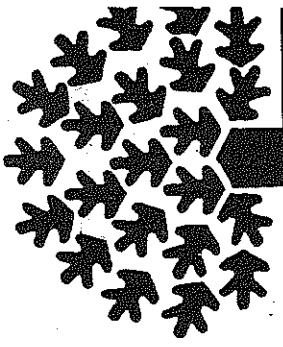


UFM

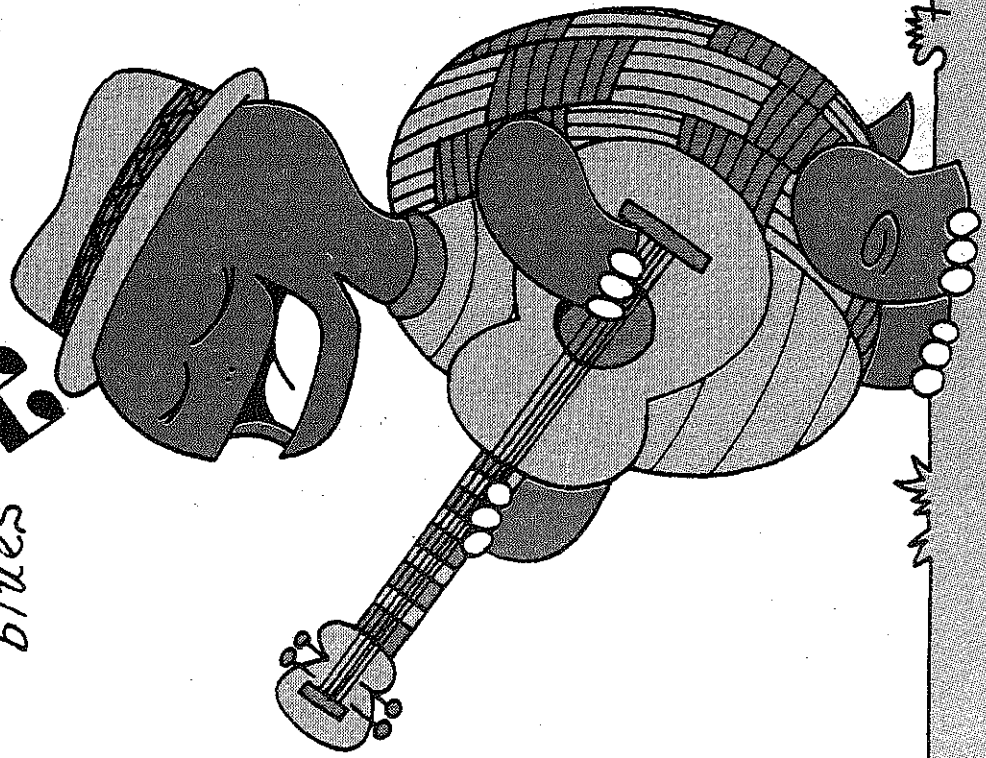
Community Learning Center

2005 Summer Classes



Teaching • Learning • Growing
Vol. 34 Edition 2

UFM has the cure for the summertime blues



SM Hungar

UFM has the cure for the summertime blues

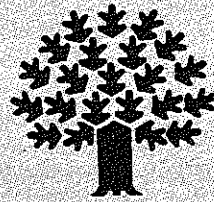


SM Hungar

Summer Classes June - August 2005

Astronomy
...
Cake Decorating
...
CPR & First Aid

ONESNE Grantwriting
...
Square Dance
...
Guitar



Teaching • Learning • Growing

UFM Community Learning Center

2005 Summer Classes

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Manhattan, Kan. 66502

OR CURRENT RESIDENT

Welcome to UFM Community Learning Center...

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

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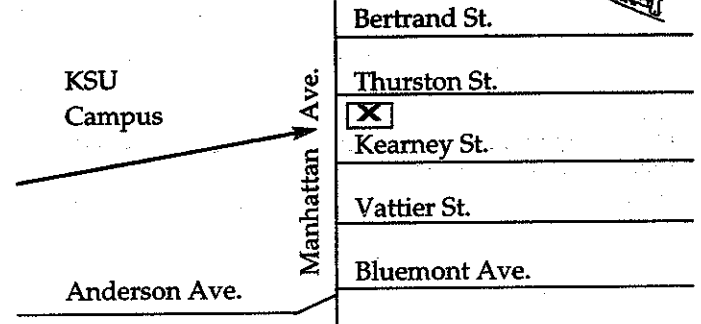
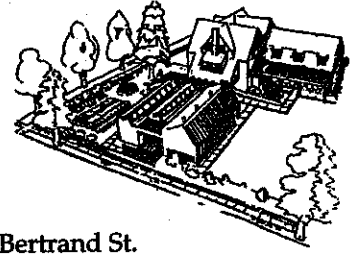
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WHERE WE'RE LOCATED

UFM
1221 Thurston



BOARD OF DIRECTORS

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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.



Enroll online
 at www.ufmprograms.org!

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.

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

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

Session A: Monday - Friday, June 6 - June 17
Session B: Monday - Friday, June 20 - July 1
Session C: Monday - Friday, July 5 - July 15
(No class on Monday, July 4)
Session D: Monday - Friday, July 18 - July 29

Session A1:	June 6 - June 10	(Monday - Friday)
Session A2:	June 13 - June 17	(Monday - Friday)
Session B1:	June 20 - June 24	(Monday - Friday)
Session B2:	June 27 - July 1	(Monday - Friday)
Session C1:	July 11 - July 15	(Monday - Friday)
Session D1:	July 18 - July 22	(Monday - Friday)
Session D2:	July 25 - July 29	(Monday - Friday)

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 swim diapers or snug-fitting lightweight pants covered by rubber pants. To participate, infants must have the ability to voluntarily raise their heads 90 degrees when lying flat on their stomachs and be 6 months old. During the 6 meetings the parents will receive instruction and have opportunity to practice water techniques with their children. Parent must accompany child in the water.

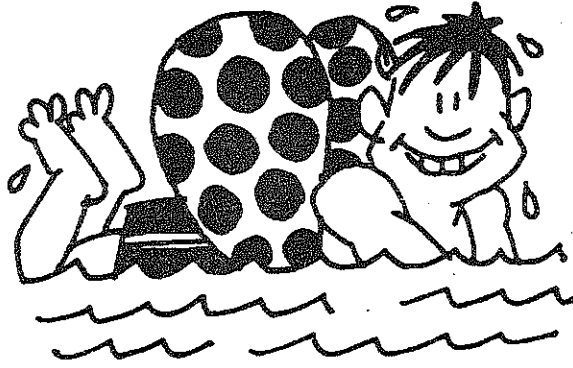
Session A1: Mon-Friday
AQ01P 9:30am - 10:00am
AQ02P 5:30pm - 6:00pm

Session B1: Mon-Friday
AQ03P 9:30am - 10:00am
AQ04P 5:30pm - 6:00pm

Session C1: Mon-Friday
AQ05P 9:30am - 10:00am
AQ06P 5:30pm - 6:05pm

Session D1: Mon-Friday
AQ07P 9:30am - 10:00am
AQ08P 5:30pm - 6:00pm

Fee: \$22.00 per session



Tot Transition

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

Session A2: Mon-Friday
AQ01T 9:30am - 10:00am
AQ02T 5:30pm - 6:00pm

Session B2: Mon-Friday
AQ03T 9:30am - 10:00am
AQ04T 5:30pm - 6:00pm

Session D2: Mon-Friday
AQ07T 9:30am - 10:00am
AQ08T 5:30pm - 6:00pm

Fee: \$22.00 per session

Level I: Water Exploration

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

Session A: Monday - Friday
AQ01 10:05am - 10:45am
AQ02 10:50am - 11:30am
AQ03 6:15pm - 6:55pm

Session B: Monday - Friday
AQ04 10:05am - 10:45am
AQ05 10:50am - 11:30am
AQ06 6:15pm - 6:55pm

Session C: Monday - Friday
AQ07 10:00am - 10:45am
AQ08 10:45am - 11:30am
AQ09 6:15pm - 7:00pm

Session D: Monday - Friday
AQ10 10:05am - 10:45am
AQ11 10:50am - 11:30am
AQ12 6:15pm - 6:55pm

Fee: \$47.00 per session

Level II: Primary Skills

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

Session A: Monday - Friday
AQ13 10:05am - 10:45am
AQ14 10:50am - 11:30am
AQ15 6:15pm - 6:55pm

Session B: Monday - Friday
AQ16 10:05am - 10:45am
AQ17 10:50am - 11:30am
AQ18 6:15pm - 6:55pm

Session C: Monday - Friday
AQ19 10:00am - 10:45am
AQ20 10:45am - 11:30am
AQ21 6:15pm - 7:00pm

Session D: Monday - Friday
AQ22 10:05am - 10:45am
AQ23 10:50am - 11:30am
AQ24 6:15pm - 6:55pm

Fee: \$47.00 per session

Level III: Stroke Readiness

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

Session A: Monday - Friday
AQ25 10:05am - 10:45am
AQ26 10:50am - 11:30am
AQ27 6:15pm - 6:55pm

Session B: Monday - Friday
AQ28 10:05am - 10:45am
AQ29 10:50am - 11:30am
AQ30 6:15pm - 6:55pm

Session C: Monday - Friday
AQ31 10:00am - 10:45am
AQ32 10:45am - 11:30am
AQ33 6:15pm - 7:00pm

Session D: Monday - Friday
AQ34 10:05am - 10:45am
AQ35 10:50am - 11:30am
AQ36 6:15pm - 6:55pm

Fee: \$47.00 per session





Level IV: Stroke Development

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

Session A: Monday - Friday
AQ37 10:05am - 10:45am
AQ38 10:50am - 11:30am
AQ39 6:15pm - 6:55pm

Session B: Monday - Friday
AQ40 10:05am - 10:45am
AQ41 10:50am - 11:30am
AQ42 6:15pm - 6:55pm

Session C: Monday - Friday
AQ43 10:00am - 10:45am
AQ44 10:45am - 11:30am
AQ45 6:15pm - 7:00pm

Session D: Monday - Friday
AQ46 10:05am - 10:45am
AQ47 10:50am - 11:30am
AQ48 6:15pm - 6:55pm
Fee: \$47.00 per session

Level VI: Skill Proficiency

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

Session A: Monday - Friday
AQ57 10:50am - 11:30am
AQ58 6:15pm - 6:55pm

Session B: Monday - Friday
AQ59 10:50am - 11:30am
AQ60 6:15pm - 6:55pm

Session C: Monday - Friday
AQ61 10:45am - 11:30am
AQ62 6:15pm - 7:00pm

Session D: Monday - Friday
AQ63 10:50am - 11:30am
AQ64 6:15pm - 6:55pm
Fee: \$47.00 per session

Lap Swimming for Parents

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

Session A: Monday - Friday
AQ75 10:00am - 11:30am
AQ76 6:00pm - 7:00pm

Session B: Monday - Friday
AQ77 10:00am - 11:30am
AQ78 6:00pm - 7:00pm

Session C: Monday - Friday
AQ79 10:00am - 11:30am
AQ80 6:00pm - 7:00pm

Session D: Monday - Friday
AQ81 10:00am - 11:30am
AQ82 6:00pm - 7:00pm

Fee: \$16.00 per session

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

Adult Swim Lessons

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

Session B: Monday - Friday
AQ65 6:15pm - 6:55pm

Session D: Monday - Friday
AQ66 6:15pm - 6:55pm

Fee: \$47.00 per session

Shallow 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: June 6 - June 17
Monday - Friday (6:05pm - 7:00pm)
AQ83 (1 time a week)
AQ84 (3 times a week)
AQ85 (5 times a week)

Session B: June 20 - July 1
Monday - Friday (6:05pm - 7:00pm)
AQ86 (1 time a week)
AQ87 (3 times a week)
AQ88 (5 times a week)

Session C: July 5 - July 15
Monday - Friday (6:05pm - 7:00pm)
AQ89 (1 time a week)
AQ90 (3 times a week)
AQ91 (5 times a week)

Session D: July 18 - July 29
Monday - Friday (6:05pm - 7:00pm)
AQ92 (1 time a week)
AQ93 (3 times a week)
AQ94 (5 times a week)
Fee: \$12.00 for 1 Time a week per session
\$18.00 for 3 Times a week per session
\$22.00 for 5 Times a week per session

Level V: Stroke Refinement

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

Session A: Monday - Friday
AQ49 10:05am - 10:45am
AQ50 6:15pm - 6:55pm

Session B: Monday - Friday
AQ51 10:05am - 10:45am
AQ52 6:15pm - 6:55pm

Session C: Monday - Friday
AQ53 10:05am - 10:45am
AQ54 6:15pm - 7:00pm

Session D: Monday - Friday
AQ55 10:05am - 10:45am
AQ56 6:15pm - 6:55pm

Fee: \$47.00 per session

Lap Swimming Ages 13 plus

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

Session A: Monday - Friday
AQ67 10:00am - 11:30am
AQ68 6:00pm - 7:00pm

Session B: Monday - Friday
AQ69 10:00am - 11:30am
AQ70 6:00pm - 7:00pm

Session C: Monday - Friday
AQ71 10:00am - 11:30am
AQ72 6:00pm - 7:00pm

Session D: Monday - Friday
AQ73 10:00am - 11:30am
AQ74 6:00pm - 7:00pm

Fee: \$19.00 per session

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.

