friends but don't know how to bowl? This 4 week class is just for you. Learn courtesy, stance, approach, timing, finish position, how to shoot spares, differences in equipment and how to keep score.

Dave and Patti Zuck are USA Bronze Certified coaches and will make the learning process fun.

Date: February 1- February 22 (Tuesday)  
 Time: 7:00pm  
 Fee: \$40.00  
 Location: 515 Richards Dr., Zuckey Bowl



## Archery for Adults

RF01

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

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

Date: March 28 - May 2 (Monday)  
 Time: 8:00pm - 9:30pm  
 Fee: \$29.00  
 Location: 1125 Laramie Plaza, upstairs

## Archery Instructor Training and Certification - Level I

RF37Z

In this Level I Basic Training and Certification archery program you will learn how to set up and operate a safe short-term archery program, how to teach new archers, how to maintain your equipment, and how to create fun games for your new archers. The required NADA textbook will be available for purchase from the instructor at the first class meeting.

Tom Korte

Date: January 27 - March 17 (Thursday)  
 Time: 8:00am - 9:50am  
 Fee: \$89.00  
 Location: 1125 Laramie Plaza, upstairs  
 (Available for KSU credit)



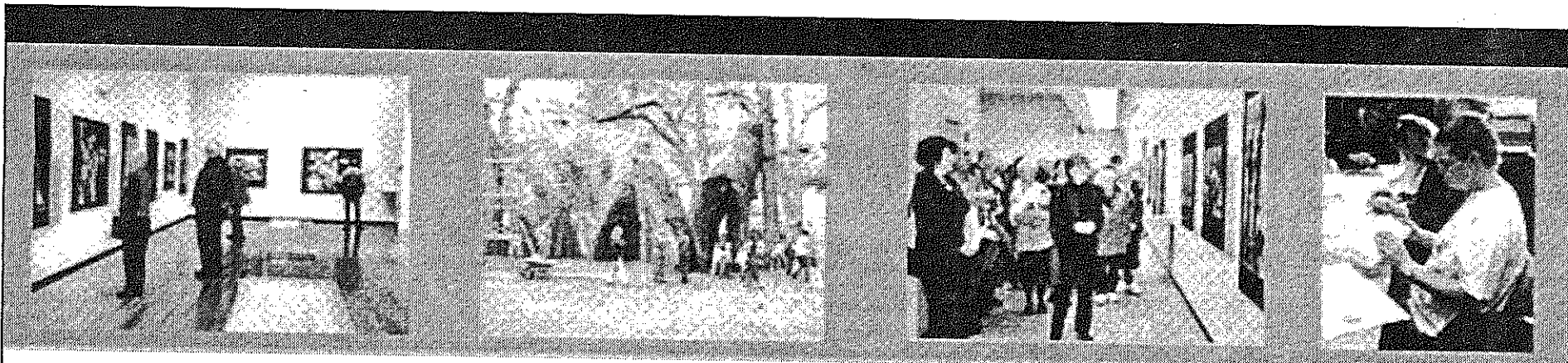
## Beginning Bowling

RF17Z

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 (785-532-6562) is an experienced bowler.

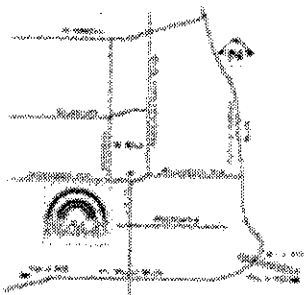
Date: January 13 - May 5 (Thursday)  
 Time: 10:30am - 11:20am  
 Fee: \$77.00  
 Location: KSU Student Union Bowling Alley  
 (Available for KSU credit) No class March 24



## The Marianna Kistler Beach Museum of Art

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Tuesday - Friday 10 - 5  
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 to the museum





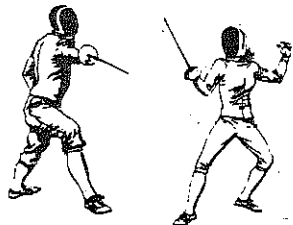
**Beginning Fencing**

RF21Z

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

Jeff Gwartz

Date: January 31 - May 2 (Monday)  
 Time: 6:00pm - 7:30pm  
 Fee: \$44.00 own equipment/\$74.00 instructor equipment  
 Location: KSU Ahearn Fieldhouse  
 (Available for KSU credit) No class March 21



**Intermediate Fencing**

RF22Z

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

Jeff Gwartz

Date: January 31 - May 2 (Monday)  
 Time: 7:30pm - 9:00pm  
 Fee: \$44.00 own equipment/ \$74.00 instructor equipment  
 Location: KSU Ahearn Fieldhouse  
 (Available for KSU credit) No class March 21

**Introduction to Golf**

RF04A

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, chipping, pitching, 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 (785-539-1041), a PGA professional, is the golf pro at Stagg Hill Golf Course.

Date: April 7 - April 28 (Thursday)  
 Time: 6:00pm  
 Fee: \$36.00  
 Location: Stagg Hill Golf Club, 4441 Fort Riley Blvd.

**Introduction to Golf**

RF04B

Jim Gregory (785-539-1041)

Date: May 5 - May 26 (Thursday)  
 Time: 6:30pm  
 Fee: \$36.00  
 Location: Stagg Hill Golf Club, 4441 Fort Riley Blvd.

**Golf**

RF05Z

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.

Jim Gregory

Date: March 3 - April 28 (Thursday)  
 Time: 9:30am - 11:30am  
 Fee: \$123.00  
 Location: Stagg Hill Golf Club, 4441 Ft. Riley Blvd  
 (Available for KSU credit) No class March 24

**Intermediate/Advance Golf in Salina**

RF31AZ

This course is designed for the intermediate/advanced golfer. It will allow students to improve their existing golf skills, both physically and mentally. Students will practice improving their golf swing and short game, both on the driving range and on the golf course. The first round of golf and first basket of balls are included in class fees. Students will be responsible for one round of golf and additional baskets of balls, \$5.00/basket.

Ronda Green

Date: March 7 - May 2 (Monday)  
 Time: 4:00pm - 6:00pm  
 Fee: \$140.00  
 Location: Salina Rec Center, 3142 Scanlan Ave.  
 (Available for KSU credit) No class March 21

**Intermediate/Advance Golf in Salina**

RF31BZ

Ronda Green

Date: March 2 - April 27 (Wednesday)  
 Time: 5:30pm - 7:30pm  
 Fee: \$140.00  
 Location: Salina Rec Center, 3142 Scanlan Ave.  
 (Available for KSU credit) No class March 23

**Golf in Salina**

RF06AZ

This course is designed for the beginning golfer. It will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching and sand shots; mental aspects, rules of play, course etiquette, selection and use of equipment. Time allowed for both classroom and golf course play and driving range practice. Students are responsible for one round of golf and additional basket of balls, \$5.00/basket.

Ronda Green

Date: March 7 - May 2 (Monday)  
 Time: 2:00pm - 4:00pm  
 Fee: \$140.00  
 Location: Salina Rec Center, 3142 Scanlan Ave.  
 (Available for KSU credit) No class March 21

**Golf in Salina**

RF06BZ

Ronda Green

Date: March 3 - April 28 (Thursday)  
 Time: 5:30pm - 7:30pm  
 Fee: \$140.00  
 Location: Salina Rec Center, 3142 Scanlan Ave.  
 (Available for KSU credit) No class March 24

**Golf in Junction City**

RF30AZ

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.

Jim Peterson

Date: March 1 - April 26 (Tuesday)  
 Time: 5:30pm - 7:30pm  
 Fee: \$123.00  
 Location: Rolling Meadow Golf Course, 7550 Old Military Rd., Milford  
 (Available for KSU credit) No class March 22

**Golf in Junction City**

RF30BZ

Jim Peterson

Date: March 2 - April 27 (Wednesday)  
 Time: 5:30pm - 7:30pm  
 Fee: \$123.00  
 Location: Rolling Meadow Golf Course, 7550 Old Military Rd., Milford  
 (Available for KSU credit) No class March 23

**Tennis**

RF19AZ

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.

Bill Fraley

Date: February 1 - April 19 (Tuesday)  
 Time: 1:30pm - 3:00pm  
 Fee: \$69.00  
 Location: Cottonwood Racquet Club, 3615 Claflin Rd.  
 (Available for KSU credit) No class March 22

**Tennis**

RF19BZ

Bill Fraley

Date: February 2 - April 20 (Wednesday)  
 Time: 1:30pm - 3:00pm  
 Fee: \$69.00  
 Location: Cottonwood Racquet Club, 3615 Claflin Rd.  
 (Available for KSU credit) No class March 23

**Ballroom Dance I**

RF26AZ

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

Michael Bennett

Date: January 19 - May 4 (Wednesday)  
 Time: 8:00pm - 9:00pm  
 Fee: \$51.00 individual/\$89.00 couple  
 Location: ECM Auditorium, 1021 Denison Ave.  
 (Available for KSU credit) No Class March 23

**Ballroom Dance I**

RF26BZ

Michael Bennett

Date: January 19 - May 4 (Wednesday)  
 Time: 9:00pm - 10:00pm  
 Fee: \$51.00 individual/\$89.00 couple  
 Location: ECM Auditorium, 1021 Denison Ave.  
 (Available for KSU credit) No class March 23

See the Youth & Aquatics  
 sections for recreation and  
 swim classes



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**Swing & Salsa Dancing**

RF27A

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

Michael Bennett (dance599@yahoo.com) 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 Amateer Ballroom Dancers Association.

Date: January 21 - February 25 (Friday)  
Time: 7:30pm - 8:30pm  
Fee: \$34.00 individual/\$52.00 couple  
Location: ECM Auditorium, 1021 Denison Avenue

**Swing & Salsa Dancing**

RF27B

Michael Bennett (dance599@yahoo.com)

Date: April 1 - May 6 (Friday)  
Time: 7:30pm - 8:30pm  
Fee: \$34.00 individual/\$52.00 couple  
Location: ECM Auditorium, 1021 Denison Avenue

**Beginning Dance for Couples**

RF38A

"For Couples Only!" Bring your partner and HAVE FUN learning how to dance to rhythms of Foxtrot, Swing and Latin. This class is designed for beginning dancers who wish to learn how to dance with their partners and for intermediate or experienced dancers who wish to spend time dancing with that "special someone". A partner is required for this class.

Michael Bennett (dance599@yahoo.com)

Date: January 21 - February 25 (Friday)  
Time: 6:30pm - 7:30pm  
Fee: \$49.00 per couple  
Location: ECM Auditorium, 1021 Denison Avenue

**Beginning Dance for Couples**

RF38B

Michael Bennett (dance599@yahoo.com)

Date: April 1 - May 6 (Friday)  
Time: 6:30pm - 7:30pm  
Fee: \$49.00 per couple  
Location: ECM Auditorium, 1021 Denison Avenue

**Beginning Dance for Teens and College Students**

RF39A

Learn steps to impress your friends at social dances and formal. This class is designed for high school and college students who wish to learn basics of social dancing. Swing, Latin, and Foxtrot will be taught. Come alone or with a partner and have fun dancing! A partner is not required for this class.

Michael Bennett (dance599@yahoo.com)

Date: January 21 - February 25 (Friday)  
Time: 8:30pm - 9:30pm  
Fee: \$29.00 individual/\$49.00 couple  
Location: ECM Auditorium, 1021 Denison Avenue

**Beginning Dance for Teens and College Students**

RF39B

Michael Bennett (dance599@yahoo.com)

Date: April 1 - May 6 (Friday)  
Time: 8:30pm - 9:30pm  
Fee: \$29.00 individual/\$49.00 couple  
Location: ECM Auditorium, 1021 Denison Avenue

**Ballroom Dance in Salina**

RF23Z

Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment, 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

Date: January 19 - May 4 (Wednesday)  
Time: 7:00pm - 8:00pm  
Fee: \$82.00  
Location: KSU Salina Rec Center, 3142 Scanlan Ave.  
(Available for KSU credit) No class March 23

**Beginning Middle Eastern Dance**

RF32Z

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

Maya Zahira

Date: February 3 - May 5 (Thursday)  
Time: 3:00pm - 4:30pm  
Fee: \$98.00  
Location: KSU International Student Center  
(Available for KSU credit)  
No Class March 17, March 24 & April 14

**Beginning Belly Dance I**

RF09A

This class is for students with no previous experience. In this dance technique class, you'll learn all the foundations of this ethnic dance form and get some great exercise. This class will cover the basics of hip, rib cage, and arm movements, as well as simple turns, traveling steps, combinations and choreography. Please wear comfortable clothing that allows for ease of movement. Come join us for creative movement and exercise in a positive and fun setting!

Rosina (Rosina Eileen Catalan www.mayazahira.com) has been dancing for over twenty years. She began her dance career in classical ballet and at the age of 12, was accepted into the Kent State University Ashtabula Dance Club. Rosina became interested in belly dance when she studied the Classics at the Ohio State University. It was in Ancient Corinth, Greece that she fell in love with Mediterranean music and the varieties of dance. She continued her studies at John Carroll University in Cleveland, Ohio and at the American University in Cairo, Egypt. Rosina holds a M.A. in Mediterranean Studies. Rosina is an AFAA Certified fitness instructor who stresses proper body alignment and form.