**MANHATTAN
MARLINS
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

Four Practice Groups: ♦ Developmental ♦ Bronze ♦ Silver ♦ Gold

For more information contact: Shelly Aistrup at 539-0884



Shallow Water Hydro aerobics for the entire summer

(June 7 - July 30)
AQ95 (1 Time a week)
AQ96 (3 Times a week)
AQ97 (5 Times a week)
Fee: \$44.00 for 1 Time a week
\$50.00 for 3 Times a week
\$62.00 for 5 Times a week

Deep Water Hydro aerobics

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

Session A: June 7 - June 16
AQ98 Tuesday & Thursday 6:05pm - 7:00pm
Session B: June 21 - June 30
AQ99 Tuesday & Thursday 6:05pm - 7:00pm
Session C: July 5 - July 14
AQ100 Tuesday & Thursday 6:05pm - 7:00pm
Session D: July 19 - July 28
AQ101 Tuesday & Thursday 6:05pm - 7:00pm
Fee: \$16.00 for 2 Times a week per session

Deep Water Hydro aerobics for the entire summer

AQ102 (June 7 - July 28) (Tuesday/Thursday)
Fee: \$44.00 per semester

Private Swim Lessons

Private lessons provide one-on-one instruction for any level of swimmer. There are five 30 minute lessons that occur in consecutive days excluding Saturday and Sunday. To improve scheduling and better serve our families, you will be able to reserve specific sessions 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 Morning and Evening Privates:

Session A1: June 6 - June 10 (Monday - Friday)
Session A2: June 13 - June 17 (Monday - Friday)
Session B1: June 20 - June 24 (Monday - Friday)
Session B2: June 27 - July 1 (Monday - Friday)
Session C1: July 11 - July 15 (Monday - Friday)
Session D1: July 18 - July 22 (Monday - Friday)
Session D2: July 25 - July 29 (Monday - Friday)

Times for all morning classes: 8:55am - 9:25am
9:30am - 10:00am

Times for all evening classes: 5:30pm - 6:00pm

Fee: \$59.00 per session (5 lessons)

Open Swim Appreciation

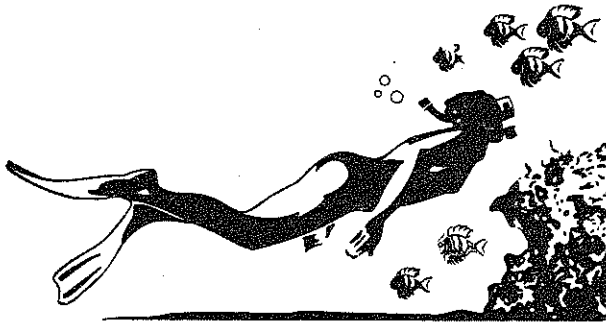
For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. There is no charge for this activity, however, registration with the number of participants planning to attend is requested so that we can provide adequate life-guards.

Date: June 26th (Sunday)
Time: 5:00pm - 7:00pm
Fee: No Charge
Location: Natatorium

Open Swim Appreciation

For UFM swim participants and their parents.

Date: July 24th (Sunday)
Time: 5:00pm - 7:00pm
Fee: No Charge
Location: Natatorium



Scuba Diving

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, equipment ranges from \$100-\$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

Jeff Wilson

Date: June 13 to July 25 (Monday)
Time: 5:00 PM to 9:30 PM
Fee: \$232 (Can also be taken for KSU Credit)
Location: KSU Natatorium

You can now enroll
in UFM classes
ONLINE at
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Manhattan Ultimate Frisbee League 2005
Ultimate Frisbee is a dynamic, fast-paced field sport using a flying disc
• Teams are Co-Rec
• No team necessary, we can place you on a team.
• Games every Tuesday 7 PM Starting June 7th
Want more info????
Contact Shawn Kokenge 537-0184
koke@oz-online.net or
Annie Stukey 316-737-4864
Ars1983@sbcglobal.net or
See www.ksu.edu/ultimate/summerleague

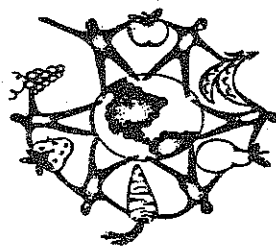
!WANTED!
Lifeguards
WSI's
Hydroaerobic
Instructors



for part-time morning and evening sessions for the Fall Semester.

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

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Language



French Language

05BLA04A

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, is a naturalized citizen, 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: June 1 to June 29 (Wednesday/Friday)
Time: 10:00 AM to 11:00 AM
Fee: \$44.00
Location: UFM Fireplace Room

Spanish I

05BLA02

This introductory class emphasizes basic written and oral communication in Spanish. Classes are adapted to students' preferences and pace, main topics will include greetings, numbers, colors, clothing, and common adjectives.

Alberto Levera was born in Paraguay, South America. He holds degrees in Marketing and Business administration. Alberto enjoys working with people, reading, and promoting Latin American culture.

Date: July 6 to July 27 (Wednesday)
Time: 6:30 PM to 8:30 PM
Fee: \$18.00
Location: UFM Multipurpose Room

Beginning Sign Language

05BLA03

This class will build a basic knowledge of American Sign Language including vocabulary used in everyday conversation. It will also cover some information about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language.

Toni Kroll and Aimee Kraus

Toni Kroll, (785) 313-5555, is a Certified Interpreter who has over 15 years of experience with sign language. She graduated with an Associates Degree, ITP, in American Sign Language in 1989. Toni was an interpreter in Washington D.C. for 3 years and was involved with the deaf community. She also worked for seven years in Seattle as an interpreter. she now interprets at KSU and does free lancing.

Aimee Kraus, (785) 456-1425, arkraus@wamego.net is a Certified Sign Language Interpreter. She graduated from J.C.C.C. in 1993 with an AA degree in Interpreting and worked four years in the K.C. area. Currently she works for the Manhattan school district, as well as freelancing within a 100 mile radius.

Date: June 21 to July 28 (Tuesday/Thursday)
Time: 6:00 PM to 7:30 PM
Fee: \$79.00
Location: Justin Hall 149, KSU

French Language

05BLA04B

Emilie Rabbat

Date: July 1 to July 29 (Wednesday/Friday)
Time: 10:00 AM to 11:00 AM
Fee: \$44.00
Location: UFM Fireplace Room

See Youth section for
dance classes for kids

Register for your
next UFM Class
ONLINE at
[www.ufmprograms.org!](http://www.ufmprograms.org)

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KANSAS STATE UNIVERSITY
EVENING College

Health & Wellness



Personal Safety and Self Defense for Women

05BHW01

This course has been designed to offer women quick, easy-to-learn, and extremely effective techniques for personal safety and defending themselves in various situations. 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+.

Jill Shanteau has been practicing Martial Arts since 1995 and 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 women and men.

Date: July 7 and July 14 (Thursday)
Time: 7:00 PM to 8:30 PM
Fee: \$24.00
Location: First Lutheran Church, Basement

Community CPR & First Aid (Red Cross)

05BHW25A

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, ars9977@ksu.edu

Date: June 14 to June 16 (Tuesday/Thursday)
Time: 5:30 PM to 9:30 PM
Fee: \$50.00
Location: KSU Natatorium, Glass Classroom

Community CPR & First Aid (Red Cross)

05BHW25B

Abby Scheopner, ars9977@ksu.edu

Date: July 12 to July 19 (Tuesday)
Time: 5:30 PM to 9:30 PM
Fee: \$50.00
Location: KSU Natatorium, Glass Classroom

CPR and First Aid (Medic First Aid)

05BHW03

This course trains students in child, infant and adult CPR, first aid and emergency care skills. Designed to meet Kansas regulatory requirements and the American Heart Association for CPR and first aid 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 teaching First Aid and CPR for USD 383 for more than five years.

Date: June 4 (Saturday)
Time: 8:00 AM to 5:00 PM
Fee: \$49.00
Location: UFM Conference Room

Living the Art: Jin Shin Jyutsu

05BHW08

Jin Shin Jyutsu, the creator's art of living, awakens us to the concept that all one needs for harmony and balance lies within. Disharmonies and tensions are the result of our daily habits, mental & emotional anxieties, heredity, and injuries. Through Jin Shin Jyutsu we can harmonize the body's energy, increase self awareness, enhance well-being, and reconnect to our innate wisdom. This class emphasizes experiencing this art with simple, yet powerful self help practices.

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

Date: June 13 to June 27 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: \$25.00
Location: 811 Colorado Street

Introduction to Reiki

05BHW09

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, creating many beneficial effects that include relaxation and feelings of peace, security and well being. We will be working in stocking feet. Please bring a towel to class. Each class member will receive a sample treatment.

Sarah English 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: July 23 (Saturday)
Time: 9:00 AM to 11:00 AM
Fee: \$20.00
Location: 513 Leavenworth Street

Swedish Massage for Beginners

05BHW33

For those with an interest in massage therapy. Tina will be teaching basic Swedish Massage techniques, to include proper sheet drapping, efferage, petrissage and circular kneading. Learn the professional approach to massage therapy and possible career opportunities. Please wear a swim suite. Bring to class 2 flat sheets and a pillow.

Mei Hua (Tina) Terhune, (785) 539-4277, a Native of China where she acquired her knowledge of Tai Chi Chaun while attending Ming Chuang University in Taysei, Taiwan. She specializes in 24 movement Beijing syle, the most popular Tai Chi form in the world and is proficient in the "Cheng Man Ching" Yang style short form. She also is a certified instructor for Tai Chi for arthritis. She also is the owner of Studio 32 Salon and Day Spa, where she has been teaching massage techniques since 1995.

Date: July 10 (Sunday)
Time: 10:00 AM to 12 PM
Fee: \$39.00
Location: 3204 Kimball Ave.

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Elements of Speech Reading

05BHW13

Life seems to be going faster and faster. People whiz by on cell phones, children mumble from two rooms away, and spouses can't seem to think of anything to say when you are in the same room! Hearing loss can have a serious impact on your quality of life-even if it is not your hearing loss! This class will address both common and specific communication problems. We will explore strategies for use when communication breaks down and develop individualized plans for structuring successful communication encounters. Individuals and couples are encouraged to join us for information and exercises designed to improve communication and our quality of life.

Dr. M'Eliz Maata, (785) 539-7361, LISTENAA@sbcglobal.net, has been working with people with hearing loss for more than 2 decades. She has supported hearing aid users ranging in age from 1 to 103. M'Eliz has worked as an audiologist in Kansas since 1985. She is certified by American Speech Language Hearing Association, board certified by the American Academy of Audiology and licensed by the state of Kansas.

Date: June 15 to June 29 (Wednesday)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: 1133 College Ave.

You and Your Hearing Aids

05BHW14A

Family and friends were have problems. It seems you were talked into it. Now you have hearing aids and don't know what to do with them or what you think about the darn gadgets. There's a lot you can learn to help yourself hear better, understand more, and get more out of the dollars already invested in those electronic marvels. In this class you will learn how hearing aids work, what they can do for you (and what they can't), how to keep your hearing aid in peak condition, and how to get the most out of the instruments and hearing you have.

Dr. M'Eliz Maatta

Date: June 13 (Monday)
Time: 7:00pm to 9:00pm
Fee: \$12.00
Location: 1133 College Ave.

You and Your Hearing Aids

05BHW14B

Family and friends were have problems. It seems you were talked into it. Now you have hearing aids and don't know what to do with them or what you think about the darn gadgets. There's a lot you can learn to help yourself hear better, understand more, and get more out of the dollars already invested in those electronic marvels. In this class you will learn how hearing aids work, what they can do for you (and what they can't), how to keep your hearing aid in peak condition, and how to get the most out of the instruments and hearing you have.

Dr. M'Eliz Maatta

Date: July 13 (Wednesday)
Time: 7:00pm to 9:00pm
Fee: \$12.00
Location: 1133 College Ave.

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Essential Oils

05BHW24

Ancient Health Secrets Now Revealed - How to use Essential Oils to help keep you healthy. 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 and Darlene J. Vermeullen, HM, CI

Enell Foerster, (785) 537-0977, foer@kansas.net, 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: June 25 (Saturday)
Time: 10:00 AM to 4:00 PM
Fee: \$30.00
Location: UFM Conference Room

Tai Chi for Beginners

05BHW07

The popular Yang style "Short Form" of Tai Chi Chuan will be introduced. 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 wear comfortable clothing to each class.

Karena Kimble, karenyildiz@hotmail.com, is an artist and Tai Chi Chuan practitioner.

Date: June 4 to July 2 (Saturday)
Time: 10:00 AM to 11:00 AM
Fee: \$70.00
Location: UFM Fireplace Room

Beginning Tai Chi Chaun

05BHW31

Tai Chi Chaun is an ancient Chinese exercise to increase the balance and harmony of the body, mind, and spirit. The practice of Tai Chi Chaun will improve health and provide a positive social outlet. It is a system of physical exercise based on the principle of effortless breathing, rhythmic movement, and weight distribution. In this class we will learn the 24 movement Beijing style Tai Chi Chaun, the most popular form of Tai Chi inside and outside of China today. This exercise can be practiced by young and old, anytime, anyplace.

Mei Hwa (Tina) Terhune, (785) 539-4277, is a Native of China where she acquired her knowledge of Tai Chi Chaun while attending Ming Chuang University in Taysei, Taiwan. She specializes in 24 movement Beijing style, the most popular Tai Chi form in the world and is proficient in the "Cheng Man Ching" Yang style short form. She also is a certified instructor for Tai Chi for arthritis. She also is the owner of Studio 32 Salon and Day Spa, where she has been teaching massage techniques since 1995.

Date: June 8 to July 27 (Wednesday)
Time: 5:45 PM to 6:45 PM
Fee: \$56.00
Location: UFM Fireplace Room

Beginning and Intermediate Tai Chi

05BHW34

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: June 6 to June 27 (Monday)
Time: 12:00 PM to 1:00 PM
Fee: \$70.00
Location: UFM Fireplace Room

Beginning Yoga

05BHW15Z

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, (785) 537-8224, (785) 341-9908, yogaconnection@kansas.net, has been teaching Yoga since 1984. She began her own practice of Yoga in the early 1970's. "My purpose is to give people a way that they can improve all areas of their lives-so that they become happier, healthier and more relaxed."

Date: June 6 to July 27 (Monday/Wednesday)
Time: 10:00 AM to 11:00 AM
Fee: \$104.00
Location: Ahearn Dance Studio, Room 301

Yoga for Mind and Body

05BHW32A

Yoga is the art of personal integration. It shows us how to harmonize all aspects of our being, the body, the mind, the breath and more. In this class we will learn breath and movement techniques to calm the mind and strengthen and stretch the body-and more! The class is open to all regardless of yoga experience. Please bring a sticky mat and an empty stomach. Wear loose comfortable clothing or dance leotards.

Ana Franklin

Date: June 7 to June 30 (Tuesday/Thursday)
Time: 4:00 PM to 5:00 PM
Fee: \$89.00
Location: 321 Poyntz Avenue

Yoga for Mind and Body

05BHW32B

Date: July 11 to August 3 (Monday/Wednesday)
Time: 4:00 PM to 5:00 PM
Fee: \$89.00
Location: 321 Poyntz Avenue

Meditation & Relaxation

05BHW35A

Participants will experience simple meditation and relaxation exercises in a group setting. This class is good for beginners and anyone who wants to bring a little bit of peace to the present moment.

Palma Holden, (785) 539-1183, is a member of the Iris Cooperative and Livingwell communities and currently serves as a writing tutor and a personal/pet spiritual intuitive. She began her own spiritual journey in earnest seven years ago (fall 1998) and has been a student of Sharon Landrith's meditation classes. Palma has an M.S. in Education, a B.A. in English & Education, and a background that includes teaching, counseling and running a small business.

Date: July 5 to July 26 (Tuesday)
Time: 7:00 PM to 8:30 PM
Fee: \$39.00
Location: 103 S. 4th St. Suite 28, Iris Cooperative

Meditation & Relaxation

05BHW35B

Palma Holden

Date: July 7 to July 28 (Thursday)
Time: 7:00 PM to 8:30 PM
Fee: \$39.00
Location: 103 S. 4th Street, Iris Cooperative



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Stress Management

05BHW42

Stress is a fact of life, there's no way around that. Learn a variety of ways that we can manage our stress so that it won't manage us! Some gentle breathing exercises, stretching, use of the voice and more will be introduced to help reduce stress and to improve the quality of our lives.

Ana Franklin

Date: July 12 to July 28 (Tuesday/Thursday)
Time: 5:00 PM to 6:00 PM
Fee: \$58.00
Location: 321 Poyntz Avenue

Cerebral Horticultural Lawn Mediation

HW252

Are you the type of person who enjoys watching grass grow but are tired of broadleaf infesting on your bentgrass? Do you believe in a well-manicured lawn without the use of harsh chemical inputs? Well then, Greenthumb, this is the class for you! During the course of study you will learn to mentally negotiate with pesky weeds and persuade them that the place for them is in someone else's yard. Using no more than the mental capacity you have, now you can harness the power of metacognition and visualize a lawn that is dandelion-free, or at least dandelion-flexible.

Sunny Efficacy has been planting mental seeds for a greener tomorrow for 3 years and 13 months.

Date: June 4 - July 30 (Saturday)
Time: 4 AM to 5 AM
Fee: \$-1.00
Location: UFM Greenhouse

Guided Imagery and Mindfulness

05BHW10

A great sage taught that three mental factors are the roots of all unwholesome activities: greed, hate, and jealousy. Happily, there are also three wholesome roots of mind, generosity, love and wisdom. Cultivating these qualities helps to bring clarity to our minds, drawing us closer to a fuller understanding of truth. Through mindfulness you can see or imagine yourself into a peaceful state of mind. In order to release yourself from "stress" creating confidence and peace in the world. "Be the change you wish to see in the world." - Ghandi

Date: June 7 to June 28 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: \$34.00
Location: 531 Leavenworth, Suite 2

Skin Cancer Prevention

05BHW36

Skin cancer is the most prevalent of all cancers, and is primarily caused by over-exposure to the sun, especially before the age of 18. It is also highly preventable. This class will explain skin cancer and how to reduce risk of developing it.

Marcia Locke is the Public Relations & Outreach Coordinator for the Terry C. Johnson Center for Basic Cancer Research at K-State. She began expanding the center's outreach efforts in fall 2002, working to educate the community about cancer risk reduction.

Date: June 21 (Tuesday)
Time: 6:30 PM to 7:30 PM
Fee: \$10.00
Location: UFM Conference Room

General Cancer Prevention

05BHW37

Everyone is affected by cancer sometime-whether directly or indirectly. More than 1.35 million cases are expected to be diagnosed in 2005, and more than 570,000 people will die from it. Although cancer can happen to anyone, there are measures individuals can take to reduce their risk of developing or succumbing to it. This course will explain cancer and ways to reduce risk and detect it early, when treatment is more likely to succeed.

Marcia Locke

Date: July 20 (Wednesday)
Time: 6:30 PM to 8:00 PM
Fee: \$10.00
Location: UFM Conference Room

Yoga for Men

05BHW40A

Hamstrings tight? Back problems? Learn how to get strong, control your core and stretch to help alleviate any future injuries. Men—this class will be a great opportunity to help you become more flexible. Women are welcome. Couples are welcome.

Lorissa Ridley has been involved in the field of fitness for over 22 years. As the owner of K.O. Boxing, Lorissa offers classes in boxing, kickboxing, weight training, Pilates, yoga, dance, gymnastics and tots tumbling. Lorissa's classes are available in Manhattan through UFM, K-State for credit and at the Cottonwood Racquet Club. Lorissa's clients have found great fitness success through the many programs K.O. Boxing has to offer.

Lorissa Ridley

Date: June 8 to June 29 (Wednesday)
Time: 7:45 PM to 8:30 PM
Fee: \$57.00, Additional family member, \$42.00
Location: Cottonwood Racquet Club, 3615 Claflin Road

Yoga for Men

05BHW40B

Lorissa Ridley

Date: July 13 to August 3 (Wednesday)
Time: 7:45 PM to 8:30 PM
Fee: \$57.00, Additional family member, \$42.00
Location: Cottonwood Racquet Club, 3615 Claflin Road



Yoga for Mom and Kids

05BHW41A

Moms or Dads bring your kids or teenagers. Workout as a family. This Yoga class will not only help adults with flexibility and strength, but also kids-which is very important for every sport. Decrease the chance for injury in your sport, get strong and gain mental discipline.

Lorissa Ridley

Date: June 11 to July 2 (Saturday)
Time: 9:00 AM to 9:45 AM
Fee: \$57.00, Additional family member, \$42.00
Location: Cottonwood Racquet Club, 3615 Claflin Road

Journey of Holistic Healing

05BHW23

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: You will want to take notes!

June Hunzeker

Dates: June 6 - July 25 (Monday) No Class July 4
Time: 7:30 PM to 8:30 PM
Fee: \$58.00
Location: UFM Multipurpose Room

Yoga for Mom and Kids

05BHW41B

Lorissa Ridley

Date: July 16 to August 6 (Saturday)
Time: 9:00AM to 9:45 AM
Fee: \$57.00; Additional family member, \$42.00
Location: Cottonwood Racquet Club, 3615 Claflin Road

AM Yoga

05BHW43A

Begin your day with an AM Yoga class. This class welcomes students of all abilities. Participants will experience improved balance, strength and flexibility.

Jessie Luttmann

Date: June 6 to June 29 (Monday/Wednesday)
Time: 6:30 AM to 7:15 AM
Fee: \$48
Location: UFM Banquet Room

AM Yoga

05BHW43B

Jessie Luttmann

Date: July 6 to August 1 (Monday/Wednesday)
Time: 6:30 AM to 7:15 AM
Fee: \$48
Location: UFM Banquet Room



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Career & Finance



Gain Control of Your Money & Become Debt Free

05BFC01

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 is the instructor for Women & Money, a 9-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: August 1 (Monday)
Time: 7 PM to 8:30 PM
Fee: \$12.00/individual \$16/couple
Location: UFM Conference Room

Investing in Your Future

05BFC02

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 is the instructor for Women & Money, a 9-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: August 8 (Monday)
Time: 7 PM to 8:30 PM
Fee: \$12/individual, \$16/couple
Location: UFM Conference Room

Take both "Gain Control" and "Investing in Your Future" for a reduced fee!

05BFC29 \$16/individual, \$20/couple

ABCs of Grantwriting (Basic Course)-ONLINE

05BFC09

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 five-week, online course in grantwriting. Online modules will utilize PowerPoint presentations (with audio), hand-outs and a class message board. (Proposal writing will be covered in another online class)

Linda Harvey, writergirls@cox.net, (785) 285-0453, 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: June 15 to July 13
Time: At your leisure - online class
Fee: \$49.00
Location: Any PC with Internet access

ABCs of Grantwriting (Advanced Course)-ONLINE

05BFC10

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 five-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

Date: July 20 to August 17
Time: At your leisure - online class
Fee: \$49.00
Location: Any PC with Internet access



Introduction to Microsoft Excel

05BFC26

This course introduces you to Excel and will help you use the program and some of its basic functions. Learn to create your own spreadsheet to keep records of GPA averages, golf scores, monthly budgets.

Carl Brown

Date: July 9 to July 30 (Saturday)
Time: 3:00 PM to 5:00 PM
Fee: \$33.00
Location: Manhattan Public Library - Computer Lab

Introduction to Microsoft Access

05BFC27

This course introduces you to Access and will help you use the program and some of its basic functions. Learn to create your own database to keep records of household inventories, recipes, video tapes, and CD's.

Carl Brown

Date: June 4 to June 25 (Saturday)
Time: 3:00 PM to 5:00 PM
Fee: \$33.00
Location: Manhattan Public Library - Computer Lab

Introduction to Microsoft PowerPoint

05BFC28

This course introduces you to PowerPoint and will help you use the program and some of its basic functions. Learn to create your own presentations for a class or business presentation. Learn to add pictures and sound files.

Carl Brown

Date: July 9 to July 30 (Saturday)
Time: 1:00 PM to 3:00 PM
Fee: \$33.00
Location: Manhattan Public Library - Computer Lab

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Youth Classes

Winning Through Customer Service Workshop

05BFC18

Are you interested in keeping the customers you now have? Would you like to win new customers? If so, then you will be interested in this workshop recognized as one of the ten best training products in 2000 by Human Resource Executive Magazine. It will guide your employees through four modules that will help your service managers, sales representatives and others in your business who have customer contact, better understand their role in keeping customers and winning new ones. The four modules will help your sales and service staffs build and improve problem-solving skills, improve communication skills, recognize and respond to human behavioral styles, and master strategies for dealing appropriately with difficult customer situations.