Date: January 11 - February 8 (Tuesday)  
Time: 8:00pm - 9:00pm  
Fee: \$38.00  
Location: KSU International Student Center

**Beginning Belly Dance I**

RF09B

Rosina Catalan

Date: February 15 - March 15 (Tuesday)  
Time: 8:00pm - 9:00pm  
Fee: \$38.00  
Location: KSU International Student Center

**Beginning Belly Dance I**

RF09C

Rosina Catalan

Date: March 29 - May 3 (Tuesday)  
Time: 8:00pm - 9:00pm  
Fee: \$38.00 (No class April 12)  
Location: KSU International Student Center

**Beginning Belly Dance I**

RF09D

This class is for students with no previous experience. In this dance technique class, you'll learn all the foundations of this ethnic dance form and get some great exercise. This class will cover the basics of hip, rib cage, and arm movements, as well as simple turns, traveling steps, combinations and choreography. Please wear comfortable clothing that allows for ease of movement. Come join us for creative movement and exercise in a positive and fun setting!

Maya Zahira (785-979-4681, www.mayazahira.com) began studying belly dance in 1999 under the instruction of Saudi-born Ferdoas Afani. Maya's dance performances include birthday parties, baby showers, corporate events, restaurant dancing, "belly-grams", international fairs, sidewalk sales, and The Kansas City Renaissance Festival. She specializes in American style cabaret nightclub, folkloric, Romany Gypsy, Saidi, fusion, multi-veil, and sword and tray balancing.

Maya holds a bachelor's degree in Education. She has more than eight years of professional teaching experience and more than three years experience teaching belly dance. She is pleased to have the opportunity to fuse her two great loves: teaching and belly dance. Maya is a patient and encouraging teacher. Her innovative teaching style incorporates extensive break-down of the body movements combined with creative and challenging combinations and choreography.

Date: January 13 - February 10 (Thursday)  
Time: 5:15pm - 6:15pm  
Fee: \$38.00  
Location: KSU International Student Center

**Beginning Belly Dance I**

RF09E

Maya Zahira (785-979-4681, www.mayazahira.com)

Date: February 17 - March 17 (Thursday)  
Time: 5:15pm - 6:15pm  
Fee: \$38.00  
Location: KSU International Student Center

**Beginning Belly Dance I**

RF09F

Maya Zahira (785-979-4681, www.mayazahira.com)

Date: March 31 - May 5 (Thursday)  
Time: 5:15pm - 6:15pm  
Fee: \$38.00 (No class April 14)  
Location: KSU International Student Center

**Belly Dance Conditioning Workout**

RF12A

Looking for a new and different type of workout? Belly dancing is now a popular trend in exercise! In this class, you'll get a total body workout. You'll raise your heart rate, burn fat, and tone your muscles. Class will include warm-up, breakdown of basic belly dance movements, traveling steps, shimmies, percussive hip work, abdominal and rib cage work, and sustained arm movements. This class is open to all levels of students from beginner to professional. It is a great way for new students to cover the basics, and for seasoned belly dancers to stay in excellent shape for performance. Please wear comfortable clothing that allows for ease of movement. Bring water and be ready to sweat!

Maya Zahira (785-979-4681, www.mayazahira.com)

Date: January 13 - February 10 (Thursday)  
Time: 6:20pm - 7:20pm  
Fee: \$38.00  
Location: KSU International Student Center



**Belly Dance Conditioning Workout** RF12B  
 Maya Zahira (785-979-4681, www.mayazahira.com)  
 Date: February 17 - March 17 (Thursday)  
 Time: 6:20pm - 7:20pm  
 Fee: \$38.00  
 Location: KSU International Student Center

**Belly Dance Conditioning Workout** RF12C  
 Maya Zahira (785-979-4681, www.mayazahira.com)  
 Date: March 31 - May 5 (Thursday)  
 Time: 6:20pm - 7:20pm  
 Fee: \$38.00  
 Location: KSU International Student Center  
 (No class April 14)

**Beginning Belly Dance II** RF10A  
 This class is for those students who have taken at least one session of Beginning Belly Dance I or equivalent. Students in this class will learn additional dance movements, combinations and choreography. Veil dancing will also be introduced.  
 Maya Zahira (785-979-4681, www.mayazahira.com)  
 Date: January 13 - February 10 (Thursday)  
 Time: 7:25pm - 8:25pm  
 Fee: \$38.00  
 Location: KSU International Student Center

**Beginning Belly Dance II** RF10B  
 Maya Zahira (785-979-4681, www.mayazahira.com)  
 Date: February 17 - March 17 (Thursday)  
 Time: 7:25pm - 8:25pm  
 Fee: \$38.00  
 Location: KSU International Student Center

**Beginning Belly Dance II** RF10C  
 Maya Zahira (785-979-4681, www.mayazahira.com)  
 Date: March 31 - May 5 (Thursday)  
 Time: 7:25pm - 8:25pm  
 Fee: \$38.00  
 Location: KSU International Student Center  
 (No class April 14)

**Intermediate Belly Dance** RF11A  
 This class is for students who have taken at least two sessions of Beginning Belly Dance I or equivalent. In this class, we'll cover intermediate and advanced topics such as finger cymbals, veil dancing, drum solos, folkloric dance, gypsy belly dance, floorwork, stage dynamics and more. We'll also learn how to work with props such as tambourines, canes, swords, masks, and candles. Required materials: hip scarf, veil and finger cymbals. Performance opportunities are provided, but not required.  
 Maya Zahira (785-979-4681, www.mayazahira.com)  
 Date: January 13 - February 10 (Thursday)  
 Time: 8:30pm - 9:30pm  
 Fee: \$38.00  
 Location: KSU International Student Center

**Intermediate Belly Dance** RF11B  
 Maya Zahira (785-979-4681, www.mayazahira.com)  
 Date: February 17 - March 17 (Thursday)  
 Time: 8:30pm - 9:30pm  
 Fee: \$38.00  
 Location: KSU International Student Center

**Intermediate Belly Dance** RF11C  
 Maya Zahira (785-979-4681, www.mayazahira.com)  
 Date: March 31 - May 5 (Thursday)  
 Time: 8:30pm - 9:30pm  
 Fee: \$38.00  
 Location: KSU International Student Center  
 (No class April 14)

**Belly Dance Yoga Workout** RF28A  
 This 90-minute exercise class combines one hour belly dance conditioning with 30 minutes of yoga. Specific yoga poses will be used to enhance balance, strength, and flexibility which help in conditioning the muscles needed in dancing. Please wear comfortable clothing that allows for ease of movement. Bring water and a towel or yoga mat.

Jaelyn Hackerott (Phoenix) (www.mayazahira.com) is a kinesiology major and dance minor at Kansas State University, and has been dancing in some way ever since she could walk. Throughout her life, she has been trained in gymnastics, hip hop, modern dance, martial arts and belly dance. Phoenix became involved with belly dance in 2003 when she began taking classes through The Maya Zahira School of Belly Dance. She continues her education by involving herself in Maya's Intermediate classes and attending dance seminars and festivals.

Date: January 11 - February 8 (Tuesday)  
 Time: 6:15pm - 7:45pm  
 Fee: \$56.00  
 Location: KSU International Student Center



**Belly Dance Yoga Workout** RF28B  
 Jaelyn Hackerott (Phoenix)  
 Date: February 15 - March 15 (Tuesday)  
 Time: 6:15pm - 7:45pm  
 Fee: \$56.00  
 Location: KSU International Student Center

**Belly Dance Yoga Workout** RF28C  
 Jaelyn Hackerott (Phoenix)  
 Date: March 29 - May 3 (Tuesday)  
 Time: 6:15pm - 7:45pm  
 Fee: \$56.00  
 Location: KSU International Student Center  
 (No class April 12)

**Beginning Rumba Dance** RF34  
 Inspired by African Rhythms and Spanish Melodies. The Rumba portrays the woman's use of her feminine charm, to attract and keep the attention of her partner. It evolved in Habana, Cuba in the 19th century.

Rafael Labrado started teaching ballroom dance in 1995 at a club in North Kansas City where he worked for two years. Since 1998, he has been an independent dance instructor, teaching many kinds of dance including: International Latin Ballroom Dance, Salsa Dance, American Rhythm and American Smooth Ballroom Dance, Country & Western dance such as two-step and western cha-cha, East Coast and West Coast Swing, and Mexican Folklorico dances. Besides teaching dancing at all skill levels, from beginner to advanced,

Rafael works with people of all ages, adults and children. He works with engaged couples, planning their wedding dance, so that they excel on the dance floor when they are the center of attention. He also has competed for several years in the regional dance competitions both in professional category and in the pro-amateur category. He offers students the opportunity to learn and enjoy stylish choreography and present it in a dance competition.

Date: April 3 - April 24 (Sunday)  
 Time: 5:00pm - 6:00pm  
 Fee: \$44.00  
 Location: KSU Ahearn Dance Studio, Room 301

**Beginning Samba Dance** RF35  
 This is a Latin dance with its origins in the barrios of Brazil, and it has been their national dance since World War II. The raw and earthy Samba has undergone metamorphosis, as the steps have been stylized and standardized. The Samba has often been called the South American Waltz, since it features a rise and fall associated with Waltz.

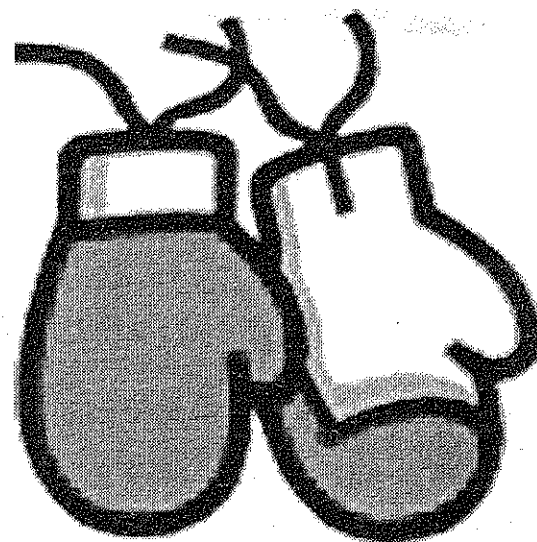
Rafael Labrado

Date: February 6 - February 27 (Sunday)  
 Time: 5:00pm - 6:00pm  
 Fee: \$44.00  
 Location: KSU Ahearn Dance Studio, Room 301

**Boxing for Women** RF14A  
 Learn to box! Get an incredible workout! Strengthen and tone your arms, abs, and lower body. Gain confidence, have fun and relieve stress. Gloves will be provided. There will be no contact with other participants. Workouts will be on the heavy bag, double-end bag, funnel bag, jumbo ball and freestanding bags. Learn punches, defensive moves, combos, and how to get awesome abs!

Lorissa Ridley (785-776-6060) has been involved in the fitness industry for 22 years as a certified personal trainer and certified kickboxing instructor. She has been coaching the last five years in Manhattan at Cottonwood Racquet Club. Lorissa's class participants have experienced great success through her fitness programs.

Dates: January 19 - February 14 (Monday/Wednesday)  
 Time: 6:45pm - 7:30pm  
 Fee: \$62.00  
 Location: 3615 Claflin Rd., Cottonwood Racquet Club



**Boxing for Women** RF14B  
 Lorissa Ridley (785-776-6060)

Dates: January 19 - February 9 (Wednesday Only)  
 Time: 6:45pm - 7:30pm  
 Fee: \$49.00  
 Location: 3615 Claflin Rd., Cottonwood Racquet Club

**Boxing for Women** RF14C  
 Lorissa Ridley (785-776-6060)

Dates: February 16 - March 14 (Monday/Wednesday)  
 Time: 6:45pm - 7:30pm  
 Fee: \$62.00  
 Location: 3615 Claflin Rd., Cottonwood Racquet Club



**Boxing for Women**

RF14D

Lorissa Ridley (785-776-6060)

Dates: February 16 - March 9 (Wednesday Only)  
Time: 6:45pm - 7:30pm  
Fee: \$49.00  
Location: 3615 Claflin Rd., Cottonwood Racquet Club

**Boxing for Women**

RF14E

Lorissa Ridley (785-776-6060)

Dates: March 30 - April 25 (Monday/Wednesday)  
Time: 6:45pm - 7:30pm  
Fee: \$62.00  
Location: 3615 Claflin Rd., Cottonwood Racquet Club

**Boxing for Women**

RF14F

Lorissa Ridley (785-776-6060)

Dates: March 30 - April 20 (Wednesday Only)  
Time: 6:45pm - 7:30pm  
Fee: \$49.00  
Location: 3615 Claflin Rd., Cottonwood Racquet Club

**Boxing for Men**

RF36Z

Students will learn the basic boxing punches of jabs, crosses, hooks and uppercuts. Other elements of the class will include correct boxing stance, how to shadow box, foot work, and defensive moves such as blocks, bob and weave, and sliding. Counter punching and how to catch punches working with the catchmats will also be covered. These moves will give students an ab workout for the entire body. Emphasis will be on how to use the exercises correctly. Advanced punching including haymakers, body shots, combos will be covered in class along with how to put together your own combos. Student's workout will be on various bags such as the heavy bag, the double end bag, and speed bag to develop rhythm and hand-eye coordination. There will be no physical contact.

Lorissa Ridley (785-776-6060)

Date: March 7 - May 4 (Mon/Wed)  
Time: 10:30am - 11:30am  
Fee: \$129.00  
Location: Cottonwood Racquet Club, 3615 Claflin Rd.  
(Available for KSU credit)  
No class March 21 & March 23

**Relearning the Art of the Crawl**

RF212

Remember when you crawled everywhere? Remember when it was your only mode of transportation? As an infant it came so naturally. However, as an adult we lose out on the pleasure of crawling. This class revisits the proper techniques of crawling and incorporates them into a body-sculpting dynamo of a workout. Added benefits could include begging for forgiveness, pleading for that raise, or searching for water in a desert.

Dr. Gustav Jellyspine has groveled on six continents and "crawled" into the consciousness of the exercise world with his "back-to-basics" approach to fitness.