While many training programs tell a participant how to act, **Winning Through Customer Service** gives the word 'participate' new meaning. Through a variety of hands-on activities, including group discussions, role-playing, and skill development and transfer exercises, participants in **Winning Through Customer Service** will be thoroughly trained to communicate effectively. Upon completion of the course, participants will be fluent in dealing with nearly any situation that comes their way.

Betsy Shaffer, (785) 532-2549, bls8557@ksu.edu, is a Professional Development Trainer for the Kansas State University Division of Continuing Education.

Date: June 14 (Tuesday)
Time: 8:00 AM to 5:00 PM
Fee: \$199.00
Location: Manhattan Workforce Center

Essential Skills of Leadership - Supervision Training

05BFC19

Essential Skills of Leadership builds a foundation that enables managers to manage their team toward a shared goal: achieving the organization's strategic objectives. Throughout the workshop, participants will review video presentations and case studies, participate in group discussions, practice new skills, and receive immediate feedback. Managers will leave with implementation tools, troubleshooting guides, and additional resources to help them immediately apply their new skills on the job. The workshop includes the following areas of focus:

- Maintain or Enhance Team Member Self-Esteem
- Focus on Behavior
- Encourage Team Member Participation

Betsy Shaffer

Date: June 13 (Monday)
Time: 8:00 AM to 1:00 PM
Fee: \$150.00
Location: Manhattan Workforce Center

Essential Skills of Communicating - Supervision Series

05BFC20

Essential Skills of Communicating helps managers learn the latest techniques in developing effective communication skills - improving their performance and increasing the productivity of the team and the organization. Throughout the workshop, managers will review video presentations and case studies, participant in group discussions, practice new skills, and receive immediate feedback. Managers leave with implementations tools, troubleshooting guides, and additional resources to help them apply the skills they have learned on the job. The 4-5 hour workshop includes the following:

- Create a Climate of Open Communication
- Design Clear, Concise Messages
- Manage Nonverbal Behaviors Effectively
- Listen to Communicate

Betsy Shaffer

Date: June 20 (Monday)
Time: 8:00 AM to 1:00 PM
Fee: \$150.00
Location: Manhattan Workforce Center

Introduction to the Nutcracker Ballet and Tap Dancing

05BYO06

This beginning class is designed to teach students basic ballet steps and dances from the Nutcracker Ballet. The second half of the class introduces basic tap steps. No dance experience or formal dance attire necessary. For children ages 4-12.

Randi Dale, (785) 539-576, 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 the Spring of 2005 her dance students performed the classic story ballet Coppelia and in 2004 they performed Alice in Wonderland. Her original choreography is designed for children.

Date: June 7 to June 21 (Tuesday)
Time: 6:00 PM - 6:45 PM
Fee: \$19.00
Location: 2416 Rogers Blvd.

Yoga for Kids

05BYO15A

Yoga for kids is a beginner-level class, intended to introduce kids to Yoga. Parents are welcome to sign up for the class also. Children under 7 years must be accompanied by a parent.

Jessie Luttmann, (785) 410-4940, jll7557@ksu.edu, is a registered Yoga teacher with Yoga Alliance. She earned her certification in Miramar, Florida and currently teaches Yoga at Kansas State University and other locations around Manhattan.

Date: June 5 to June 26 (Sunday)
Time: 5:30 PM to 7:00 PM
Fee: \$39.00 Child, Adult, \$22.00
Location: UFM Banquet Room

Yoga for Kids

05BYO15B

Jessie Luttmann

Date: July 10 to July 31 (Sunday)
Time: 5:30 PM to 7:00 PM
Fee: \$39.00 Child, Adult, \$22.00
Location: UFM Banquet Room

Mother/Daughter (Adult/Child) Belly Dance

05BRF15A

Belly dance is traditionally passed down from mother to daughter and bridges generations. In this class you will learn basic belly dance technique to fun music that both adults and children will enjoy. This is a great opportunity to exercise and spend quality time with your daughter, granddaughter or niece. Age requirements for children: 6-12 years old.

Rosina Catalan

Date: June 11 to July 9 (Saturday)
Time: Sat 10:00 AM to 11:00 AM
Fee: \$45.00/Pair
Location: UFM Banquet Room

Mother/Daughter (Adult/Child) Belly Dance

05BRF15B

Rosina Catalan

Date: July 23 to August 13 (Saturday)
Time: Sat 10:00am to 11:00am
Fee: \$45.00/pair
Location: UFM Banquet Room

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

DanceNastics

05BYO14A

This class is an exciting gymnastics class that combines dance and cheerleading. At the end of the session, students will perform their routine for the parents. Ages 7-12 (5 to 6 years old can enroll with permission from the instructor.)

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.

Date: June 6 to June 27 (Monday)
Time: 10:00 AM to 10:45 AM
Fee: \$57.00, Additional family member, \$42.00
Location: Cottonwood Racquet Club, 3615 Claflin Road

DanceNastics

05BYO14B

Lorissa Ridley

Date: June 7 to July 28 (Tuesday)
Time: 9:00 AM to 9:45 AM
Fee: \$57.00, Additional family member, \$42.00
Location: Cottonwood Racquet Club, 3615 Claflin Road

DanceNastics

05BYO14C

Lorissa Ridley

Date: July 11 to August 1 (Monday)
Time: 10:00 AM to 10:45 AM
Fee: \$57.00, Additional family member, \$42.00
Location: Cottonwood Racquet Club, 3615 Claflin Road


DanceNastics

05BYO14D

Lorissa Ridley

Date: July 12 to August 2 (Tuesday)
Time: 9:00 AM to 9:45 AM
Fee: \$57.00, Additional family member, \$42.00
Location: Cottonwood Racquet Club, 3615 Claflin Road

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Martial Arts



Lao Hu Pai Kung Fu

05BMA05

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

Michael Tran, mtrandpm@hotmail.com, has been actively practicing martial arts for the past 18 years and holds a 2nd degree black belt (sensei level) in Lao Hu Pai Kung Fu. 1st degree black belt in Won Hop Loong Chuan Kung Fu, and a 1st degree black belt in Goshin Aikijutsu. He has extensive training in other systems including: Vovinam, Shaolin Long Fist and Preying Mantis.

Date: June 8 to August 10 (Wednesday)
 Time: 6:00 PM to 8:00 PM
 Fee: \$49.00
 Location: Ahearn Fieldhouse

Tae Kwon Do I

05BMA01Z

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.

David Moore

Date: June 7 to July 28 (Tuesday/Thursday)
 Time: 6:30 PM to 8:30 PM
 Fee: \$54.00
 Location: Ahearn Fieldhouse
 This class can be taken for KSU Credit.



Tae Kwon Do II

05BMA02Z

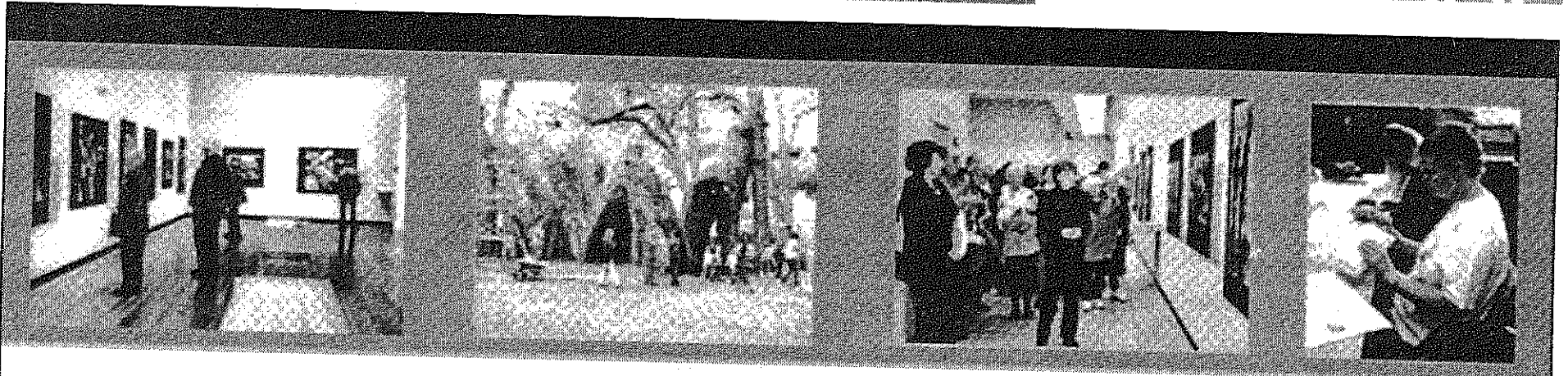
Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance and flexibility. The Tae Kwon Do II class is for students who have completed Tae Kwon Do I or who have advanced skills. Students will continue to develop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

David Moore

Date: June 7 to July 28 (Tuesday/Thursday)
 Time: 6:30 PM to 8:30 PM
 Fee: \$54.00
 Location: Ahearn Fieldhouse
 This class can be taken for KSU Credit.

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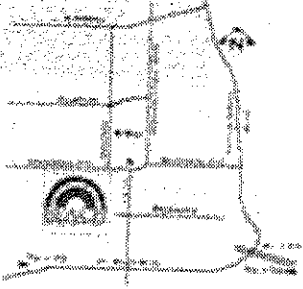
**Classes for Youth
 are listed on
 Page 11.**



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Creative Free Time



Beginning Knitting

05BCF05

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

Date: July 14 to August 4 (Thursday)
Time: 7:30 PM to 9:00 PM
Fee: \$31.00

Location: Wildflower Yarns & Knitwear, 106 S. 4th

Introduction to Crochet

05BCF56

This class will teach students the basics of crochet including: single crochet, double crochet, and as time allows, a few more stitches. Students will learn to make a basic chain, and the finished product will be a potholder. Students will receive individualized instruction. This class is open to people of all ages.

Mary Monaghan

Date: June 7 to June 28 (Tuesday)
Time: Tu from 5:15 PM to 6:30 PM
Fee: \$28.00

Location: UFM Multipurpose Room

Sewing Basics

Learn how to use that sewing machine in your closet. This series of four classes will focus on several basic sewing skills with emphasis on using a machine. Take one class, or all four. Students are required to provide their own sewing machine. A basic sewing kit including scissors, hand sewing needles, sewing machine needles, pins, a pin cushion or pin holder of some kind, thread, a small ruler and a seam ripper is recommended. Other supplies will be specified for each class.

05BCF57 **Class 1: My Sewing Machine:** Become acquainted with your sewing machine. Learn how the sewing machine works and how to keep it in good working order. We will practice sewing the stitches that are built into your machine. Bring to class: Your sewing machine, and sewing kit. Practice fabric will be provided.

05BCF58 **Class 2: Basic Sewing Skills.** We will construct a simple pillow cover as you learn how to cut out a project, follow directions, and sew straight seams. Bring your sewing machine and sewing kit. For this project, bring one 14" pillow form, 1/2 yard of sturdy cotton fabric of your choice and thread to match.

05BCF59 **Class 3: Working with a commercial pattern.** Learn how to make a garment following a pattern and reading a guidesheet. We will select a project, and you may provide your own. We will start with the basics and go as far as time allows that night. Bring your sewing machine and sewing kit. Supply list will be available at registration.

05BCF60 **Class 4: Mending and hand sewing:** Learn how to sew on a button, put in a hem, patch a hole, repair a popped seam and other hand and machine repair skills. Bring your sewing machine if you have one and a sewing kit. You may bring your own mending projects if you like.

0FBCF61: All four classes.

Linda Teener has been sewing since she was six years old. She enjoys sewing everything from garments to home dec and quilting projects.

Date: June 9, 16, 23 and 30 (Thursday)
Time: 6:30 - 8:30 pm
Fee: \$12.00 for one class, \$38.00 for all four classes
Location: UFM Multipurpose Room

Stained Glass

05BCF10

Learn the basics of stained glass. Cutting, grinding, foiling, and soldering are some of the techniques you will learn. Take home a piece of window art that you created yourself. Stained glass is an interesting hobby that you can do at home and that can lead to making Tiffany lamps, 3-D creations, windows and more. You will be provided with a list of materials to be purchased for this class when you enroll.