Date: February 29 (Tuesday)  
Time: 5:30am  
Fee: \$249  
Location: UFM Nursery

**Pilates for Beginners**

RF07A

Pilates is an energizing and refreshing workout meant to strengthen and condition the "powerhouse" (abdomen, lower back, hips and glutes). Pilates promotes harmony and balance for people of all ages and physical conditions. Please wear comfortable "work out" clothes to enable full range of body motion and bring a towel or yoga mat to class.

James Lehr (785-539-3563) is a certified teacher and a Fitour certified Pilates instructor and an amateur triathlete.

Date: January 13 - February 17 (Thursday)  
Time: 8:30pm - 9:30pm  
Fee: \$42.00  
Location: ProFitness In Aggieville, 1125 Laramie St., lower level

**Pilates for Beginners**

RF07B

James Lehr (785-539-3563)

Date: February 24 - March 31 (Thursday)  
Time: 8:30pm - 9:30pm  
Fee: \$42.00  
Location: ProFitness In Aggieville, 1125 Laramie St., lower level  
No class March 24

**Pilates for Beginners**

RF07C

James Lehr (785-539-3563)

Date: April 7 - May 5 (Thursday)  
Time: 8:30pm - 9:30pm  
Fee: \$42.00  
Location: ProFitness In Aggieville, 1125 Laramie St., lower level

**Intermediate Pilates (Matwork)**

RF41A

Pilates is an energizing and refreshing workout meant to strengthen and condition the "powerhouse" (abdomen, lower back, hips and glutes). Pilates promotes harmony and balance for people of all ages and physical conditions. Please wear comfortable "work out" clothes to enable full range of body motion. Since this class is a more "intermediate" workout, please have a yoga/pilates mat for the first class.

James Lehr (785-539-3563)

Date: January 18 - February 15 (Tuesday)  
Time: 8:30pm - 9:30pm  
Fee: \$42.00  
Location: ProFitness In Aggieville, 1125 Laramie St., lower level

**Intermediate Pilates (Matwork)**

RF41B

James Lehr (785-539-3563)

Date: February 22 - March 29 (Tuesday)  
Time: 8:30pm - 9:30pm  
Fee: \$42.00  
Location: ProFitness In Aggieville, 1125 Laramie St., lower level  
No class March 22

**Intermediate Pilates (Matwork)**

RF41C

James Lehr (785-539-3563)

Date: April 5 - May 3 (Tuesday)  
Time: 8:15pm - 9:15pm  
Fee: \$42.00  
Location: ProFitness In Aggieville, 1125 Laramie St., lower level

**Yogilates**

RF42AZ

Join us as we take time to stretch, strengthen and balance the body with a mixture of Yoga and Pilates. Class is taught showing many options so beginners as well as experienced participants may benefit. Yoga mat recommended but not required.

Diana Knox (785-564-3663, dknox@ksu.edu) is the Fitness Director of Pro Fitness in Aggieville. She has been involved in the fitness industry for 11 years as a director and an instructor. She is also certified through YogaFit and AFAA, as well as being a personal trainer.

Date: January 18 - March 3 (Tues/Thurs)  
Time: 12:00pm - 1:00pm  
Fee: \$89.00  
Location: ProFitness in Aggieville, 1125 Laramie St., lower level

**Yogilates**

RF42BZ

Diana Knox (785-564-3663, dknox@ksu.edu)

Date: March 8 - April 28 (Tues/Thurs)  
Time: 12:00pm - 1:00pm  
Fee: \$89.00  
Location: ProFitness in Aggieville, 1125 Laramie St., lower level  
No class March 22 and March 24

**Hip Hop Dance**

RF43

Think you can't dance? Don't have any rhythm? Then there's a class for you at UFM. This "hip hop" class is a mix of choreography, battle rock, and breaks. Don't worry...it's geared for people who have had little to no dance experience, but would like to be physically active in a fun and exciting way. This class starts with the very basics and slowly progresses into a hardcore workout. So if you've been at the club thinking, "I wish I could get out on that dance floor..." UFM has the remedy for you. Hope to see you there.

Kelly Marshall (mingo111@ksu.edu) has been break dancing on and off since 2002. Although she has danced most of her life she never found the technical aspect of dance to be her favorite. Freestyle allows people to express themselves without fumbling over words and teaching it allows her to share what she's been blessed with through movement.

Date: January 25 - March 15 (Tuesday)  
Time: 5:30pm - 6:30pm  
Fee: \$52.00  
Location: UFM Banquet Room

**Beginning Fencing in Salina**

RF44Z

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

Gia Kvaratskhelia

Date: February 1 - May 3 (Tuesday)  
Time: 6:00pm - 7:00pm  
Fee: \$128  
Location: Konza Fencing is located in the Hodges Women's Clinic building at 135 Claflin. Please use the back entrance.  
No class March 22.

**TEEN MENTORING PROGRAM**

Spring program

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

Groups meet Tuesdays & Wednesdays from 3:30 to 5:00 p.m.

Call UFM at 539-8763 for an application or more information



# Personal Interest



## Core Communication

PI06  
Communication impacts every area of your life. How you communicate with people either opens or limits your opportunities, and can strengthen or harm your relationships. Core communication is for any individual who believes effective communication is important to his or her well being. It is an engaging, positive program that teaches you practical communication concepts and skills for connecting with others and creating constructive interactions. It is taught using brief presentations, interesting demonstrations, practice skills with helpful coaching and feedback. Core communication is theoretically grounded, well researched and over 200,000 individuals have participated in it since its development at the University of Minnesota.

Renee Martin (785-395-6186, srm6333@ksu.edu) is an instructor for USD 383 of Communication Skills and Conflict Resolution at Flint Hills Job Corps. She holds a BA in Education, MS in special education and is currently working on a Doctorate in special education. She received training in Core Communications from the creators of the program and has been teaching it for two years.

Date: February 2 - March 9 (Wednesday)  
Time: 7:00pm - 8:30pm  
Fee: \$52.00  
Location: UFM Conference Room

## Delving Into Your Dreams

PI20  
The mystery of dreams and their meanings has captured the minds of human beings since the beginning of time. Some of the greatest minds of our time have spent lifetimes delving into this subject. This class provides a place to share dreams, contemplate their interpretation, and spend time learning from the communication dreams provide. Occasional visits from Dr. Fred Newton, a KSU Psychologist, will help to provide guidance and alternate views on the subject. Come ready to open a door to a deeper way of living!

Tammy Jo Osborn (913-638-1187, tammyjo@ksu.edu) is a recent graduate of Kansas State University. She majored in Political Science/International Studies, Pre-Med with minors in Leadership Studies and Russian. She currently lives in Kansas City, commuting to Manhattan to work on compiling a book with Dr. Fred Newton of the Counseling Services. Right now, she works as a writer and a student. Book provided in class.

Date: January 30 - April 17 (Sunday)  
Time: 6:30pm - 7:30pm  
Fee: \$49.00  
Location: Bluestem Bistro (formerly Java Cafe)

## Discovering your Creative Self

PI19  
Inside every person is a creative being just waiting for a way to express itself. This class is a 12-week program, guided by a book entitled, "The Artists' Way" by Julia Cameron, a successful writer and publisher. This course promises to take the individual on a powerful, though bumpy, ride to finding and expressing the artist within. It is a ride that will continue for the rest of one's life. This course is simply the ticket to getting on and getting started. Book provided in class.

Tammy Jo Osborn (913-638-1187, tammyjokokomo@yahoo.com)

Date: January 31 - April 18 (Monday)  
Time: 2:00pm - 3:00pm  
Fee: \$49.00  
Location: Bluestem Bistro (formerly Java Cafe)

## Journal Writing

PI21  
Start your new year with a journal or continue your old journal with new insights. In this three-session class learn more about pausing to meditate, examine your dreams, or celebrate your life, your family, and your travels. Or maybe you choose to discover your goals, motivations, strengths or weaknesses in a way only journaling can offer. We will read, write, sketch, draw, and examine our experiences. Join us in the adventure.

Michaeline Chance-Reay is a local author and artist who teaches at Kansas State University.

Linda Madl is a local author and free-lance writer/editor.

Date: January 18 - February 1 (Tuesday)  
Time: 7:00pm - 9:00pm  
Fee: \$19.00  
Location: UFM Conference Room



## Clearing Clutter

PI22  
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 (785-537-1911) have been enjoying the effects of space clearing after struggling for years with clutter. They operate a consulting business, Clutter Busters.

Date: April 11 - April 25 (Monday)  
Time: 7:00pm  
Fee: \$25.00  
Location: 811 Colorado Street

## Home Work for Women

PI18  
Would you like to add a window, move a wall, build a closet, patch holes in walls, or tile a backsplash? Don't know where to start or whose advice to trust? Then this class is for you. Bring your project ideas and questions to the informational show and tell session, then put on your work clothes for the Saturday hands on project session. Our project(s) will be chosen by class participants.

Elaine Mohr (785-776-0300) has worked in construction and tile setting for the past 10 years and learning about it for the past 20 years. Two of her recent projects include tile work for the United Methodist Parsonage and renovation of the historic George Giles home at 826 Yuma Street.

Date: January 18 (Tuesday)  
January 22 (Saturday)  
Time: 7:00pm (Tuesday)  
9:00am (Saturday)  
Fee: \$24.00  
Location: Manhattan Public Library, 629 Poyntz

## Tips, Tricks and Techniques for Creating a Naturally Beautiful Look

PI23A  
We will learn the simple techniques for creating a natural, beautiful basic glamour look. By learning the proper techniques and preferred tools, using the number one brand of skin care and color cosmetics samples, students will create their own simple, yet elegant glamour look. Students will learn what colors & techniques are best suited for their face shape, eye shape, eye color, hair color and skin tone/type. Whether you need a look for everyday or for a very special evening, this class will teach you all you need to know about simple beauty!

Kim Mills is an Independent Sales Director for the nation's number one brand of skin care and color cosmetics and has over 6 years of experience working with both her customers and other beauty consultants.

Date: February 19 (Saturday)  
Time: 9:00am - 11:30am  
Fee: \$27.00  
Location: UFM Kitchen

## Tips, Tricks and Techniques for Creating a Naturally Beautiful Look

PI23B  
Kim Mills

Date: April 16 (Saturday)  
Time: 9:00am - 11:30am  
Fee: \$27.00  
Location: UFM Kitchen

## Clothing Care

PI24A  
This class will include three essential parts in making sure you have clothes that look like new and last for years. You will receive washing tips, proper ironing techniques and basic sewing and altering skills. Student needs to bring an iron, a portable ironing board or a flat sheet, towel and a basic sewing kit.

Florence Wang has worked as a pattern maker and fashion designer in Taiwan and was born into a family textile business that has provided her with 12 years of pattern design experience.

Date: February 18 & February 25 (Friday)  
Time: 10:00am - 12:00pm  
Fee: \$25.00  
Location: UFM Fireplace Room

## Clothing Care

PI24B  
Florence Wang

Date: February 19 & February 26 (Saturday)  
Time: 10:00am - 12:00pm  
Fee: \$25.00  
Location: UFM Fireplace Room

## Clothing Care

PI24C  
Florence Wang

Date: March 4 & March 11 (Friday)  
Time: 10:00am - 12:00pm  
Fee: \$25.00  
Location: UFM Fireplace Room

## Clothing Care

PI24D  
Florence Wang

Date: March 5 & March 12 (Saturday)  
Time: 10:00am - 12:00pm  
Fee: \$25.00  
Location: UFM Fireplace Room

**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.

# Earth & Nature



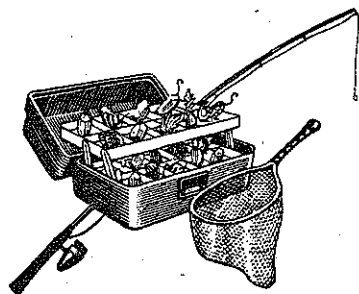
## Fly Fishing

EN04AZ

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

Paul Sodamann

Date: February 21 - March 3 (Mon-Thurs)  
Time: 6:00pm - 8:00pm  
Fee: \$90.00  
Location: Susan B. Anthony Middle School,  
2501 Browning Ave.  
(Available for KSU credit)



## Fly Fishing

EN04BZ

Paul Sodamann

Date: March 7 - March 17 (Mon-Thurs)  
Time: 6:00pm - 8:00pm  
Fee: \$90.00  
Location: Susan B. Anthony Middle School,  
2501 Browning Ave.  
(Available for KSU credit)

## Home Landscape Design

EN08A

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".

Gregg Eyestone (785-537-6350, geyestone@ksu.edu) has been assisting home owners with their landscapes for the past 15 years. Currently he is employed with the Riley County Extension Service and the Kansas State University Gardens.

Date: January 20 - February 3 (Thursday)  
Time: 6:30pm - 8:30pm  
Fee: \$29.00  
Location: KSU Gardens Visitor Center, 1500 Denison Ave.

## Home Landscape Design

EN08B

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".

Gregg Eyestone (785-537-6350, geyestone@ksu.edu)

Date: January 21 - February 4 (Friday)  
Time: 3:00pm - 5:00pm  
Fee: \$29.00  
Location: Extension Office, 110 Courthouse Plaza

## Fossils, Transitional Forms and Evolution

EN09

You have probably heard the claims and counter claims about the fossil record and evolution. Does the fossil evidence support common descent? Are there transitional fossil specimens? Does the "Cambrian explosion" provide a challenge to evolution? Come, see, listen and ask questions.

Keith Miller (785-537-5022, kbmiller@ksu.edu) is a geology faculty member at K-State with interests in paleontology, Earth history and public science education. He is also active in the ongoing dialogue of science and theology, both locally and nationally.

Date: March 5 & March 12 (Saturday)  
Time: 7:00pm - 8:30pm  
Fee: \$14.00  
Location: KSU Thompson Hall, Room 213

## How to Build a Water Feature for your Yard or Patio

EN10

The purpose of this class is to show the student how to go about constructing a water feature for their yard or patio.

George Wyatt owns and operates George W. Wyatt Consulting and Training, Inc. His wife Carol is a secondary teacher for USD 320 in Wamego. Together they collected the material and built the water features. Carol is the gardener - George is the builder. They enjoy creating unusual landscape attractions.

Date: April 21 (Thursday)  
Time: 7:00pm - 9:00pm  
Fee: \$12.00 individual/\$16.00 couple  
Location: 1725 Sheffield Circle

## Seed-Starting & The Garden Calendar

EN11

Do you wish you could have a greater variety of plants without spending a lot of money at the garden center? How about a whole flat of flowers for less than \$5? If you start your own seedlings, you have more options for less money and you don't need a greenhouse! We'll talk about the supplies you will need and when you need to start sowing. To help you further, bring a list of the seedlings you'd like to start yourself so you can go home with a good timeline for starting seeds indoors this spring!

Colleen Hampton (785-539-5934) 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 area garden clubs. Colleen welcomes your questions and class participation.

Date: January 29 (Saturday)  
Time: 10:00am - 12:00pm  
Fee: \$12.00  
Location: UFM Greenhouse

## Were These Plants Framed? Gardening with Hot and Cold Frames

EN16

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 (785-539-5934)

Date: February 5 (Saturday)  
Time: 10:00am - 12:00pm  
Fee: \$12.00  
Location: UFM Greenhouse

## Space-Efficient Gardening: Get More in Less Space

EN29

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 start planning your garden now before the gardening season begins to incorporate these ideas and you're on your way to increased harvests in a smaller amount of space. We will also discuss patio gardening and how you can grow many varieties in pots right outside your door!

Colleen Hampton (785-539-5934)

Date: February 26 (Saturday)  
Time: 10:00am - 12:00pm  
Fee: \$12.00  
Location: UFM Greenhouse

## Growing Cool & Warm-Season Vegetables

EN18

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-tos in this class. We'll discuss all the popular veggies like tomatoes, lettuce, and beans, as well as the more unique ones — like broccoli, winter squash, and sweet potatoes. Most importantly, we'll give you information on what to plant when, and some techniques and specific requirements of each vegetable to help you be successful with whatever you choose to plant!

Colleen Hampton (785-539-5934)

Date: March 5 (Saturday)  
Time: 10:00am - 12:00pm  
Fee: \$12.00  
Location: UFM Greenhouse

## Gardening 101: The Basics

EN19

Welcome to America's #1 hobby! But Mom, 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 (785-539-5934)

Date: March 12 (Saturday)  
Time: 10:00am - 12:00pm  
Fee: \$12.00  
Location: UFM Greenhouse

## Perennial Flowers

EN12

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 (785-539-5934)

Date: March 26 (Saturday)  
Time: 10:00am - 12:00pm  
Location: UFM Greenhouse

## Where The Sun Doesn't Shine... Shade Gardening

EN22

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. Both annuals, perennials, shrubs, and trees will be covered.

Colleen Hampton (785-539-5934)

Date: April 9 (Saturday)  
Time: 10:00am - 12:00pm  
Fee: \$12.00  
Location: UFM Greenhouse



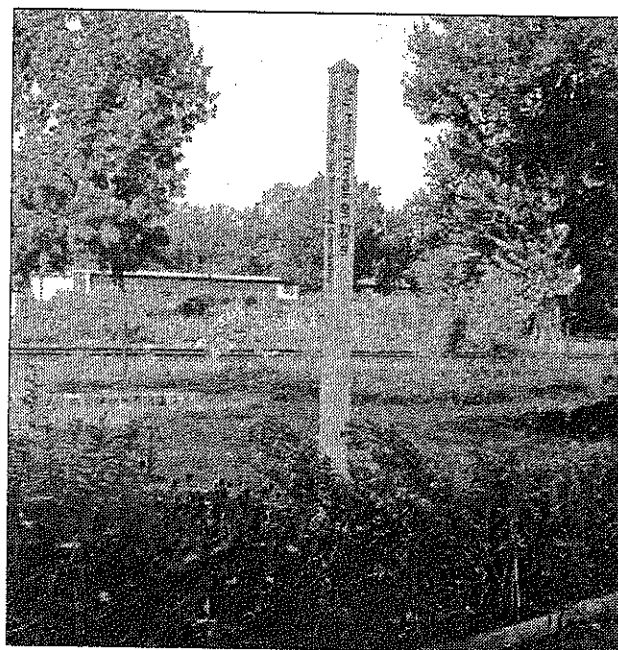
**Water Gardens 101: Construction and Maintenance**

EN13

Water gardening is the fastest growing sector in the gardening world. Once you have a water feature, you'll understand why! And water gardens are simple to care for if they are built and maintained with some basic ecological principles in mind. Learn how to install this type of pond with easy step-by-step instructions. After that, we'll discuss how to stock and "plant" your pond to maintain this ecological balance. Soon you'll be on your way to enjoying the relaxing sound of water in your garden!

Colleen Hampton (785-539-5934)

Date: April 23 (Saturday)  
Time: 9:00am - 12:00pm  
Fee: \$12.00  
Location: UFM Greenhouse



**Herb Product Making Demonstration**

EN14

Learn how to make: cremes, salves, bath salts, oils & vinegars, body care products, pet care products, garden care products, household care, food recipes, teas, tinctures and powdered herbs.

Jeanie DeArmond (785-293-5787) is a former K-State student in Landscape Design and Horticultural Therapy. She is currently working in medicinal Herb Research at KSU. She also is the secretary of Great Plains Herb Growers Association.

Date: February 12 (Saturday)  
Time: 11:00am - 4:00pm  
Fee: \$26.00  
Location: UFM Greenhouse



**Herb Garden Design**

EN15

Discover the history of Herb gardens. Find out how to choose an herb garden design and learn how to maintain your garden.

Jeanie DeArmond (785-293-5787)

Date: March 19 (Saturday)  
Time: 11:00am - 4:00pm  
Fee: \$26.00  
Location: UFM Greenhouse

**Culinary and Medicinal Herbs**

EN16

Learn how to grow herbs for optimal harvest and how to harvest, dry and process herbs. Also learn how to use herbs in recipes for home, health and garden.

Jeanie DeArmond (785-293-5787)

Date: January 15 (Saturday)  
Time: 11:00am - 4:00pm  
Fee: \$26.00  
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, much and advice are provided. Plot rental fees range from 2.5 to 6 center per square foot. Plots are available in various sizes. A \$10 plot deposit is also required.

**Spring 2005 sign up dates are:**

**Returning Gardeners:**

February 2, Wednesday, 7:30 pm, UFM  
February 12, Saturday, 10 am, UFM

**New Gardeners:**

March 2, Wednesday, 7:30 pm at UFM  
March 12, Saturday, 10 am at UFM  
April 2, Saturday, 10 am at UFM as needed

Call 539-8763 for more information.

UFM is a sign up location for...

**Heartland SHARE**

**What is Heartland SHARE?**

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

**What is a "SHARE"?**

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

**Where does the food come from?**

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

**Who can participate?**

The program is open to everyone in the community regardless of income.

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

**SHARE: Good for You and Good for the Community**

For more information, call UFM at 539-8763 or sign up at the UFM office, 1221 Thurston Street.



# Fun Foods



## The Legend of the Dancing Goats

FF13

Explore the history and folklore of coffee as well as the fundamentals of coffee and tasting. The first session covers the history of coffee from wild bush to world wide commercial cultivation, and the concept of fair trade coffee. The second session focuses on the taste characteristics of coffee in general, and the specific differences in coffees grown in different regions of the world.

Wade Radina is a self-described coffee freak. He has been in the specialty coffee business since 1989, spent several years as the Director of Training for a national chain of coffeehouses, and owns and operates two coffeehouses in Manhattan. Additionally, Wade teaches management at Kansas State, enjoys hiking and biking, and has a dog named Tucker.

Date: March 2 & March 9 (Wednesday)  
Time: 8:00pm - 10:00pm  
Fee: \$14.00  
Location: UFM Kitchen

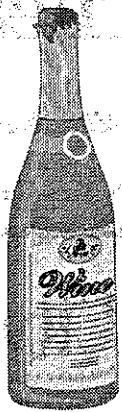
## Wine 101: Wine Appreciation

CF17

Do you enjoy wine and want to know more about it? If so, this class is for you. Bob and Jeff M. will take you through different grape varieties, major wine regions, proper tasting techniques and wine storage. Six wines will be sampled each evening. Included will be food pairings provided by Mercado Gourmet Grocery. Jeff P. will be on hand to discuss food pairings with the wines. Participants must be 21 years of age to enroll in this class. Enrollment is limited and this class fills up quickly, so enroll early! Be ready to come and have some fun while learning about wine!

Bob Campbell is the owner of Candlewood Liquor. Jeff Mosburg is a wine sales representative for Glazer's Distributors of Kansas. Jeff Pfannenstiel is the owner of Mercado Gourmet Grocery.

Date: February 2 - February 23 (Wednesday)  
Time: 7:00pm - 9:00pm  
Fee: \$110.00  
Location: UFM Kitchen



## Tea Tasting Around the Globe

CF26

In this class we will be talking about where tea is grown throughout the world. Discussion will center on the processing of tea and various resulting tea types, what a tea is, and finish with taste sampling of teas.

Lindy Linquist and Stormy Kennedy (785-776-3771) are both accredited certified tea consultants.

Date: April 21 (Thursday)  
Time: 7:00pm - 9:00pm  
Fee: \$12.00  
Location: UFM Kitchen

## The Joy of Juicing

FF01

Need a way to get you or your family to eat more vegetables or fruits? Try juicing! We all need to get the necessary nutrients from vegetables and fruits into our daily diets and juicing is a great alternative. Learn how to combine different vegetables and fruits into great tasting drinks and sorbets. Bring your favorite fruit!

2. Patricia Cassinelli (785-341-1451) has 20 years experience in the field of holistic medicine and 10 years as a licensed massage therapist and private practitioner. She graduated from 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 in Manhattan.

Sarah English (785-539-6386) was a nutritional counselor for 6 years and has been juicing seriously for the last 5 years.

Date: February 21 (Monday)  
Time: 6:00pm - 8:00pm  
Fee: \$17.00  
Location: UFM Kitchen

## College Cooking 101:

### Alternatives to Fast Food

FF02

What's for dinner tonight? If your answer involves a pack of Ramen or a trip to McDonalds, then this class is for you. If you are someone who never cooks because they think it takes too much time and effort, it's time to be wrong. In this class, you will be taught basic techniques and tricks that will help you make a wide variety of healthier and - believe it or not - tastier alternatives to "fast food". Not only that, Ellen will share her own money-saving, time-saving and nutritional tips that will help save you money, be healthy and feel full. Some of the dishes you will learn to make are: Sizzlin' South of the Border Shrimp (or Chicken) Skillet/Fajitas, Juicy T Cheese Burgers, Oven Fries, and the ever-so-versatile Stir Fry. Students will have the opportunity for some hands-on experience and of course, get to eat what we make.

Ellen Breeding (913-284-6861, SadieEyes@aol.com)

Date: January 23 (Sunday)  
Time: 2:00pm - 5:00pm  
Fee: \$39.00  
Location: UFM Kitchen

## Cookies 101

FF03

What is better than warm cookies made from scratch? When you've got a craving, there is no substitute. After baking, sampling, researching, and compiling hundreds of cookie recipes, Ellen has managed to perfect her cookie recipes and come up with the best techniques to making them. In this class, you will learn how to make new best friends by creating wonderfully decadent Chocolate Chip cookies, light and chewy Snicker Doodles and much more! This is a hands-on class, so come ready to roll up your sleeves. Each student will take home a variety of the cookies that we make.

Ellen Breeding (913-284-6861, SadieEyes@aol.com)

Date: February 20 (Sunday)  
Time: 1:00pm - 4:00pm  
Fee: \$37.00  
Location: UFM Kitchen

## I Have to Cook for Who?

FF04

Entertaining can be easy and affordable! Impress your friends with this elegant menu which consists of Oven Roasted Lemon Mustard Salmon, cleverly crafted Potatoes, a Mixed Green Salad with Balsamic Vinaigrette, and Chocolate Soufflés for dessert. Everyone will participate in making the meal and then get to sit down and enjoy it afterwards. This would make a great class to take with your significant other or a friend.

Ellen Breeding (913-284-6861, SadieEyes@aol.com)

Date: April 17 (Sunday)  
Time: 4:30pm - 7:30pm  
Fee: \$39.00  
Location: UFM Kitchen

## Cook Your Favorite Vietnamese Foods

FF05

Learn and get your favorite Vietnamese recipe. Students will be assigned a list of food to bring to class.

Hieu M. Doan (hdoan@ksu.edu) was born in Vietnam and moved to the United States 9 years ago. All the recipes that are planned to be shared with the students are homemade recipes that she has learned from her mother.

Date: January 18 - May 3 (Tuesday)  
Time: 7:00pm - 9:00pm  
Fee: \$42.00  
Location: UFM Kitchen  
No class March 22

## Menu Planning 101

FF07A

Learn realistic menu planning for any budget, that includes leftovers and an impromptu hunger. Match your shopping list to your menu and what you have on hand. Recipes and snack ideas will be included.

Calista Wilson (785-494-2752, moi@etjedanse.com) is a wife and mother of four young children. She maintains a high energy, low-stress household, and she feels her success is in her planning and a lot of smiling.