Petra Barnes

Date: August 6 to August 20 (Saturday)
Time: 9:00 AM to 12:00 PM
Fee: \$56.00

Location: 3446 Stonehenge Drive

Basic Photography

05BCF13

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, 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 has experienced as a beginning photographer and help you get the most out of your camera and avoid being frustrated with your camera.

Date: June 9 to June 23 (Thursday/Saturday)
Time: 7:00 PM to 9:00 PM
Fee: \$48.00
Location: UFM Conference Room
Field Trip: TBA

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Floral Design

05BCF28A

This class will cover the basics of floral design and techniques, rules of design and learning to tie bows, design vases and baskets, flower care and special occasion flower design.

Alisha Matz, aem9777@ksu.edu, began as a delivery driver at Hometown Floral Shop. Then advanced in floral designs. She left after a year to attend college at KSU to major in Art Therapy. For the past five years Alisha has been employed with Dillions in the Floral department.

Date: June 14 to July 5 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: \$49.00
Location: UFM Multipurpose Room

Floral Design

05BCF28B

Alisha Matz

Date: July 12 to August 2 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: \$49.00
Location: UFM Multipurpose Room

Brain Gym@Core Course Series-Optimal Performance

05BCF29A

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

Date: June 22 (Wednesday)
Time: 9:30 AM to 4:30 PM
Fee: \$84.00
Location: UFM Conference Room

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Brain Gym@Core Course Series-Repatterning 05BCF29B

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

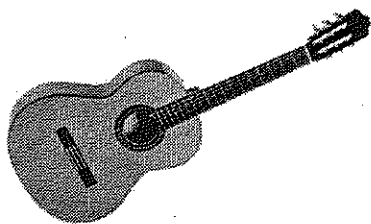
Date: June 23 (Thursday)
Time: 9:30 AM to 4:30 PM
Fee: \$84.00
Location: UFM Conference Room

Brain Gym@Core Course Series - Three Dimensions of Learning 05BCF29C

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

Date: June 24 (Friday)
Time: 9:30 AM to 4:30 PM
Fee: \$84.00
Location: UFM Conference Room



Brain Gym@Core Course Series - Bringing It All Together 05BCF29D

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

Date: June 25 (Saturday)
Time: 9:30 AM to 4:30 PM
Fee: \$84.00
Location: UFM Conference Room

Writing and Publishing Your Novel 05BCF34

This six-session class introduces the steps for developing, writing, and selling a popular fiction manuscript. The class will feature lecture elements, class participation, plus voluntary homework assignments and critiques for commercial fiction. Fundamentals addressed will include conflict, character, plot, openings, point of view, anatomy of scene and chapters, dialogue, and pacing. Also covered will be marketing aspects of the query letter, synopsis, and proposal preparation. For fun and illustration the class will write a class novel.

Linda Madl, lsmadl@interkan.net

Linda Madl is a local author of ten novels, eight novellas, several short stories, book reviews and nonfiction articles and newsletters. She is active in the Romance Writers of America (RWA), Novelists Inc., and the Kansas Fiction Writers. She has presented programs and workshops at numerous meetings including the Manhattan Public Library Association and the RWA national conference in Chicago. You can learn more about her at www.lindamadl.com.

Date: June 7 to July 19 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: \$58.00
Location: UFM Multipurpose Room

Beginning Guitar 05BCF41

This is a class for students that have little or no experience. Intervals, chords, and basic scales will be taught. Knowledge concepts will be reinforced through the learning of songs. Students will need their own guitars. Preference Acoustic.

Steven Williams, (785) 313-4237, has been playing guitar for 15+ years and can play a variety of styles.

Date: June 7 to July 26 (Tuesday)
Time: 6:00 PM to 7:30 PM
Fee: Class fee \$46.00
Location: UFM Banquet Room

Safe & Creative Album Making (family photos & more) 05BCF42A

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: June 14 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: \$14.00
Location: UFM Fireplace Room

Safe & Creative Album Making (family photos & more) 05BCF42B

Pam Schmid

Date: July 12 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: \$14.00
Location: UFM Fireplace Room

Mosaic Magic 05BCF50

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 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: July 11 to July 18 (Monday)
Time: 6:30 PM to 8:30 PM
Fee: \$15.00
Location: UFM Greenhouse

Jewelry Making 101 05BCF54

Would you like to make your own jewelry? In this class, you will learn basic beading techniques that you can use to make earrings, necklaces, and much more! All materials will be provided and each participant will take home the jewelry made in class.

Crystal Bryant

Date: July 16 (Saturday)
Time: 1:00 PM to 2:30 PM
Fee: \$28.00
Location: UFM Conference Room

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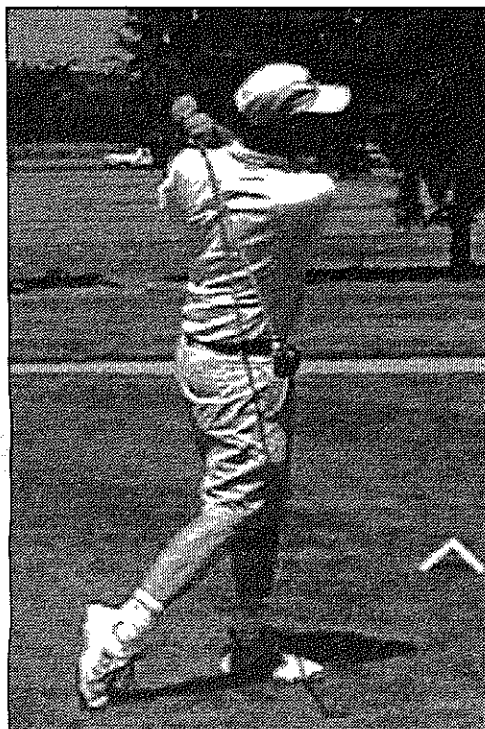


Introduction to Watercolor and Calligraphy

05BCF55
This class will introduce Japanese sumi ink & watercolor painting on postcards. It is a unique method of communication in this technology-dominant society. You can create your own postcards with watercolor painting & calligraphy, and convey personal messages to your friends/colleagues. We will start with sketching small/seasonal items and writing some words in sumi ink, and paint it with watercolor. A list of materials to be purchased will be provided the first evening of class. Materials for the first class will be provided.

Mariko Price is originally from Japan, is currently a resident of Manhattan, and also a KSU graduate student-to-be. She developed her love of watercolor over the years, and acquired Japanese unique painting technique from two masters while in Japan.

Date: June 4 to June 25 (Saturday)
Time: Saturday 10:00 AM to 11:30 AM
Fee: \$43.00
Location: UFM Multipurpose Room



Recreation & Fitness

Introduction to Golf

05BRF04A
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, 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 is a PGA professional at the Stagg Hill Golf Course.

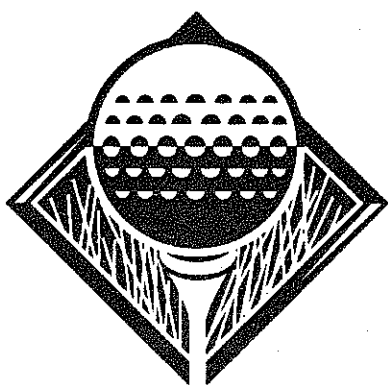
Date: June 2 to June 23 (Thursday)
Time: 7:00 PM
Fee: \$36.00
Location: Stagg Hill Golf Club

Golf in Salina

05BRF06Z
This course will emphasize on 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. Time allowed for both classroom and golf course play and driving range practice.

Rhonda Green

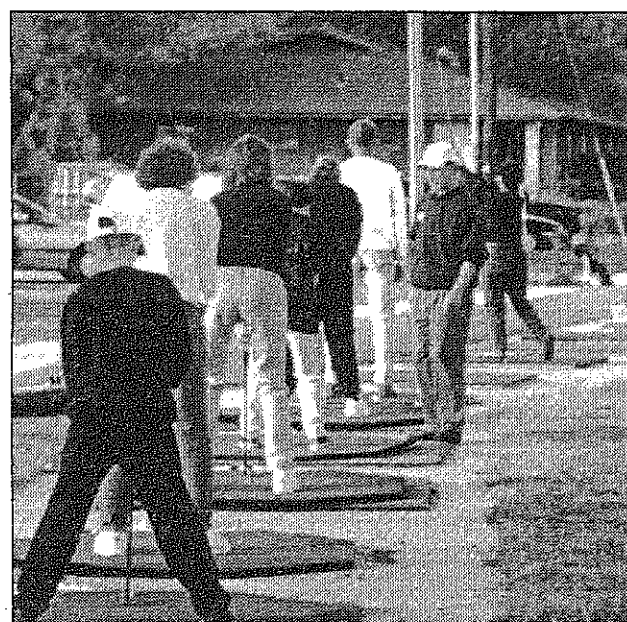
Date: June 9 to August 4 (Thursday)
Time: 6:00pm to 8:00pm
Fee: \$140.00
Location: KSU at Salina, Rec Center
This class can be taken for KSU Credit.



Introduction to Golf

05BRF04B
Jim Gregory, (785) 539-1041, is a PGA professional at the Stagg Hill Golf Course.

Date: June 30 to July 21 (Thursday)
Time: 7:00 PM
Fee: \$36.00
Location: Stagg Hill Golf Club



Golf

05BRF05Z
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*, (785) 539-1041, is a PGA professional at the Stagg Hill Golf Course.

Date: June 8 to July 27 (Wednesday)
Time: 6:00 PM to 8:00 PM
Fee: \$123.00
Location: Stagg Hill Golf Course
This class can be taken for KSU Credit.

Beginning Middle Eastern Belly Dance

05BRF32Z
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, veils 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, (785) 979-4681, bellydance@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: June 9 to July 7 (Thursday)
Time: 3:00 PM to 4:35 PM
Fee: \$98.00
Location: UFM, 1221 Thurston
This class can be taken for KSU Credit.

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Beginning Belly Dance I

05BRF09A

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 Catalan, rosina@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: June 6 to June 27 (Monday)
Time: M from 6:15 PM to 7:15 PM
Fee: \$30.00
Location: UFM Banquet Room

Beginning Belly Dance I

05BRF09C

Maya Zahira

Date: June 9 to July 7 (Thursday)
Time: Th from 5:15 PM to 6:15 PM
Fee: \$38.00
Location: UFM Banquet Room

Beginning Belly Dance I

05BRF09B

Rosina Catalan, rosina@mayazahira.com

Date: July 11 to August 8 (Monday)
Time: 6:15 PM to 7:15 PM
Fee: \$38.00
Location: UFM Banquet Room

Beginning Belly Dance I

05BRF09D

Maya Zahira

Date: July 14 to August 11 (Thursday)
Time: 5:15 PM to 6:15 PM
Fee: \$38.00
Location: UFM Banquet Room

Beginning Belly Dance II

05BRF10A

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

Date: June 9 to July 7 (Thursday)
Time: 7:25 PM to 8:25 PM
Fee: \$38.00
Location: UFM Banquet Room

Beginning Belly Dance II

05BRF10B

Maya Zahira

Date: July 14 to August 11 (Thursday)
Time: 7:25 PM to 8:25 PM
Fee: \$38.00
Location: UFM Banquet Room

Intermediate Belly Dance

05BRF11A

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, baskets, and candles. Required materials: hip scarf, veil, and finger cymbals. Performance opportunities are provided, but not required.

Maya Zahira

Date: June 9 to July 7 (Thursday)
Time: 8:30pm to 9:30pm
Fee: \$38.00
Location: UFM Banquet Room

Intermediate Belly Dance

05BRF11B

Maya Zahira

Date: July 14 to August 11 (Thursday)
Time: Th 8:30pm to 9:30pm
Fee: Class fee \$38.00
Location: UFM Banquet Room

Belly Dance Conditioning Workout

05BRF12A

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, break-down 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

Date: June 9 to July 7 (Thursday)
Time: 6:20 PM to 7:20 PM
Fee: \$38.00
Location: UFM Banquet Room

Belly Dance Conditioning Workout

05BRF12B

Maya Zahira

Date: July 14 to August 11 (Thursday)
Time: 6:20 PM to 7:20 PM
Fee: \$38.00
Location: UFM Banquet Room

Mother/Daughter (Adult/Child) Belly Dance

05BRF15A

Belly dance is traditionally passed down from mother to daughter and bridges generations. In this class you will learn basic belly dance technique to fun music that both adults and children will enjoy. This is a great opportunity to exercise and spend quality time with your daughter, granddaughter or niece. Age requirements for children: 6-12 years old.