Date: March 5 (Saturday)  
Time: 10:00am - 12:00pm  
Fee: \$16.00  
Location: UFM Conference Room

## Menu Planning 101

FF07B

Calista Wilson (785-494-2752, moi@etjedanse.com)

Date: April 18 (Monday)  
Time: 6:30pm - 8:30pm  
Fee: \$16.00  
Location: UFM Conference Room

## An Evening of Japanese Cooking

FF08A

An evening of exploration into the delights of Japanese cooking. We will make and enjoy a meal of miso soup, panko chicken with yakitori sauce and rice with roasted nori (seaweed). You will leave with a knowledge of how to make an Oriental meal at home, a recipe book and a full tummy.

Calista Wilson (785-494-2752, moi@etjedanse.com) has a taste for taste! Although she might not be well-traveled, she does have a diverse knowledge of food preparation.

Date: February 5 (Saturday)  
Time: 6:30pm - 8:30pm  
Fee: \$23.00  
Location: UFM Kitchen



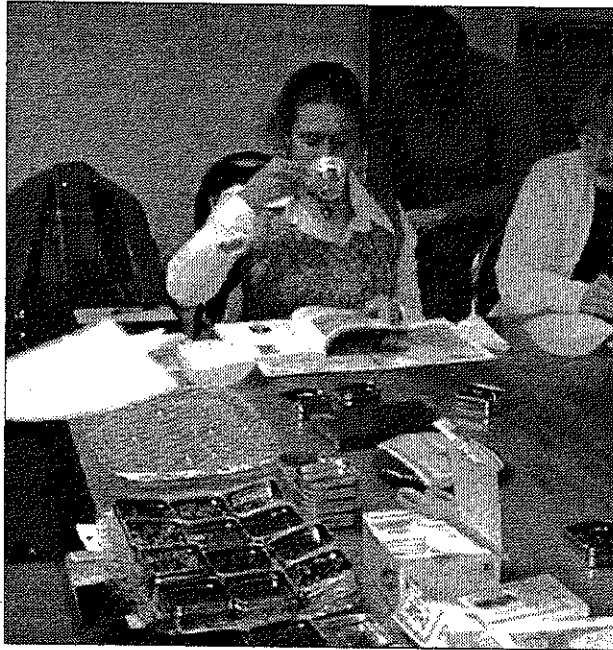
## FUN FOODS (Continued)

### An Evening of Japanese Cooking

FF08B

Calista Wilson (785-494-2752, moi@etjedanse.com)

Date: April 9 (Saturday)  
Time: 6:30pm - 8:30pm  
Fee: \$23.00  
Location: UFM Kitchen



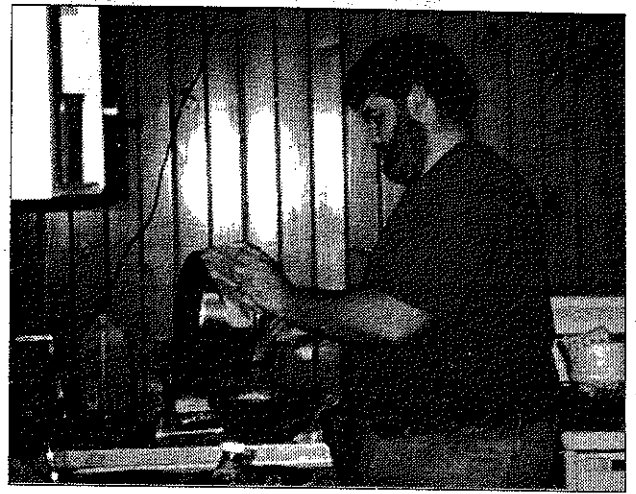
### An Evening of Middle Eastern Cooking

FF09A

Come explore the wonderful flavors of the Middle East. We will make and try a variety of dishes from several regions. Hummus, rice, pita, olive oils, spices, and the list goes on! Leave with an expanded taste pallet, cookbook, and a full tummy, of course!

Calista Wilson (785-494-2752, moi@etjedanse.com)

Date: February 19 (Saturday)  
Time: 6:30pm - 8:30pm  
Fee: \$23.00  
Location: UFM Kitchen



### An Evening of Middle Eastern Cooking

FF09B

Calista Wilson (785-494-2752, moi@etjedanse.com)

Date: March 19 (Saturday)  
Time: 6:30pm - 8:30pm  
Fee: \$23.00  
Location: UFM Kitchen



### Chinese Cooking

FF10A

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

Florence Wang comes from Taiwan and has prepared Chinese cuisine for over 15 years. She enjoys cooking for friends and family.

Date: February 28 & March 14 (Monday)  
Time: 7:00pm - 9:00pm  
Fee: \$15.00  
Location: UFM Kitchen

You can  
now enroll  
in UFM classes  
ONLINE at  
[www.ufmprograms.org!](http://www.ufmprograms.org)

### Chinese Cooking

FF10B

Florence Wang

Date: March 28 & April 11 (Monday)  
Time: 7:00pm - 9:00pm  
Fee: \$15.00  
Location: UFM Kitchen



### The Best Tastes From The Heart of Europe

FF11



Delicious, special and unique. All people interested in trying new, unforgettable tastes, experience and different culture have extraordinary opportunities to join our classes and learn a lot about Middle European cuisine.

Veronika Skrivankova (veronika@ksu.edu)

Date: February 2 - March 2 (Wednesday)  
Time: 12:30pm - 1:45pm  
Fee: \$49.00  
Location: UFM Kitchen

— Manhattan Arts Center —

<h3>Arts Education</h3> <p>*Classes in clay, drawing, painting, mixed media, collage, jewelry, metal, theatre and more!</p>	<h3>Live Theatre</h3> <p>*Black Comedy Feb. 25-27 &amp; March 3-6 *Pippin April 29-May 1 &amp; 6-8</p>
<h3>Bird House</h3> <p>*Brian Joseph Jan. 14 *Craig Carothers March 12 *Peter Mulvey April 9 And one more concert in Feb. TBA!</p>	<h3>Swing City Jazz</h3> <p>*Three spring concerts TBA! *Plus Valentine's Jive on Feb. 12!</p>


*And much, much more!*


**1520 Poyntz \* 537-4420 \* Smoke-free \* Wheelchair accessible \* [www.manhattanarts.org](http://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.

For information, to become a member or be added to our mailing list, call 537-4420, stop by 1520 Poyntz or e-mail [office@manhattanarts.org](mailto:office@manhattanarts.org)





# Test Preparation Courses

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

## LSAT Prep FC-24 Law School Admission Test Review Course

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

Date: February 28 - March 16  
Practice Test April 2  
(Mon/Wed/Sat)

Time: 6:00 p.m. - 9:00 p.m. (Mon/Wed)  
8:00 a.m. - 12:00 p.m. (Sat)

Fee: \$250

Location: KSU, Bluemont Hall, Room 114

## GMAT Prep FC-05 Graduate Management Admission Test Preparation Course

### Review Segments

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

Date: January 30 - March 3  
(Tuesday/Thursday)

Time: 7:30 p.m. - 9:30 p.m.

Fee: \$250

Location: KSU, Bluemont Hall, Room 5102  
(No class on February 3)

## GRE Prep FC-06 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: January 20 - March 3  
(Tuesday/Thursday)

Time: 7:30 p.m. - 9:30 p.m.

Fee: \$250

Location: KSU, Bluemont Hall, Room 5102  
(No class on February 3)

*\*Enrollment deadline is one week before the start date for each of the Test Prep Courses. Students who enroll after the deadline will be charged an additional \$20 as materials will have to be express ordered.*





# 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](http://www.dce.ksu.edu/dce/outreach/recreationcourses.html)

**Aquatic Fitness Instructor** RRES 200 #92435  
This course is an in-depth educational and training program for individuals interested in advancing their knowledge and skills in designing and leading different types of water exercise. It will prepare instructors to become certified to organize, develop, teach, administer and market safe, fun and effective water exercise programs for various populations. 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. Be prepared for reading, homework and presentations. Textbooks available for purchase from the American Red Cross office, 2601 Anderson Avenue.

Carol Stites ([clsstwm@yahoo.com](mailto:clsstwm@yahoo.com))

Date: April 23 - April 30 (Tues/Thurs/Sat) [four sessions]  
Time: 5:30pm - 9:30pm (Tues/Thurs) 9:00am - 6:00pm (Sat)  
Fee: \$215.00  
Location: KSU, Natatorium (Available for Non Credit)

**Aquatic Fitness Instructor** RRES 200 #92444  
This course is an in-depth educational and training program for individuals interested in advancing their knowledge and skills in designing and leading different types of water exercise. It will prepare instructors to become certified to organize, develop, teach, administer and market safe, fun and effective water exercise programs for various populations. 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. Textbook is available for purchase from the American Red Cross office, 2601 Anderson Avenue. Be prepared for reading, homework and presentations.

Carol Stites ([clsstwm@yahoo.com](mailto:clsstwm@yahoo.com))

Date: January 15 - January 26 (Wed/Sat) [four sessions]  
Time: 3:30 pm - 7:30 pm (Wed) 9:00am - 6:00pm (Sat)  
Fee: \$215.00  
Location: KSU, Natatorium (Available for Non Credit)

**Ballroom Dance I** 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. Workbook available for purchase at first class.

Michael Bennett

Date: January 19 - May 4 (Wednesday)  
Time: 8:00pm - 9:00pm  
Fee: \$212.00  
Location: ECM Auditorium, 1021 Denison Ave.  
(Available for Non Credit) No class March 23

**Ballroom Dance I** Dance 599 #92401  
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. Workbook available for purchase at first class.

Michael Bennett

Date: January 19 - May 4 (Wednesday)  
Time: 9:00pm - 10:00pm  
Fee: \$212.00  
Location: ECM Auditorium, 1021 Denison Ave.  
(Available for Non Credit) No class March 23

**Beginning Middle Eastern Dance** Dance 599 #92403  
In this dance technique class, students will learn all the foundations of Middle Eastern Dance, otherwise known as Belly Dance. This class will cover beginning level hip and rib cage isolations, arm and hand movements, turns, traveling steps, percussive body movements, veil work, stage dynamics, combinations, and choreography. Students will also be introduced to the fundamentals of Middle Eastern music and rhythms, history, culture, and costuming, as they apply to the dance. This class is open to both men and women, however all students are expected to participate. Please wear comfortable clothing that allows for ease of movement. Form fitting clothing allows you and the instructor to check for proper alignment and technique. Footwear: bare feet, stocking feet, ballet slippers, or dance sandals.

Maya Zahira

Date: February 3 - May 5 (Thursday)  
Time: 3:00pm - 4:30pm  
Fee: \$199.00  
Location: KSU International Student Center  
(Available for Non Credit)  
No class March 17, March 24 & April 14

**Beginning Bowling** RRES 200 #92406  
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

Date: January 13 - May 5 (Thursday)  
Time: 10:30am - 11:20am  
Fee: \$184.00  
Location: KSU, Student Union-Bowling Alley  
(Available for Non Credit) No class March 24

**Beginning Fencing** RRES 200 #92408  
Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip: integrating diplomacy, aggression, speed and skill. This course may not be repeated for credit.

Jeff Gwartz

Date: January 31 - May 2 (Monday)  
Time: 6:00pm - 7:30pm  
Fee: \$186.00  
Location: KSU, Ahearn Fieldhouse  
(Available for Non Credit) No class March 21

**Beginning Fencing in Salina** RRES 200 #89025  
Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip integrating diplomacy, aggression, speed and skill.

Gia Kvaratskhelia

Date: February 1 - May 3 (Tuesday)  
Time: 6:00pm - 7:30pm  
Fee: \$225  
Location: 135 East Claflin, Basement, Salina  
No class March 22

**Beginning Yoga** RRES 200 #92432  
This course will cover the basic fundamentals of yoga: Sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy.

Ana Franklin

Date: January 19 - March 14 (Mon/Wed)  
Time: 3:00pm - 4:00pm  
Fee: \$199.00  
Location: KSU, Ahearn Dance Studio, Room 301  
(Available for Non Credit)

**FULL**

**Beginning Yoga** RRES 200 #92420

Ana Franklin

Date: January 19 - March 14 (Mon/Wed)  
Time: 1:30pm - 2:30pm  
Fee: \$199.00  
Location: KSU, Ahearn Dance Studio, Room 301  
(Available for Non Credit)

**First Aid/CPR/AED Instructor** RRES 200 #92438  
The First Aid, CPR/AED Instructor Course will provide candidates with the knowledge and skills necessary to teach the First Aid/CPR/AED courses and modules. These courses include Workplace Training: Standard First Aid; Adult/Child/Infant CPR; AED Essentials; and combinations thereof; as well as six Injury Control Modules. Orientation to the Community First Aid and Safety Program materials is also included in the training. Instructor candidates will also receive an introduction to the history, structure, activities, and policies and procedures of the Red Cross through Fundamentals of Instructor Training, a prerequisite module which will prepare instructor candidates to teach to a diverse population and ensure course consistency, quality and appropriate training. Textbooks available for purchase from the American Red Cross Office. Two hours KSU credit.

Carol Stites ([clsstwm@yahoo.com](mailto:clsstwm@yahoo.com))

Date: February 7 - March 14 (Monday)  
Time: 4:00pm - 8:30pm  
Fee: \$372.00  
Location: American Red Cross, 2061 Anderson Ave.  
(Available for Non Credit) Books available for purchase at the American Red Cross Office

**Fitness Swimming** RRES 200 #92433  
Students interested in this course MUST be able to demonstrate, without stopping, for 50 yards: front crawl and breaststroke w/ rhythmic breathing, back crawl, and 10 yards of butterfly. Emphasis will be on analyzing and refining stroke technique for the four competitive strokes and turns, and improving and maintaining physical fitness and endurance through a progressive conditioning swimming program that include a variety of aquatic workouts. Students will learn the components of well-balanced training and how to design workouts for lifetime conditioning swimming. Questions may be directed to instructor.

Carol Stites ([clsstwm@yahoo.com](mailto:clsstwm@yahoo.com))

Date: February 1 - March 17 (Tues/Thurs)  
Time: 6:00pm - 7:30pm  
Fee: \$190.00  
Location: KSU, Natatorium  
(Available for Non Credit)







**Fitness Swimming RRES 200 #92434**

Students interested in this course MUST be able to demonstrate without stopping, for 50 yards: front crawl and breaststroke w/ rhythmic breathing, back crawl, and 10 yards of butterfly. Emphasis will be on analyzing and refining stroke technique for the four competitive strokes and turns, and improving and maintaining physical fitness and endurance through a progressive conditioning swimming program that include a variety of aquatic workouts. Students will learn the components of well-balanced training and how to design workouts for lifetime conditioning swimming.

Carol Siles (classswim@yahoo.com)

Date: February 1 - March 17 (Tues/Thurs)  
Time: 9:30am - 11:00am  
Fee: \$190.00  
Location: KSU, Natatorium  
(Available for Non Credit)

**Fly Fishing RRES 200 #92427**

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

Paul Sodamann

Date: February 21 - March 3 (Mon-Thurs)  
Time: 6:00pm - 8:00pm  
Fee: \$227.00  
Location: Susan B. Anthony Middle School, 2501 Browning Ave.  
(Available for Non Credit)

**Fly Fishing RRES 200 #92428**

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

Paul Sodamann

Date: March 7 - March 17 (Mon-Thurs)  
Time: 6:00pm - 8:00pm  
Fee: \$227.00  
Location: Susan B. Anthony Middle School, 2501 Browning Ave.  
(Available for Non Credit)

**Golf in Junction City RRES 200 #92415**

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.

Jim Peterson

Date: March 1 - April 26 (Tuesday)  
Time: 5:30pm - 7:30pm  
Fee: \$236.00  
Location: Rolling Meadow Golf Course, 7550 Old Military Rd.  
(Available for Non Credit) No class March 22

**Golf in Junction City RRES 200 #92416**

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.

Jim Peterson

Date: March 2 - April 27 (Wednesday)  
Time: 5:30pm - 7:30pm  
Fee: \$236.00  
Location: Rolling Meadow Golf Course, 7550 Old Military Rd.  
(Available for Non Credit) No class March 23

**Golf in Salina RRES 200 #89020**

This course is designed for the beginning golfer. It will emphasize the fundamentals of the full golf swing, the short game techniques of chipping, pitching and sand shots; mental aspects, rules of play, course etiquette, selection and use of equipment. Time allowed for both classroom and golf course play and driving range practice. Students are responsible for one round of golf and additional basket of balls, \$5.00/basket.

Ronda Green

Date: March 7 - May 2 (Monday)  
Time: 2:00pm - 4:00pm  
Fee: \$236.00  
Location: KSU, Salina Rec Center, 3142 Scanlan Ave.  
(Available for Non Credit) No class March 21

**Golf in Salina RRES 200 #89021**

This course is designed for the beginning golfer. It will emphasize the fundamentals of the full golf swing, the short game techniques of chipping, pitching and sand shots; mental aspects, rules of play, course etiquette, selection and use of equipment. Time allowed for both classroom and golf course play and driving range practice. Students are responsible for one round of golf and additional basket of balls, \$5.00/basket.

Ronda Green

Date: March 3 - April 28 (Thursday)  
Time: 5:30pm - 7:30pm  
Fee: \$236.00  
Location: KSU, Salina Rec Center, 3142 Scanlan Ave.  
(Available for Non Credit) No class March 24

**Intermediate/Advance Golf in Salina RRES 200 #89022**

This course is designed for the intermediate/advanced golfer, and will allow students to improve their existing golf skills, both physically and mentally. Students will practice improving their golf swing and short game both on the driving range and on the golf course. The first round of golf and first basket of balls are included in class fees. Students will be responsible for one round of golf and additional baskets of balls, \$5.00/basket.

Ronda Green

Date: March 7 - May 2 (Monday)  
Time: 4:00pm - 6:00pm  
Fee: \$236.00  
Location: KSU, Salina Rec Center, 3142 Scanlan Ave.  
(Available for Non Credit) No class March 21

**Intermediate/Advance Golf in Salina RRES 200 #89023**

This course is designed for the intermediate/advanced golfer, and will allow students to improve their existing golf skills, both physically and mentally. Students will practice improving their golf swing and short game both on the driving range and on the golf course. The first round of golf and first basket of balls are included in class fees. Students will be responsible for one round of golf and additional baskets of balls, \$5.00/basket.

Ronda Green

Date: March 2 - April 27 (Wednesday)  
Time: 5:30pm - 7:30pm  
Fee: \$236.00  
Location: KSU, Salina Rec Center, 3142 Scanlan Ave.  
(Available for Non Credit) No class March 23

**Intermediate Fencing RRES 200 #92409**

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

Jeff Gwartz

Date: January 31 - May 2 (Monday)  
Time: 7:30pm - 9:00pm  
Fee: \$186.00  
Location: KSU, Ahearn Fieldhouse  
(Available for Non Credit) No class March 21

**Intermediate Yoga Dance 599 #92439**

This course will increase the student's understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and in-depth study of Yoga Sutras. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the individual body-type. Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class. Prerequisite: This course is for those who have taken at least sixteen yoga classes and practiced yoga on a regular basis for not less than eight weeks.

Ana Franklin

Date: January 18 - March 10 (Tues/Thurs)  
Time: 10:00am - 11:00am  
Fee: \$199.00  
Location: KSU, Ahearn Dance Studio, Room 301  
(Available for Non Credit)

**Judo I RRES 200 #92418**

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.

Isaac Wakabayashi

Date: January 18 - May 5 (Tues/Thurs)  
Time: 8:45pm - 9:45pm  
Fee: \$165.00  
Location: KSU, Ahearn Fieldhouse, Room 301  
(Available for Non Credit)  
No class March 22 & March 24

**Judo II RRES 200 #92419**

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 18 - May 5 (Tues/Thurs)  
Time: 9:45pm - 10:45pm  
Fee: \$165.00  
Location: KSU, Ahearn Fieldhouse, Room 301  
(Available for Non Credit) No class March 22 & March 24

**Piano I MUSIC 206 #92447**

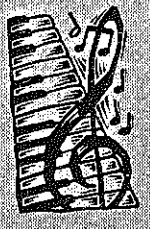
This is a group keyboard class designed for beginners with no previous keyboard experience. This popular class teaches basic concepts which include note reading, rhythm reading, sight reading and group and individual playing. Outside practice is essential for progress in this class.

Date: March 7 - May 4 (Mon/Wed)  
Time: 4:30pm - 5:20pm  
Fee: \$204.00  
Location: KSU, McCain Hall, Room 127  
(Available for Non Credit) No class March 21 & March 23

**Piano II MUSIC 207 #92448**

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

Date: March 7 - May 4 (Mon/Wed)  
Time: 5:30pm - 6:20pm  
Fee: \$204.00  
Location: KSU, McCain Hall, Room 127  
(Available for Non Credit) No class March 21 & March 23







**Responding to Emergencies** RRES 200 #92431  
This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Certification requirements: attend all sessions and view all videos, successfully demonstrate all skills, correctly answer at least 80% of questions on all written exams. Textbooks available for purchase at the American Red Cross office. Two hours KSU credit.

Carol Stites (cisswim@yahoo.com)

Date: February 1 - March 17 (Tues/Thurs)  
Time: 3:00pm - 5:00pm  
Fee: \$372.00

Location: American Red Cross, 2601 Anderson Ave.  
(Available for Non Credit)

**FULL**

**Responding to Emergencies** RRES 200 #92445  
This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Certification requirements: attend all sessions and view all videos, successfully demonstrate all skills, correctly answer at least 80% of questions on all written exams. Textbooks available for purchase at the American Red Cross office. Two hours KSU credit.

Carol Stites (cisswim@yahoo.com)

Date: January 31 - March 16 (Mon/Wed)  
Time: 2:00pm - 4:00pm  
Fee: \$372.00

Location: American Red Cross, 2601 Anderson Ave.  
(Available for Non Credit)

**Scuba Diving** RRES 200 #92422  
This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$50.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from \$100 to \$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

Jeff Wilson

Date: January 31 - March 7 (Monday)  
Time: 6:00pm - 10:00pm  
Fee: \$317.00

Location: KSU, Natatorium  
(Available for Non Credit)

**FULL**

**Scuba Diving** RRES 200 #92423  
This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$50.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from \$100 to \$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

Jeff Wilson

Date: March 28 - May 2 (Monday)  
Time: 6:00pm - 10:00pm  
Fee: \$317.00

Location: KSU, Natatorium  
(Available for Non Credit)

**Scuba Diving** RRES 200 #92421  
This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$50.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from \$100 to \$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

Jeff Wilson

Date: January 29 - March 19 (Saturday)  
Time: 9:30am - 1:30pm  
Fee: \$317.00

Location: KSU, Natatorium  
(Available for Non Credit)  
No class February 5 & February 19

**Tae Kwon Do I** RRES 200 #92425  
Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance and flexibility. The basics of blocking, punching, kicking, self-defense and white belt form will be covered. Class will consist of practicing these skills as a group, working with other classmates and the instructor one-on-one. At the end of the semester, students will have the option to be tested for their orange belt.

David Moore

Date: January 18 - May 5 (Tues/Thurs)  
Time: 6:30pm - 8:30pm  
Fee: \$190.00

Location: KSU, Ahearn Fieldhouse  
(Available for Non Credit) No class March 22 & March 24

**Tae Kwon Do II** RRES 200 #92426  
Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance and flexibility. The Tae Kwon Do II class is for students who have completed Tae Kwon Do I or who have advanced skills. Students will continue to develop the skills of blocking, punching, kicking and self-defense. Students will have the option to be tested for their next belt.

David Moore

Date: January 18 - May 5 (Tues/Thurs)  
Time: 6:30pm - 8:30pm  
Fee: \$190.00

Location: KSU, Ahearn Fieldhouse  
(Available for Non Credit) No class March 22 & March 24



**Tae Kwon Do I in Salina** RRES 200 #89024  
Tae Kwon Do is an effective way to unify the mind and body. It develops one's health by increasing cardiovascular abilities, strength, balance, and flexibility. The basics of blocking, punching, kicking and self defense are taught. Students will work through the materials from white belt through yellow belt (the 1st three levels) at an individual pace. Class will consist of practicing these skills as a group, working with other classmates and the instructor one on one. There will be 3 testings (on skill) as you progress through each level. Not all students will be expected to cover all three levels.

Cathy Stroung

Date: January 13 - May 5 (Mon/Thurs)  
Time: 4:00pm - 5:00pm  
Fee: \$155.00

Location: KSU, Salina Rec Center, 3142 Scanlan Ave.  
(Available for Non Credit)  
No class January 17, March 21 & March 24

**Tennis** RRES 200 #92429  
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 work-out attire. Tennis rackets will be available if needed.

Bill Fraley

Date: February 1 - April 19 (Tuesday)  
Time: 1:30pm - 3:00pm  
Fee: \$193.00

Location: Cottonwood Racquet Club, 3615 Claflin Rd.  
(Available for Non Credit) No class March 22



**Tennis** RRES 200 #92430  
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 work-out attire. Tennis rackets will be available if needed.

Bill Fraley

Date: February 2 - April 20 (Wednesday)  
Time: 1:30pm - 3:00pm  
Fee: \$193.00

Location: Cottonwood Racquet Club, 3615 Claflin Rd.  
(Available for Non Credit) No class March 2

**Water Safety Instructor (WSI)** RRES 200 #92436  
The purpose of this course is to train instructor candidates to teach Swimming and Water Safety Program courses, including the Basic Water Rescue Course, the six levels of Learn-To-Swim, WSI Aide, Water Safety Outreach presentations, and Parent and Child Aquatics. Please note: the WSI course is NOT designed to teach you the required strokes/skills. Paired practice, coaching and drills are used to refine skills. Be prepared for reading, homework, and presentations. Prerequisites: 1) minimum age of 16 on or before final scheduled session; 2) current Fundamentals of Instructor Training certificate (included in course); 3) swim the following strokes consistent with Level 4, Stroke Performance Charts: 25 yards each front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and 15 yards butterfly; 4) maintain position on back 1 minute in deep water (floating or sculling); 5) tread water for 1 minute. Certification requirements: successfully complete precourse session, attend and successfully participate in all course sessions, successfully complete the required number of practice-teaching assignments, demonstrate acceptable level of maturity and responsibility consistent with Red Cross standards, correctly answer at least 80% (40 out of 50 questions) on final instructor course written exam. Questions regarding above information may be directed to the instructor. Textbooks available for purchase at the American Red Cross, 2601 Anderson Ave. Two hours KSU credit.

Carol Stites (cisswim@yahoo.com)

Date: April 4 - April 16 (Mon, Wed, Fri, Sat)  
Time: 4:00pm - 7:30pm (Mon, Wed, Fri) 9:00am - 5:00pm (Sat)  
Fee: \$308.00

Location: KSU, Natatorium (Available for Non Credit)

**Archery** RRES 200 #92405  
This course provides men and women with instruction in target style archery. Emphasis is on the archery form currently used in Olympic sports. Students will use only the recurve bow, the compound bow will not be used in this class. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and setup will also be taught. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

Tom Korte

Date: January 24 - March 14 (Monday)  
Time: 8:00pm - 9:45pm  
Fee: \$217.00

Location: 1125 Laramie, upstairs





**Boxing for Women RRES 200** #92437

Students will learn the basic boxing punches of jabs, crosses, hooks, and uppercuts. Other elements of the class will include correct boxing stance, how to shadow box, foot work, and defensive moves such as blocks, bob and weave, and sliding. Counter punching and how to catch punches working with the catchmitts will also be covered. These moves will give students an ab workout for the entire body core. Emphasis will be on how to use the exercises correctly. Advanced punching including haymakers, body shots, combos will be covered in class along with how to put together your own combos. Student's workout will be on various bags such as the heavy bag, the double end bag, and speed bag to develop rhythm and hand-eye coordination. There will be no physical contact. Enrollment is open to everyone.