Rosina Catalan

Date: June 11 to July 19 (Saturday)
Time: Sat 10:00 AM to 11:00 AM
Fee: \$45.00/pair
Location: UFM Banquet Room

Mother/Daughter (Adult/Child) Belly Dance

05BRF15B

Rosina Catalan

Date: July 23 to August 13 (Saturday)
Time: Sat 10:00am to 11:00am
Fee: \$45.00/pair
Location: UFM Banquet Room

KO Boxing

05BRF14A

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 free-standing bags. Learn punches, defensive moves, combos, and how to get awesome abs! Open to men and women.

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.

Date: June 8 to June 29 (Wednesday)
Time: 6:45 PM to 7:30 PM
Fee: \$49.00
Location: Cottonwood Racquet Club, 3615 Claflin Road

KO Boxing

05BRF14C

Lorissa Ridley

Date: June 8 to July 6 (Monday and Wednesday)
Time: 6:45 PM to 7:30 PM
Fee: \$62.00
Location: Cottonwood Racquet Club, 3615 Claflin Road

KO Boxing

05BRF14B

Lorissa Ridley

Date: July 13 to August 3 (Wednesday)
Time: 6:45 PM to 7:30 PM
Fee: \$49.00
Location: Cottonwood Racquet Club, 3615 Claflin Road

<p>The Iris Cooperative iriscooperative.com We provide a variety of services that nurture the body, mind and spirit to promote healing. 103 South 4th St. Suite 28 Manhattan, Kansas</p>	<p>BRUCE BALKENHOL Jin Shin Jyutsu Practitioner 537-1049</p> <p>HEATHER GRITTON Craniosacral Therapist & Natural Force Healing Practitioner 776-0523</p> <p>PALMA M. HOLDEN Spiritual Intuitive, Writing Tutor & Pet Consultant 539-1183</p>	<p>KRISTINA R. KRAMER Certified Massage and Neuro-Muscular Therapist 341-9217</p> <p>MARCIA MCFARLAND Reiki Teacher & Practitioner 776-1766</p>	<p>SHARON LANDRITH Medical & Personal Intuitive, Healing Touch Practitioner & Meditation Teacher 468-3531</p> <p>JENNIFER MOONEY, MSN, ARNP-C Family Nurse Practitioner 776-7808</p> <p>MARILYN TOMICH Astrology Consultant 537-8335</p>
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KO Boxing

Lorissa Ridley

Date: July 13 to August 8 (Monday and Wednesday)
Time: 6:45 PM to 7:30 PM
Fee: \$62.00
Location: 3615 Claflin Road

Get Funky

Get funky and get loose. Move your body, it'll move your mind. Work that core, those hips, those abs with a fun dance workout that will keep you smilin', jammin' and havin' fun!

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.

Date: June 7 to June 28 (Tuesday)
Time: 7:35 PM to 8:20 PM
Fee: \$57.00, Additional family member, \$42.00
Location: 3615 Claflin Road, Cottonwood Racquet Club

Get Funky

Lorissa Ridley

Date: July 12 to August 2 (Tuesday)
Time: 7:35 PM to 8:20 PM
Fee: \$57.00, Additional family member \$42.00
Location: 3615 Claflin Road, Cottonwood Racquet Club

Low Impact Exercise-Over the Lunch Hour

05BRF16A

Don't have time to exercise because you work, work, work? Try this class during your lunch break! We will start with warm up stretching, move into some low impact aerobics, do a weight bearing upper body routine and cool down with some more stretching exercises. This class is for the person who has not exercised for a while and wants to get started again. Bring 3 to 5 lb. hand weights and wear loose fitting clothing.

Joyce Juhler, jjuhler@earthlink.net, is a licensed dance instructor and has been teaching dance and exercise classes since 1980. She moved here from Omaha, NE where she was employed at University of Lincoln at Omaha. She is a member of the Universal Round Dance Council and Roundalab and has held several various office positions at these and other dance organizations while teaching at dance festivals and conventions in cities such as Omaha, Hastings, Norfolk, NE., San Jose, CA., Sioux City, IA., and many others.

Date: June 7 to June 28 (Tuesday)
Time: 12:10 PM to 12:50 PM
Fee: \$34.00
Location: UFM Banquet Room

Low Impact Exercise-Over the Lunch Hour

05BRF16B

Joyce Juhler

Date: July 5 to July 26 (Tuesday)
Time: 12:10 PM to 12:50 PM
Fee: \$34.00
Location: UFM Banquet Room

05BRF14D

Beginning Line Dance

In this class you will have fun learning some basic line dances. We will start each class with some basic stretching exercises, then learn and practice the dance steps necessary to dance some easy line dances. We will end the class with more stretching exercises. No need to have a partner, but be sure to wear non-stick shoes!

Joyce Juhler

Date: June 7 to June 28 (Tuesday)
Time: 3:30 PM to 4:30 PM
Fee: \$34.00
Location: UFM Banquet Room

Beginning Line Dance

Joyce Juhler

Date: June 8 to June 29 (Wednesday)
Time: 6:30 PM to 7:30 PM
Fee: \$34.00
Location: UFM Banquet Room

Beginning Line Dance

Joyce Juhler

Date: July 5 to July 26 (Tuesday)
Time: 3:30 PM to 4:30 PM
Fee: \$34.00
Location: UFM Banquet Room

Beginning Line Dance

Joyce Juhler

Date: July 6 to July 27 (Wednesday)
Time: 6:30 PM to 7:30 PM
Fee: \$34.00
Location: UFM Banquet Room

Beginning Square Dance Lessons

05BRF25A

Square Dancing has been a part of America since the first settlers landed at Plymouth Rock. Modern Square Dance is still attracting more participants than many other forms of modern dance. Anyone from eight to eighty-eight can join in the fun! This is a great way to spend quality time with your family. Families, couples and singles are all welcome. Basic square dance figures will be taught in this class. Wear comfortable shoes and clothes and join us for some fun "square through fours"!

Joyce Juhler

Date: June 8 to June 29 (Wednesday)
Time: 8:30 PM to 9:30 PM
Fee: \$34.00
Location: UFM Banquet Room



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05BRF24A

Beginning Square Dance Lessons

05BRF25B

Joyce Juhler

Date: July 6 to July 27 (Wednesday)
Time: 8:30 PM to 9:30 PM
Fee: \$34.00
Location: UFM Banquet Room

Old Fashioned Dances

05BRF45A

Old Fashioned Dances! Do you Remember These? Virginia Reel; Teton Mountain Stomp; Cotton Eyed Jo; Jiffy Polka... Come and dance them once again or learn them for the first time! Fun, ageless dances that will never lose their charm. Each dance will be taught. Parents bring your children, children bring your grandparents. Or just come all by yourself and join in the fun!

Joyce Juhler

Date: June 8 to June 29 (Wednesday)
Time: 7:30 PM to 8:30 PM
Fee: \$34.00
Location: UFM Banquet Room


Old Fashioned Dances

05BRF45B

Joyce Juhler

Date: July 6 to July 27 (Wednesday)
Time: 7:30 PM to 8:30 PM
Fee: \$34.00
Location: UFM Banquet Room

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



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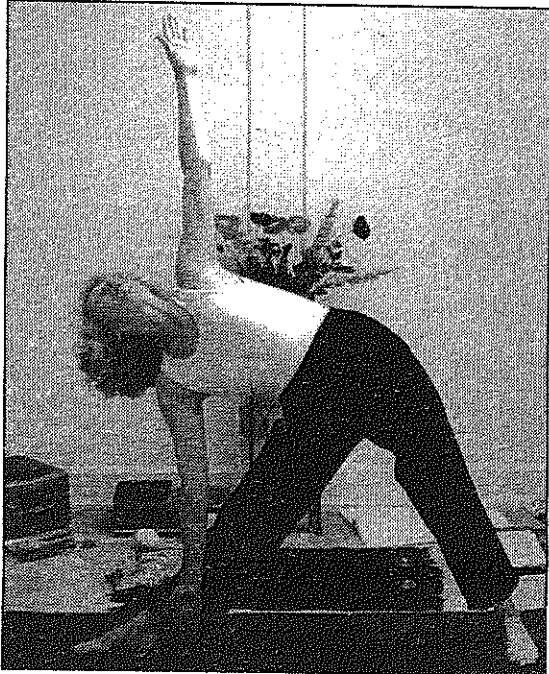
Ballroom Dance I

05BRF26Z

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

Michael Bennett, dance599@yahoo.com, trained in Ballroom Dance at U.C. Berkley; Mandola Ballroom, San Francisco; AliBaba Ballroom, Oakland, CA; Chicago Dance Studio, Chicago, IL; and Avenue Ballroom, San Francisco. He was the 1986 San Francisco Avenue Ballroom Jitterbug Champion. He choreographed and performed in Ballroom Suite, Winter Dance 1998, KSU. He is a member of the United States Amateur Ballroom Dancers Association.

Date: June 10 to July 29 (Friday)
Time: 6:25 PM to 8:00 PM
Fee: Individual, \$44.00
Location: ECM Auditorium, 1021 Denison Avenue
This class can be taken for KSU Credit



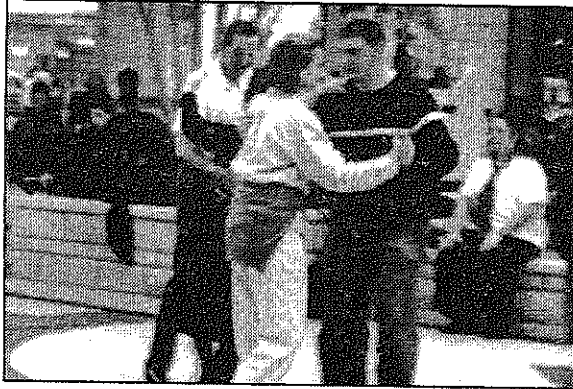
Yogilates

05BRF42Z

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

Date: June 14 to July 28 (Tuesday/Thursday)
Time: 12:00 PM to 1:00 PM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level, Pro Fitness
This class can be taken for KSU Credit.

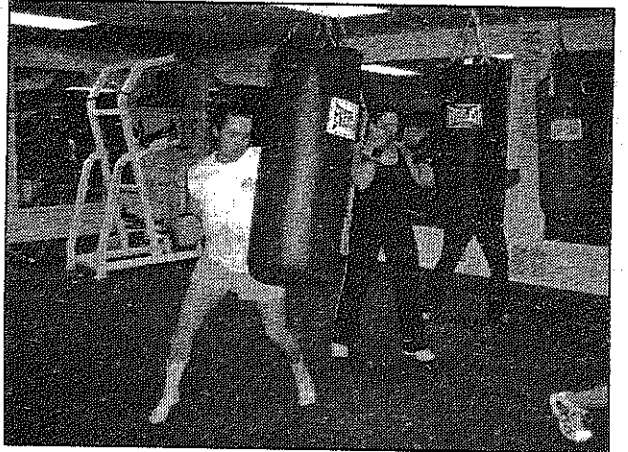


Hip Hop Dance

05BRF43B

Kelly Marshall

Date: June 8 to July 27 (Wednesday)
Time: 8:00 PM to 9:00 PM
Fee: \$52.00
Location: Ecumenical Campus Ministry, 1021 Denison Ave.



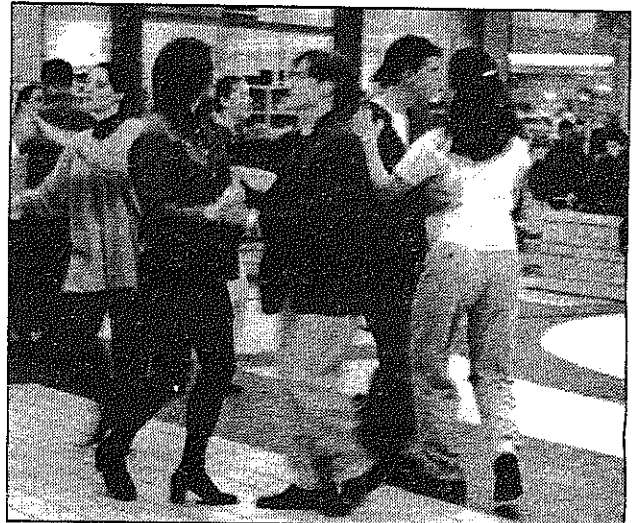
Hip Hop Dance

05BRF43A

Looking for a way to liven up your summer? UFM has a class for you. Whether you have danced all your life or you are just beginning, Hip Hop is a great outlet for mind and body. This class starts with the basics and slowly works its way up to a full fledged workout. Choreography is given, but the focus of the class is to have fun and add your own "flavor" to it.

Kelly Marshall, mingo111@ksu.edu, has danced for most of her life. Although she loves ballet and modern dance her focus is on freestyle dance. She has been a break dancer for about 3 years and likes to add a "toned down" element of that to her classes.

Date: June 6 to July 25 (Monday)
Time: 7:35 PM to 8:35 PM
Fee: \$52.00
Location: UFM Banquet Room



Beginning Dance for Couples

RF38

"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

Date: June 10 to July 29 (Friday)
Time: 8:15pm - 9:15pm
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 formals. 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

Date: June 10 to July 29
Time: 5:15pm - 6:15pm
Fee: \$29.00 individual/\$49.00 couple
Location: ECM Auditorium, 1021 Denison Avenue

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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.

Fun Foods



Thai Cooking

05BFF12A

The class will cover how to cook the traditional Thai food, including how to cook Thai jasmine rice, sticky rice, appetizers, main dishes, Thai curry, deserts, and soft drinks. Recipes will be given to the students for the dishes made in the class.

Chulee Yaeger, (785) 537-0656

Date: June 11 to June 25 (Saturday)
Time: 8:00 AM to 12:00 PM
Fee: \$18.00
Location: UFM Kitchen

Thai Cooking

05BFF12B

Chulee Yaeger

Date: July 9 to July 23 (Saturday)
Time: 8:00 AM to 12:00 PM
Fee: \$18.00
Location: UFM Kitchen

The Legend of the Dancing Goats (Coffee)

05BFF13

Explore the history and folklore of coffee as well as the fundamentals of coffee cupping 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

Date: July 6 to July 13 (Wednesday)
Time: 7:00 PM to 9:00 PM
Fee: \$14.00
Location: UFM Kitchen

Basic Cake Decorating

05BFF14

This course focuses on the techniques and methods of basic cake decorating. Students will learn proper icing techniques, and how to use different decorating tips to create wording, borders, flowers, and other icing creations to achieve store quality cakes at home. There will be additional equipment that students must purchase for this class.

Tara Ritchie was a professional cake decorator for a year and a half, before moving to Manhattan with her husband to continue their education at Kansas State University.

Date: June 21 to July 19 (Tuesday)
Time: Tuesdays 6:30 PM to 8:30 PM
Fee: \$45.00
Location: UFM Kitchen

Bread Baking Basics

05BFF15A

The smell of freshly baked bread can't be beat! In this class master the basics in making a great yeast bread product everytime! Learn the function of each ingredient and the technique in making yeast breads while producing a loaf of honey wheat bread to take home with you! Bring your own apron and a container for your bread dough to take home and bake as this is a hands-on class!

Erin Laurie, (913) 484-0709, erlaurie@ott.net, licensed dietitian and spokesperson for the Kansas Wheat Commission. She has been making bread since her early 4-H years. Erin serves as a 4-H Foods judge and enjoys making homemade bread and other baked goodies for her friends and family!

Date: June 11 (Saturday)
Time: 1:00 PM to 4:00 PM
Fee: \$37.00
Location: UFM Kitchen

Bread Baking Basics

05BFF15B

Erin Laurie

Date: July 9 (Saturday)
Time: 1:00 PM to 4:00 PM
Fee: \$37.00
Location: UFM Kitchen

Introduction to Sushi Rolling

05BFF16A

Learn the basic techniques to make your own sushi at home. Class will include brief history of sushi, making proper sushi rice, basic rolling techniques, hands-on demonstrations, and plenty of sushi to eat. Each student will receive sushi rolling mat and informational print-outs to take home for continued practice. (Note: no raw fish will be used for this class)

Class instructors are Jeff and Jill Pfannenstiel, owners and operators of Mercado Gourmet Grocery in Aggieville.

Date: July 20 (Wednesday)
Time: 6:30 PM to 9:30 PM
Fee: \$29.00
Location: UFM Kitchen

Introduction to Sushi Rolling

05BFF16B

Jeff & Jill Pfannenstiel

Date: July 27 (Wednesday)
Time: 6:30 PM to 9:30 PM
Fee: \$29.00
Location: UFM Kitchen



Vegetarian Cooking for the Beginner

05BFF17

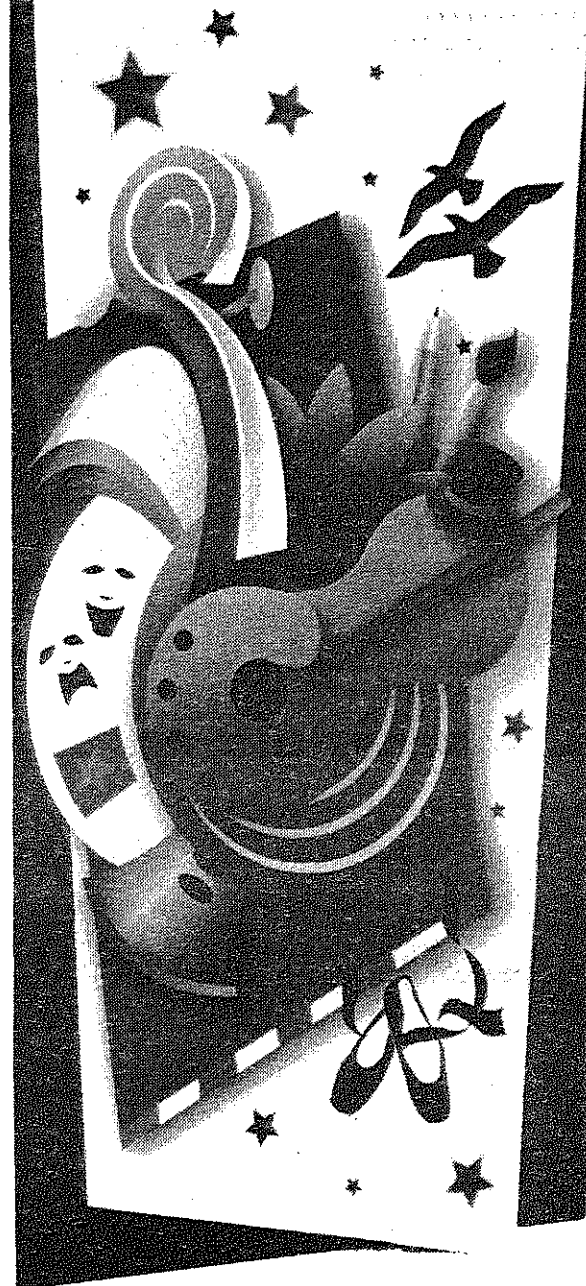
He's ba-ack. Mike Bonella (former manager of People's Grocery and former UFM instructor) has agreed to break in the newly updated UFM kitchen while teaching how to prepare healthy and delicious vegetarian meals. Mike will now be teamed up with his wife Laura who has been a vegetarian for more than a decade.

In this course, learn how to use soy products like Tofu, Tempeh, and Texturized vegetable Protein, as well as legumes and other non-meat items. Soy products will be the focus the first night, afterward students will be asked what they would like to learn how to cook and those dishes will be the focus for the second night of the course. MAKE SURE TO BRING AN APPETITE!!!

Date: August 7 and 14 (Sunday)
Time: 5:30 PM
Fee: \$32.00
Location: UFM Kitchen

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Personal Interest



Core Communication

05BPI06

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: June 8 to July 13 (Wednesday)
Time: 7 PM to 8:30 PM
Fee: \$52.00
Location: UFM Conference Room

Religions of the World

05BPI17

In this class we will be discussing the religions of the world and learning about their beliefs in a nonjudgmental manner. Participants will be able to discuss their views in this class as well.

Mark Miller, (785) 494-8463, markdmil@yahoo.com, has studied religions and philosophies for over 20 years. He founded the Church of Religious Freedom and has lead many discussions on religions and philosophies. He promotes religious freedom and religious research. He is an interfaith minister, see his website at www.geocities.com/markdmil/religious-freedom.html.

Date: June 15 to August 10 (Wednesday)
Time: 7 PM to 9 PM
Fee: \$12.00
Location: UFM Fireplace Room

Clearing Clutter

05BPI22

Clearing our environment is a dynamic tool for change. Clutter holds us in the past, preventing us from living fully. We will examine the energetics of clutter and discuss ideas that empower us to let go of our excess baggage! A variety of organizing strategies and principles of feng shui will also be utilized. Homework assignments are an integral part of class. Come prepared to liberate yourself!

Not neatniks by nature, Elizabeth Jankord and Kate Cashman have discovered that the energetic approach to clutter works. They operate Clutterbusters, a consulting business.

Date: August 8 to August 22 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: \$25.00
Location: 811 Colorado Street

Genealogy for Beginners

05BPI25

This is a 4-session course for those who would like to enter the fascinating world of researching our ancestors. In the first session, we will introduce the subject and outline local resources for genealogical research as well as look at the concepts of kinship and kinship structure in American society. The second session will cover computerized resources and tools for research in genealogy with some hands-on experience for the students. In the third session we will look further at sources of information, conventions, and abbreviations used in genealogy, and evidence and proof of our information. In the fourth session we will look at organizing the myriad bits of information that are acquired in genealogical research. Classes will be conducted as slide presentation/discussions with questions welcomed.

Lewis Browder, zcdalew@kansas.net, and Jan Wichman

Lewis Browder is a retired Research Plant Pathologist who has been researching his family history for about 9 years. He taught small classes in his research specialty interest at K-State and has previously offered this genealogy class at UFM.

Jan Wichman is a retired career K-12 Teacher in the Manhattan-Ogden School system.

Date: June 7 to June 28 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: \$19.00

Location: Genealogical Library, 2005 Claflin Rd.

Searching for Life's True Purpose

05BPI27

The International Education Foundation is a nonsectarian non-profit educational organization that advocates character, family and adolescent education. IEF is working with educators in the former Soviet Union, China, Mongolia, United States and expanding in South America, Southeast Asia, Europe and Africa. Lectures will be PowerPoint Presentations followed by discussion. Topics that will be discussed in class will be as follows: Universal Principles and Life's Goals, The Family as the School, Ethics of True Love and Sexuality, Building Healthy Marriages, and Causes and Resolution of Conflict.

Barbara Karnowski, (785) 535-4514, barbkarn@kansas.net, and Mary Helen Robles (785) 539-5856. Barbara is a registered nurse and has been volunteering in youth and family education for 20 years in her respective community and abroad. Mary Helen has a B.A. in Occupational Therapy and has been volunteering her time in youth and family education for the past 20 years.

Date: June 9 to July 7 (Thursday)
Time: 7:00 PM to 9:00 PM
Fee: \$20.00
Location: UFM Greenhouse

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

Take a Peek at the Past

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

Riley County Historical Museum

2309 Claflin

- Exhibits of Riley County history—pioneer days to the present
 - Research library by appointment
 - Educational programs
 - Speakers bureau
- 8:30-5:00 Tuesday-Friday
2:00-5:00 Saturday-Sunday

Goodnow House Museum

2309 Claflin

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



Pioneer Log Cabin

Manhattan City Park

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

Open April-October
Sunday 2:00-5:00
and by appointment

Wolf House Museum

630 Fremont

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

For more information, call 565-6490

Earth & Nature



Home Greenhouses and Sunrooms-Design Thoughts for Plants & Warmth 05BEN21

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

Bill Dorsett, (785) 539-1956, wmdorsett@sbcglobal.net, been working with solar energy and building sunrooms in Manhattan since 1981.

Date: June 11 (Saturday)
Time: 1:00 PM to 3:00 PM
Fee: \$12.00
Location: UFM Greenhouse

Tour of Mercy Healing Garden 05BEN31

Over the centuries, there have been connections to the healing effects of gardens. In the Judaic, Christian, & Islamic religions, paradise was often symbolized by a garden. The words "healing, therapeutic, or restorative gardens" are more recent terms.

With well over 5,000 plants, over 100 species of trees, shrubs, & perennials, a large water feature, wood bridge spanning the water feature, engraved modular block retaining walls, memorialized paving, stairway, sculptures, lighting, benches & multiple seating opportunities, arbors, screens, and lushly planted individual gardens, we will feature a "behind-the-scenes" horticulture and construction tour of the newly completed Mercy Regional Health Center Healing Garden (newly renamed the Downey Family Plaza). Come join us for a tour of the garden!

TJ Hittle is a 1973 graduate of Kansas State University, Thomas Hittle is President of Hittle Landscape Architects. He has over 30 years experience in Landscape Architecture, the design-build industry, and in teaching at Kansas State University (KSU). Mr. Hittle taught in the Department of Horticulture at KSU from 1979-81.

His experience extends into multidisciplinary and collaborative agreements as sub-consultant to numerous nationally known Architecture & Engineering firms. His firm provides landscape architectural services that have lead to well over 30 regionally recognized and award winning projects.