Lorissa Ridley

Date: March 8 - May 5 (Tues/Thurs)  
Time: 6:30pm - 7:30pm  
Fee: \$215.00  
Location: Cottonwood Racquet Club, 3615 Claflin Rd.  
No class March 22 & March 24

**Boxing for Women RRES200** #92424

Lorissa Ridley

Date: January 19 - March 14 (Mon/Wed)  
Time: 2:00pm - 3:00pm  
Fee: \$215  
Location: Cottonwood Racquet Club, 3615 Claflin Rd.

**No Contact Boxing for Men RRES 200** #92442

Students will learn the basic boxing punches of jabs, crosses, hooks, and uppercuts. Other elements of the class will include correct boxing stance, how to shadow box, foot work, and defensive moves such as blocks, bob and weave, and sliding. Counter punching and how to catch punches working with the catchmitts will also be covered. These moves will give students an ab workout for the entire body core. Emphasis will be on how to use the exercises correctly. Advanced punching including haymakers, body shots, combos will be covered in class along with how to put together your own combos. Student's workout will be on various bags such as the heavy bag, the double end bag, and speed bag to develop rhythm and hand-eye coordination. There will be no physical contact. Enrollment is open to everyone.

Lorissa Ridley

Date: March 7 - May 4 (Mon/Wed)  
Time: 10:30am - 11:30am  
Fee: \$215.00  
Location: Cottonwood Racquet Club, 3615 Claflin Rd.  
(Available for Non Credit)  
No class March 21 & March 23

**Golf RRES 200** #92411

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.

Jim Gregory

Date: March 1 - April 26 (Tuesday)  
Time: 2:30pm - 4:30pm  
Fee: \$236.00  
Location: Stagg Hill Golf Club, 4441 Ft. Riley Blvd.  
No class March 22

**FULL**

**Golf RRES 200** #92412

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.

Jim Gregory

Date: March 2 - April 27 (Wednesday)  
Time: 1:30pm - 3:30pm  
Fee: \$236.00  
Location: Stagg Hill Golf Club, 4441 Ft. Riley Blvd.  
No class March 23

**FULL**

**Golf RRES 200** #92413

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.

Jim Gregory

Date: March 2 - April 27 (Wednesday)  
Time: 5:30pm - 7:30pm  
Fee: \$236.00  
Location: Stagg Hill Golf Club, 4441 Ft. Riley Blvd.  
No class March 23

**FULL**

**Golf RRES 200** #92414

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.

Jim Gregory

Date: March 3 - April 28 (Thursday)  
Time: 9:30am - 11:30am  
Fee: \$236.00  
Location: Stagg Hill Golf Club, 4441 Ft. Riley Blvd.  
(Available for Non Credit) No class March 24



**Ballroom Dance in Salina RRES 200** #89010

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 Salina Recreation Center.

Audrey Umekubo

Date: January 19 - May 4 (Wednesday)  
Time: 7:00pm - 8:00pm  
Fee: \$186.00  
Location: KSU, Salina Rec Center, 3142 Scanlan Ave.  
(Available for Non Credit) No class March 23

**Scuba Diving in Salina RRES 200** #89000

This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$50.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from \$100 to \$175. There is a nonrefundable material fee of \$50 for withdrawing from the class after the first day. Additional fees may be assessed if student is enrolled in less than 12 hours.

Jeff Wilson

Date: February 3 - March 17 (Thursday)  
Time: 6:30pm - 10:00pm  
Fee: \$351.00  
Location: Salina YMCA, 570 YMCA Drive, Salina

**Archery Instructor Training and Certification - Level I RRES 200** #92443

In this Level I Basic Training and Certification archery program you will learn how to set up and operate a safe short-term archery program, how to teach new archers, how to maintain your equipment, and how to create fun games for your new archers. The required NADA textbook will be available for purchase from the instructor at the first class meeting.

Tom Korte

Date: January 27 - March 17 (Thursday)  
Time: 8:00am - 9:50am  
Fee: \$217.00  
Location: 1125 Laramie Plaza, upstairs  
(Available for Non Credit)

**Lifeguard Training RRES 200** #92440

The American Red Cross program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Prerequisites: candidates must: 1) 15 years of age on or before the last scheduled day of class; 2) Swim 500 yards continuously using these strokes in the following order:

- \* 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick
- \* 100 yards of breaststroke using rhythmic breathing and a stabilizing, propellant kick
- \* 200 yards of front crawl, breaststroke, or combination thereof

3) Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 # object, return to the surface, and swim 20 yards back to starting point with both hands on the object and face above the water at all times. Certification requirements: demonstrate competency in all required skills, demonstrate competency in the three final skill scenarios, demonstrate level of maturity and responsibility consistent w/Red Cross standards, and correctly answer at least 80% of questions on written exams. This is a 2 hour KSU credit class.

Carol Stiles (clsstswim@yahoo.com)

Date: March 28 - May 6 (Mon/Wed/Fri)  
Time: 9:30am - 11:00am  
Fee: \$308.00  
Location: KSU, Natatorium  
(Available for Non Credit)

**Swim I RRES 200** #92441

1. Swim I is designed ONLY for students who have a fear of the water and/or those with little or no water experience. It will address the needs of the beginning swimmer. Emphasis will be on acquiring skills, knowledge and attitudes necessary to become safe in, on and around the water; learning basic strokes and survival skills; and being able to assist others in an aquatic emergency using elementary forms of rescue. Required text: Swimming and Aquatic Safety, available at American Red Cross office, 2601 Anderson.

Carol Stiles (clsstswim@yahoo.com)

Date: January 19 - March 16 (Mon/Wed)  
Time: 9:30am - 10:30am  
Fee: \$194.00  
Location: KSU, Natatorium  
(Available for Non Credit)

**Fundamentals of Canoeing RRES 200** #92407

This class will help students learn to travel safely and efficiently by canoe. The class provides an in-depth introduction to the sport of touring canoeing (not whitewater or sprint canoeing). This class will emphasize tandem canoeing with an exposure to solo paddling. The students will have a chance to paddle a variety of canoes. The course includes a strong emphasis on stroke and paddle mechanics and a complex stroke/maneuver list. The course will start with a classroom session at the UFM Building in the morning. Students will car pool to Tuttle Creek State Park, River Pond in the afternoon.

Steve Spencer

Date: April 23 & April 30 (Saturday)  
Time: 8:00am - 5:00pm  
Fee: \$217.00  
Location: UFM Conference Room (Morning)  
Tuttle Creek State Park, River Pond Rd. (Afternoon)

**Yogilates RRES 200** #92410

Yogilates is a hybrid class combining both yoga and pilates. You will learn about the different types of yoga and all the various poses with their beginner and more advance poses. Pilates is a series exercises or poses that are connected in a particular way to increase circulation and flexibility. Learn what the "powerhouse" is as we strengthen our backs and abdominals. A sticky mat is recommended but not required. Please wear comfortable clothes that will not restrict movement and try not to eat 2 hours before class (a small snack is OK). Some lecture but main focus is on participation.

Date: January 18 - March 3 (Tues/Thurs)  
Time: 12:00pm - 1:00pm  
Fee: \$217.00  
Location: ProFitness in Aggieville, 1125 Laramie St., lower level

**Yogilates RRES 200** #92417

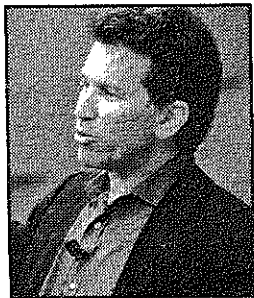
Diana Knox

Date: March 8 - April 28 (Tues/Thurs)  
Time: 12:00pm - 1:00pm  
Fee: \$217.00  
Location: ProFitness in Aggieville, 1125 Laramie St., lower level  
No class March 22 and March 24





# Lou Douglas LECTURES 25 Years



Jeffrey Hollender

March 15, 2005  
7:00 p.m., Forum Hall, K-State Student Union

**What Matters Most: The Next Generation  
of Responsible Values-Based Business Leadership**

Jeffrey Hollender  
President and Corporate Responsibility Officer  
of Seventh Generation, the Leading Brand  
of Natural Household Products in the United States

## What Matters Most: How a Small Group of Pioneers is Teaching Social Responsibility to Big Business and Why Big Business is Listening

Join in a thought-provoking discussion of this new book written by Lou Douglas Lecturer Jeffrey Hollender, president and corporate responsibility officer of Seventh Generation, the leading brand of natural household products in the United States, and Stephen Fenichell, and its implications for the community. We'll also discuss Seventh Generation's just published, first ever CERES-based Corporate Responsibility Report. Using this report as a guide, learn more about corporate responsibility reporting and its implications for society.

Heath Harding is an assistant director with K-State Leadership Studies and Programs. He's an avid reader, thinker, and questioner who enjoys sharing ideas with others.

Date: Tuesday, March 15, 2005  
Time: 12 noon to 1 p.m.  
Fee: Free (sponsored by the Lou Douglas Lectures)  
Location: Stateroom 1, K-State Student Union

## Teaching for Civic Involvement: Continuing the Conversation

Join participants in last fall's Paul Rogat Loeb "Teaching for Civic Involvement" workshop at K-State to continue the conversation on specific ways to encourage community participation and civic engagement in students. This includes those in the college classroom as well as in not-for-credit experiences such as co-curricular activities and student organizations.

Olivia Collins teaches nonprofit leadership in K-State's Leadership Studies minor. She's mentored young adults through 4-H youth programs and internships in K-State's School of Family Studies and Human Services.

Date: Thursday, February 17, 2005  
Time: 12 noon to 1 p.m.  
Fee: Free (sponsored by the Lou Douglas Lectures)  
Location: Stateroom 1, K-State Student Union

**Claflin Books and Copies**

1814 Claflin Road 776-3771 [www.claflinbooks.com](http://www.claflinbooks.com)

## Lou Douglas Lecture Series Jolting Conventional Wisdom for 25 Years

For 25 years the Lou Douglas Lecture Series on Public Issues has presented thought-provoking speakers, free of charge to the campus and the larger community. The series honors the memory of this distinguished professor of political science who was widely known for his power to inspire students, faculty, and citizens to instigate change. With principle, humor, and wisdom, Professor Douglas motivated individuals and grassroots organizations to pursue social justice in politics, economics, and foreign policy.



Lou Douglas was an influential member of the UFM Community Learning Center Board of Directors. He served in many capacities, including Chair of the Board, until his death in 1979. As part of his commitment to grassroots projects, Professor Douglas initiated the UFM Community Resource Program, which has assisted over 90 Kansas communities to develop and implement their own local community education programs based on UFM's volunteer model and using local talent and resources. As a result of these valuable contributions, UFM spearheaded efforts to establish the lecture series.

## Focusing on Social Justice, Human Rights, World Peace, International Development

The Lou Douglas Lectures seek to extend understanding of public policies that can further democratize society. They contribute to the general education of students and others by presenting speakers who will jolt conventional wisdom and propose public policy that deals progressively and democratically with the roots of social, political and economic problems. Known for their impact on regional, national and world affairs, these individuals are selected for their commitment to justice and equality for all people.

## Enriching the Intellectual and Civic Lives of the K-State/Manhattan Community

Illuminating and provocative lectures with free-wheeling question and answer periods stimulate discussion as well as promote original thinking and questioning of perspectives on critical public issues. Related experiences such as brown bag lunches, class and seminar presentations and interaction with student and community organizations enhance the lecture experience. Many K-State graduates say that the perspectives they gained from the Lou Douglas Lectures have been invaluable to their lives as citizens.

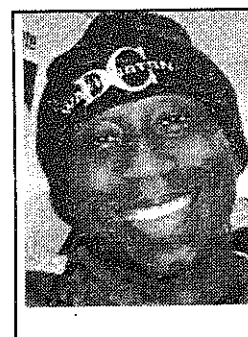
## Inspiring Justice and Equality for All People

The success of the Lou Douglas Lectures depends on the continued financial support of people who are committed to perpetuating the spirit and philosophy of this distinguished professor of political science. Contributors make it possible for the Lou Douglas Lectures to bring important speakers to the K-State campus and the Manhattan community. To support the Lou Douglas Lecture Series, call 785.539.8763, e-mail [ufm@ksu.edu](mailto:ufm@ksu.edu) or send your tax-deductible contribution to 1221 Thurston St, Manhattan, KS 66502.

## Fifth Annual Donald J. Adamchak Distinguished Lecture in Sociology

Monday, March 7, 2005 7:30 p.m.  
K-State Student Union Forum Hall

Sex, HIV Risk, and Living Poor in African City 'Ghettos'  
Dr. Francis Dadoo  
Professor of Sociology and Demography  
The Pennsylvania State University



Dr. Francis Dadoo

For more information contact Lelah Duskin at [duskin@ksu.edu](mailto:duskin@ksu.edu)



# What's New at UFM?

## Online Class Registration

You can now register for UFM Classes ONLINE at our website, [www.ufmprograms.org](http://www.ufmprograms.org)! Registration is fast, easy, and secure when you enroll online on our recently improved website. You can also request a catalog, specific class or program information, or add yourself to our mailing list by visiting [www.ufmprograms.org](http://www.ufmprograms.org).