Date: June 9 (Thursday)
Time: 6:00 PM to 7:00 PM
Fee: \$9.00
Location: Mercy Hospital - College Avenue

Introduction to Solar Energy-Design Thoughts for Hot Water, Warm Air and Solar Electricity 05BEN23

We can use our abundant sunlight to cook our food, heat our homes and water and provide electricity and even make ice. I've professionally done some of these things and tinkered with others. This is an informal discussion of your and my thoughts on the sun's wide ranging possibilities. No questions too simple, and all answers welcome.

Bill Dorsett, (785) 539-1956, wmdorsett@sbcglobal.net, been working with solar energy and building sunrooms in Manhattan since 1981.

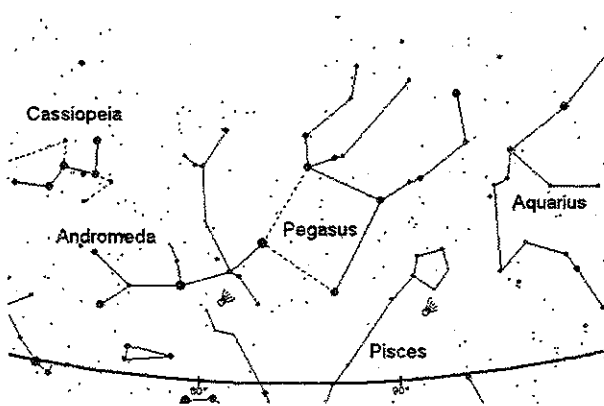
Date: June 12 (Sunday)
Time: 1:00 PM to 3:00 PM
Fee: \$12.00
Location: UFM Greenhouse

Astronomy Basics 05BEN30

Prepare to witness a rare astronomical event - a conjunction of 3 planets on June 25! This class will emphasis observation techniques, finding one's way around the summer night sky, learning the main summer constellations, and basic criteria for selection binoculars and telescopes. We will learn some astronomy history which has led us to recent excitement driven by Hubble telescope images and planetary probes.

Ron Madl, (785) 770-9363, Todd Tuttle; Ron is a backyard astronomer and is on the faculty at KSU. Todd is the founder of N. Central Kansas Astronomical Society.

Date: June 3, June 17 and July 29 (Friday)
Time: 7:30 PM to 10:30 PM
Fee: \$30.00, Additional family members, \$10.00
Location: 1980 Kimball Avenue



Fall Gardening 05BEN01

Fall is the best time to grow many vegetables! Get extra mileage out of your garden space this year and take advantage of Kansas' great autumn weather to plant a fall vegetable garden. The cooler temperatures result in better quality produce and less stress on you! Learn what to plant and when to plant for best results. Discussion includes soil preparation, fertilizer needs, and helpful tips for obtaining maximum seed germination and crop yields. Finally, we'll discuss growing and harvesting some vegetables beyond the end of October! Imagine fresh veggies in the middle of winter and it can be accomplished without a greenhouse!

Colleen Hampton, champton314@hotmail.com, 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 local garden clubs. Colleen welcomes your questions and class participation.

Date: July 23 (Saturday)
Time: 10:00 AM to 12:00 PM
Fee: \$12.00
Location: UFM Greenhouse

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.

Saltwater Aquariums for Beginners 05BEN33

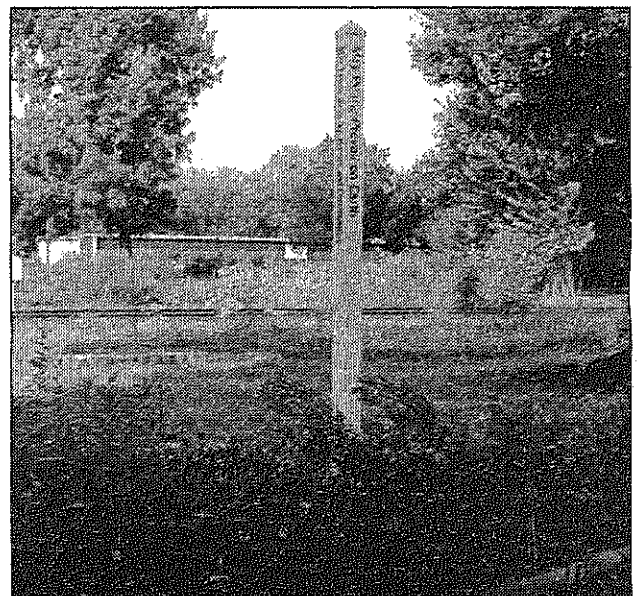
Mike Bonella, Owner of Manhattan Aquarium Co. & Water Garden Center will teach you everything you need to know to start a saltwater aquarium. Learn about proper filtration, lighting, the nitrogen cycle, stocking the aquarium and maintenance. After the course, students will receive valuable coupons to recover the cost of course fees.

Date: June 12 (Sunday)
Time: 5:00 PM
Fee: \$12.00
Location: Manhattan Aquarium Company & Water Garden Center, 514 Pillsbury Drive

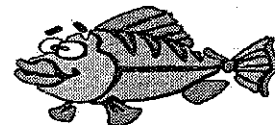
Water Gardening for the Beginner to Advanced 05BEN32

Mike Bonella, owner of Manhattan Aquarium Co. & Water Garden Center will be demonstrating how to build and maintain a healthy water garden. Learn how different types of filters work, how to choose the right pump and other supplies. Mike will answer any and all questions regarding ponds. After the course, students will receive valuable coupons to recover the cost of the course fee.

Date: June 25 (Saturday)
Time: 6:00 PM
Fee: \$12
Location: Manhattan Aquarium Company & Water Garden Center, 514 Pillsbury Drive



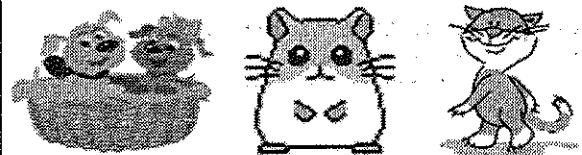
Manhattan Aquarium Company & Water Garden Center



www.manhattanaquarium.com

Across the river from the Mall * Off Hwy 177
(785)537-3693 * manhattanaquariumcompany@yahoo.com

Supplies for All Pets



**Manhattan's
Largest Pet Store**



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

Ballroom Dance I DANCE 599 90400
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.
Date: June 10 to July 29 (Friday)
Time: 6:25 PM to 8:00 PM
Fee: \$212
Location: ECM Auditorium, 1021 Denison Ave.

Beginning Middle Eastern Dance (Belly Dancing) DANCE 599 90401
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. Formfitting clothing allows you and the instructor to check for proper alignment and technique. Footwear: bare feet, stocking feet, ballet slippers, or dance sandals.
Date: June 9 to July 28 (Thursday)
Time: 3:00 PM to 4:35 PM
Fee: \$199
Location: UFM, 1221 Thurston

Beginning Yoga DANCE 599 90402
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.
Date: June 6 to July 27 (Monday/Wednesday)
(no class 7/4, 7/6)
Time: 10:00 AM to 11:00 AM
Fee: \$199
Location: KSU Ahearn Complex, Room 301

Boxing RRES 200 90404
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 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.
Date: June 7 to July 28 (Tuesday/Thursday)
Time: 6:30 PM to 7:30 PM
Fee: \$215
Location: Cottonwood Racquet Club, 3615 Claffin Rd.

Fundamentals of Canoeing RRES 200 90405
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.
Date: July 23 & July 24 (Saturday/Sunday)
Time: 8:00 AM to 5:00 PM
Fee: \$217
Location: UFM 1221 Thurston/ morning
Tuttle Creek River Pond/ afternoon

Golf RRES 200 90406
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.
Date: June 8 to July 27 (Wednesday)
Time: 6:00 PM to 8:00 PM
Fee: \$236
Location: Stagg Hill Golf Club, 4441 Ft Riley Blvd

Scuba Diving RRES 200 90409
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.
Date: June 13 to July 25 (Monday) (No Class July 4)
Time: 5:30 PM to 9:30 PM
Fee: \$317
Location: KSU Natatorium

Tae Kwon Do I RRES 200 90407
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.
Date: June 7 to July 28 (Tuesday/Thursday)
Time: 6:30 PM to 8:30 PM
Fee: \$190
Location: KSU, Ahearn Rm 301

Tae Kwon Do II RRES 200 90408
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.
Date: June 7 to July 28 (Tuesday/Thursday)
Time: 6:30 PM to 8:30 PM
Fee: \$190
Location: KSU, Ahearn Rm 301

Yogilates RRES 200 90410
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).
Date: June 14 to July 28 (Tuesday/Thursday)
Time: 12:00 PM to 1:00 PM
Fee: \$217
Location: Profitness in Aggieville 1125 Laramie St. lower level



Summer 2005 - Salina

Golf in Salina RRES 200 89000
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.
Date: June 9 to July 28 (Thursday)
Time: 6:00 PM to 8:00 PM
Fee: \$236
Location: The K-State at Salina Rec Center, 3142 Scanlan Ave, Salina

UFM INSTRUCTORS

Petra Barnes	Sheryl Cornell	June Hunzeker	Dr. M'Eliz Maata	Jill Pfannenstiel	Linda Teener
Scott Bean	Randi Dale	Elizabeth Jankord	Linda Madl	Mariko Price	Mei Hwa (Tina) Terhune
Michael Bennett	Bill Dorsett	Joyce Juhler	Ron Madl	Emilie Rabbat	Dr. Michael Tran
Mike Bonella	Sarah English	Barbara Karnowski	Kelly Marshall	Wade Radina	Kennita Tully
Lewis Browder	Enell Foerster	Karena Kimble	Renee Martin	Lorissa Ridley	Todd Tuttle
Carl Brown	Ana Franklin	Diana Knox	Alisha Matz	Tara Ritchie	Darlene Verneullen
Charlene Brownson	Rhonda Green	Aimee Kraus	Judy Metcalf	Mary Helen Robles	Jan Wichman
Crystal Bryant	Jim Gregory	Toni Kroll	Mark Miller	Abby Scheopner	Steven Williams
Kate Cashman	Colleen Hampton	Erin Laurie	Mary Monaghan	Pamela Schmid	Jeff Wilson
Patricia Cassinelli	Linda Harvey	Alberto Levera	David Moore	Betsy Shaffer	Chulee Yaeger
Rosina Catalan	TJ Hittle	Marcia Locke	Jeff Pfannenstiel	Jill Shanteau	Maya Zahira
Olivia Collins	Palma Holden	Jessie Luttmann			

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 Locke

ON CAMPUS REGISTRATIONS

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

DATE	TIME	LOCATION
May 23	10 am - 2 pm	KSU Union
May 24	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: Mini grants and free technical assistance

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

ANSWERING MACHINE

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

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

About UFM Classes

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

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

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.

SIGN UP NOW!!



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



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



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



Online!!! Visit our website: www.ufmprograms.org
Click on non-creditclasses and security. Register for any class!

FOR YOU... One participant per form, please

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

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

UFM Community Learning Center

UFM Community Learning Center

Registration Form
1221 Thurston Manhattan, KS 66502 539-8763

Registration Form
1221 Thurston Manhattan, KS 66502 539-8763

Student Name _____ Day Phone _____
Address _____ Evening Phone _____
City _____ State KS Zip _____ Email _____
Age: Under 18 exact age _____ 19-24 25-59 60+
Parent's Name if Student is Under Age 18 _____

Student Name _____ Day Phone _____
Address _____ Evening Phone _____
City _____ State KS Zip _____ Email _____
Age: Under 18 exact age _____ 19-24 25-59 60+
Parent's Name if Student is Under Age 18 _____

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation
Total

Tax Deductible Donation
Total

I hereby authorize the use of my Visa MasterCard Discover

I hereby authorize the use of my Visa MasterCard Discover

Card Number _____ Expiration Date _____
Card Cardholder's Name (Please Print) _____
Cardholder's Signature _____

Card Number _____ Expiration Date _____
Card Cardholder's Name (Please Print) _____
Cardholder's Signature _____

Participant Statistics: KSU Student KSU Faculty/Staff Ft Riley Other

Participant Statistics: KSU Student KSU Faculty/Staff Ft Riley Other

Where did you obtain your catalog? _____

Where did you obtain your catalog? _____

A class I would like offered _____

A class I would like offered _____

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

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Signature** _____ Date _____

Signature** _____ Date _____

**Signature of Parent or Guardian required for minors.

**Signature of Parent or Guardian required for minors.

Office Use Only		Amount	Total Paid
Date Received	Date Staff	Check _____	<input type="text"/>
Entered		Cash _____	
Computer		Visa _____	Date _____
		M/C _____	
		Discover _____	

Office Use Only		Amount	Total Paid
Date Received	Date Staff	Check _____	<input type="text"/>
Entered		Cash _____	
Computer		Visa _____	Date _____
		M/C _____	
		Discover _____	