## Online Classes

UFM will be offering its first online classes this spring! We are offering two sections of grant writing, ABC's of Grant Writing, Basic and Advanced Courses. These classes are great for busy professionals who would like to gain a better understanding of grant writing. Take these classes at your convenience - enroll now at [www.ufmprograms.org](http://www.ufmprograms.org). For more information, contact our office at 539-8763 or [ufm@ksu.edu](mailto:ufm@ksu.edu).

## Kitchen Update

We have recently updated the UFM kitchen so that we can offer many new cooking classes! Check out the Fun Foods section of the catalog which includes classes such as: wine, coffee and tea classes; ethnic food classes such as Chinese, Middle Eastern, Japanese, Vietnamese, Eastern European Cooking classes, and many more such as the Joy of Juicing, College Cooking 101, the list goes on! Come see our updated kitchen and try one of our cooking classes!

# New Classes at UFM

### AQUATICS

Beginning and Intermediate Diving  
NAUI Skin Diver  
NAUI Scuba Refresher Course  
Introduction to Canoeing

AQ41  
AQ39  
AQ40  
AQ38A

### LANGUAGE

Latin Courses  
English as a Second Language  
Conversational Vietnamese  
Slovak Language

LA06, LA07, LA08  
LA09  
LA11  
LA12

### HEALTH AND WELLNESS

Community CPR and First Aid  
Journey of Holistic Healing  
Beginning Ashtanga Yoga  
Meditation and Tai Chi Chuan  
Therapeutic Touch

HW25  
HW23  
HW28  
HW29  
HW30

### CAREER AND FINANCE

ONLINE Grant Writing  
Welcome to the Real World

FC09, FC10  
FC13

### MARTIAL ARTS

Tae Kwon Do I in Salina

MA12Z

### YOUTH CLASSES

Cheerleading and Dance 101  
Yoga for Teens

YO10A  
YO12

### CREATIVE FREE TIME

Guitar For Beginners  
Music Fundamentals  
Exploration of Drawing and Watercolor  
Beginning Brazilian Drumming  
Mosaic Magic  
Fantasy Workshop  
Indian Friendship Bracelets  
Beginning Oil Painting

CF38B  
CF48  
CF39  
CF40  
CF50  
CF51  
CF52  
CF53

### RECREATION AND FITNESS

Archery Instructor Training and Certification - Level  
Beginning Dance for Couples  
Beginning Dance for Teens and College Students  
Belly Dance Yoga Workout  
Beginning Rumba Dance  
Beginning Samba Dance  
No Contact Boxing For Men  
Yogilates

RF37Z  
RF38  
RV39  
RF28  
RF34  
RF35  
RF36  
RF42AZ

Hip Hop Dance  
Beginning Fencing in Salina

RF43  
RF44Z

### PERSONAL INTEREST

Delving Into Your Dreams  
Discovering Your Creative Self  
Home Work For Women  
Tips, Tricks and Techniques for Creating a Naturally Beautiful Look

PI20  
PI19  
PI18  
PI23A

### EARTH AND NATURE

Fossils, Transitional Forms and Evolution  
Herb Gardening Classes

EN09  
EN14, EN 15, EN16

### FUN FOODS

The Legend of the Dancing Goats (Coffee)  
The Joy of Juicing  
College Cooking 101: Alternatives to Fast Food  
Cookies 101  
I Have to Cook for Whom?  
Cook your Favorite Vietnamese Foods  
Menu Planning101  
An Evening of Japanese Cooking  
An Evening of Middle Eastern Cooking  
The Best Tastes from the Heart of Europe

FF13  
FF01  
FF02  
FF03  
FF04  
FF05  
FF07  
FF08  
FF09  
FF11

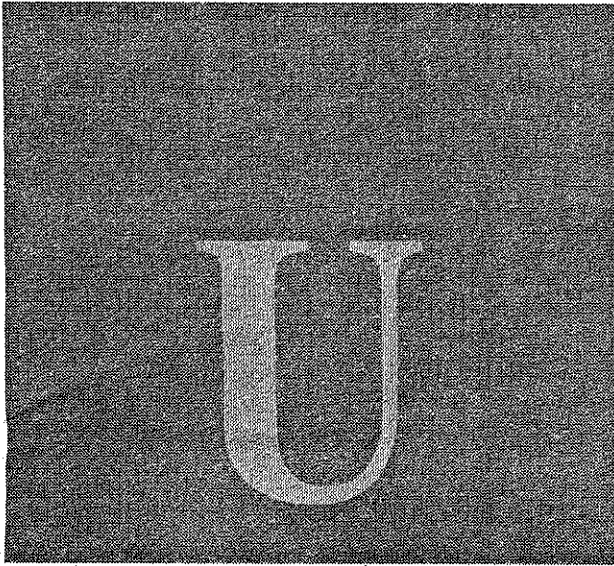
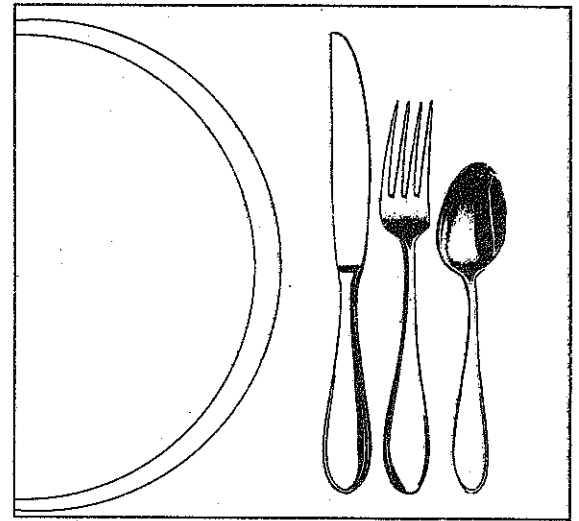
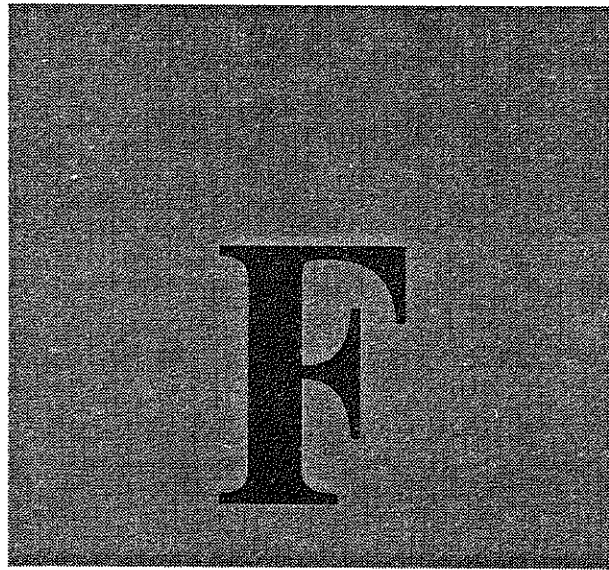
Enroll online  
at [www.ufmprograms.org](http://www.ufmprograms.org)!





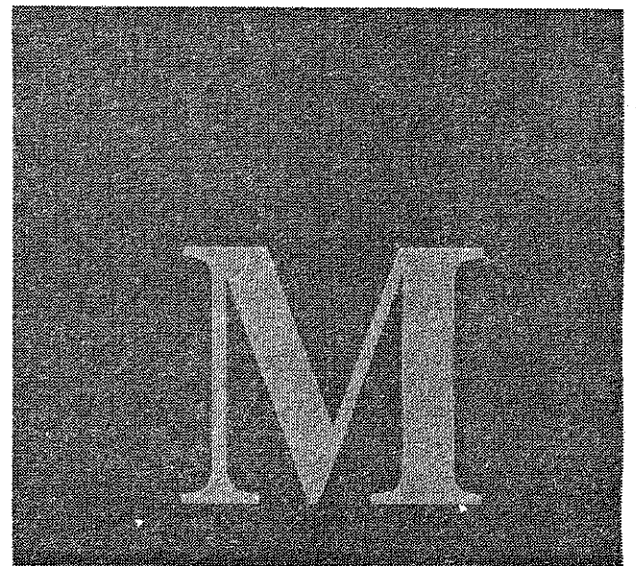
YOU ARE INVITED  
to UFM's Open House  
and Kitchen Shower

January 20, 2005  
4:30 - 6:30 pm



Come see our updated  
kitchen and basement! We are  
ready for business, but still need  
bakeware, cooking utensils and  
other kitchen necessities, or  
appliances.

*Refreshments and door  
prizes! See you there!*



## Featured Instructor



**Linda Harvey**

Linda Harvey began teaching grantwriting courses for UFM in Fall 2004. Linda will be the instructor for the first course that UFM will offer in an online format. During the Spring 2005 semester, Linda will be busy teaching classes for both UFM as well as courses for the Department of Journalism and Mass Communications at K-State.

Linda is a graduate of the Public Relations program at K-State. She also holds a master's degree in public administration from the University of

Nebraska. By trade, Ms. Harvey is a writer and teaches Public Relations Writing and Media Relations for K-State's journalism school.

Linda's career originally took her into the nonprofit sector as a Public Relations Director, Editor, Writer and Publications Coordinator. She spent a great deal of time in both human services and then as a nonprofit administrator in the performing arts.

Linda Harvey has nearly a decade of experience in the non-profit sector. As a fundraiser, she has raised nearly \$500,000 through grantwriting. Linda's grantwriting focus was originally in the performing arts, writing proposals for the various organizations to the National Endowment for the Arts and various state arts councils. Linda's responsibilities fully focused on fundraising after she started working with Opera Omaha, and she continues to offer grantwriting services as an independent contractor. Linda has also reviewed grants for the Nebraska Arts Council and worked with the Nebraska Methodist Hospital Foundation.

Linda enjoys reading, the outdoors, spending time with my family, sewing, quilting, movies and cooking. Linda's mother lives in the area, as do many of her "extended" family members. Linda would like to take yoga or some type of "hobby" class at UFM if she has time in the future!

### ABCs of Grantwriting (Basic Course) FC09A

Whether you're a volunteer or staff member in one of the many non-profit organizations in Kansas, grantwriting is a key ability to have to ensure the success of your mission. Come learn the ins-and-outs of grant research, prospect research, and the basic types of grants available. **\*\*This class will be offered in a classroom setting.**

Date: February 12 (Saturday)  
Time: 9:00am - 11:30am  
Fee: \$42.00  
Location: UFM Conference Room

### ABCs of Grantwriting (Basic Course) FC09B

**\*\*Online Format**

Date: February 16 - March 16 (Wed)  
Time: At your Leisure  
Fee: \$49.00  
Location: Any PC available with Internet Access

### ABCs of Grantwriting (Advanced Course) FC10

**\*\*Online Format**

This class is an extension of the online ABCs of Grantwriting Basic course. Learn how to write effective grant proposals, and spend time learning how to write each section of a mock proposal during the 5-week online workshop. The ABCs of Grantwriting Basic Course is suggested before taking this class. Participants will need access to the Internet and a computer on which they can view PowerPoint presentations. PowerPoint, the Internet, MSWord and an online message board will be utilized during this course.

Date: March 30 - April 27 (Wednesday)  
Time: At your Leisure  
Fee: \$49.00  
Location: Any PC available with Internet Access

# Thanks for Your Support!

We wish to thank the following contributors to UFM and to the Lou Douglas Lecture Series for their financial contributions during 2004. These donations help underwrite general operating costs, lecture expenses and scholarships that make UFM program services and the Lou Douglas Lectures possible.

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Division of Biology  
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Department of Biology  
Department of Geology  
Department of Geography  
Department of Mathematics  
Department of Political Science  
Department of Psychology  
Department of Speech Communication, Theater and Dance

### UFM Can Accept Donations in Many Forms

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

- **Teach a Class**—Donating your time to teach a UFM class can be deducted from your taxes at a dollar value.
- **Stocks and Securities**—UFM has a brokerage account that can accept donations of appreciated stock and other securities.
- **Put Us in Your Will** for future assistance. UFM has an endowment account at the Manhattan Community Foundation.
- **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.

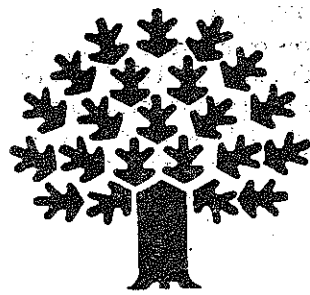
### What will your donation buy?

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  
(785) 539-8763

**YES!**  
**I WANT TO**  
**SUPPORT**  
**UFM!**

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

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Address: \_\_\_\_\_ Work Phone \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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Scott Bean  
Michael Bennett  
Caryn Brooks  
Charlene Brownson  
Kate Cashman  
Rosina Catalan  
Michaeline Chance-Reay  
Olivia Collins  
Sheryl Cornell  
Randi Dale  
Jeanie DeArmond  
Jill Derowitsch  
Hieu Doan  
Eunice Dorst

Terri Eddy  
Sarah English  
Gregg Eyestone  
Travis Flewelling  
Enell Foerster  
Mary Fox  
Bill Fraley  
Ana Franklin  
Ronda Green  
Jim Gregory  
Jeff Gwartz  
Jaclyn Hackerott  
Colleen Hampton  
Linda Harvey  
Vanessa Hermes

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Darlene Vermeullen  
Isaac Wakabayashi  
Florence Wang  
Jeff Wilson  
Jennifer Wilson  
Stan Wilson  
Laura Wood  
George Wyatt  
Maya Zahira  
Dave Zuck  
Patti Zuck

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.

*Marcia Horney*

## ON CAMPUS REGISTRATIONS

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

DATE	TIME	LOCATION
Jan. 18	10 am - 2 pm	KSU Union
Jan. 19	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](mailto: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 Marcia 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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