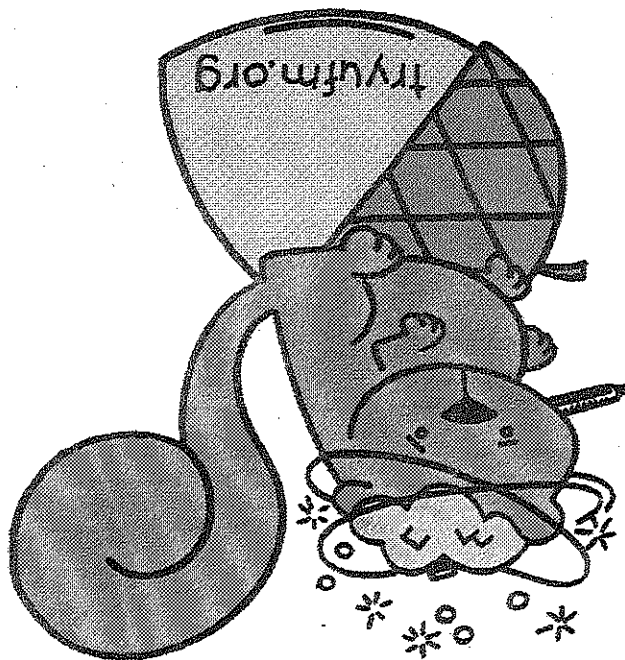


TRY UFM for a cure!
We have the UFM-eddy!

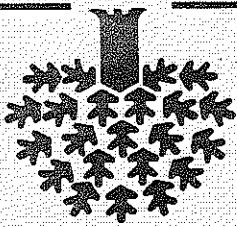


Is Spring Fever
Driving You Nuts???

Community Learning Center
2006 Spring Classes

UFM

Teaching • Learning • Growing
Vol. 38 Edition 1



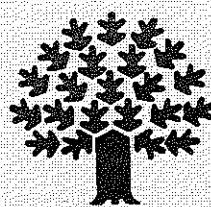
Is Spring Fever
Driving You Nuts???



Try UFM for a cure!
We have the UFM-eddy!

Spring Classes January - May 2006

- | | |
|--------------------|----------------------|
| Beer Making | Self-Defense |
| ... | ... |
| Baby Sign Language | Weddings on a Budget |
| ... | ... |
| CPR & First Aid | Computer Classes |



Teaching • Learning • Growing

**UFM
Community
Learning
Center**

2006
Spring Classes

NON-PROFIT ORG
U.S. POSTAGE PAID
Permit No. 134
Manhattan, Kan. 66502

OR CURRENT RESIDENT

Welcome to UFM Community Learning Center...

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

WHERE WE'RE LOCATED

UFM
1221 Thurston

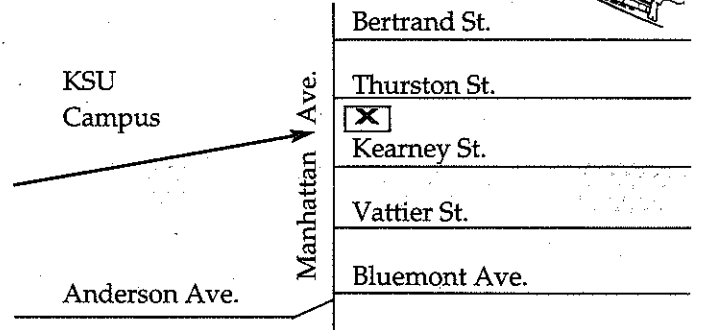
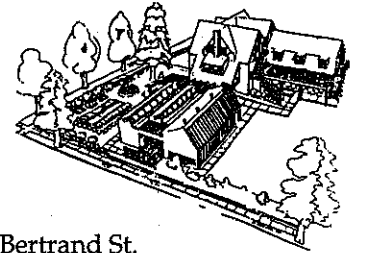


TABLE OF CONTENTS

Information

About UFM.....	39	Registration Forms.....	40
Cancellation of classes.....	39	Registration Information.....	40
General Policies.....	39	University Credit Information.....	39
Inclement Weather.....	39		

Classes

Aquatics.....4-7	Language.....8
Swim Lessons	French
Swim Appreciation Dates	Spanish
Scuba	Sign Language For Babies
Professional Certification Courses	Arabic
Career & Finance.....13	Martial Arts.....16
Investing Classes	Tae Kwon Do
Grantwriting	Lao Hu Pai Kung Fu
Computer Classes and others	Judo
	Ground Grappling
Creative Free Time.....17-20	Personal Interest.....27
Photography	Feng Shui
Knitting	Pet First Aid
Ukulele	Gardens & Sacred Spaces and much more
Stamping	
Stained Glass and much more	
Earth & Nature.....26	Professional Certification Courses.....31
Container Gardening	
Spring Plant Swap	Recreation & Fitness.....21-25
Home Landscape Design	Dance
Fly Fishing	Golf
Fun Foods.....28	Yogilates
Wine Appreciation	Belly Dance
Coffee	Boxing
Beer Making	Fitnastics
Indian Cooking and More!	And Many More
Health & Wellness.....9-12	Youth.....14-15
Self Defense	DanceNastics
CPR & First Aid	Ballet and Tap Dance
Tai Chi Chaun	Spanish
Yoga	Kung Fu and more
and much more	
	KSU Credit Courses.....32-35
	Test Prep Courses.....29

BOARD OF DIRECTORS

Lori Martin - <i>Chair</i>	Chuck Havlicek
Nancy Bolsen - <i>Vice Chair</i>	Shane Shanks
Mitzi Frieling - <i>Secretary</i>	Eldon Epp
Paula Walawender - <i>Treasurer</i>	Irmie Fallon
Linda Inlow Teener - <i>President and CEO</i>	Linda Madl
	Jill Shanteau
	Charlotte Shoup Olsen
	Robert Wilson
	Bettie Minshall

UFM Staff:

Executive Director - Linda Inlow Teener
 Education Coordinator - Marcia Hornung
 Community Outreach Coordinator - Charlene Brownson
 Lou Douglas Lecture Series Coordinator - Olivia Collins
 Teen Mentoring Program Coordinator - Karen Roesch
 Office / Media Coordinator - Annette Sweet
 Plus all the teachers who share their talents!

HANDICAPPED ACCESSIBLE

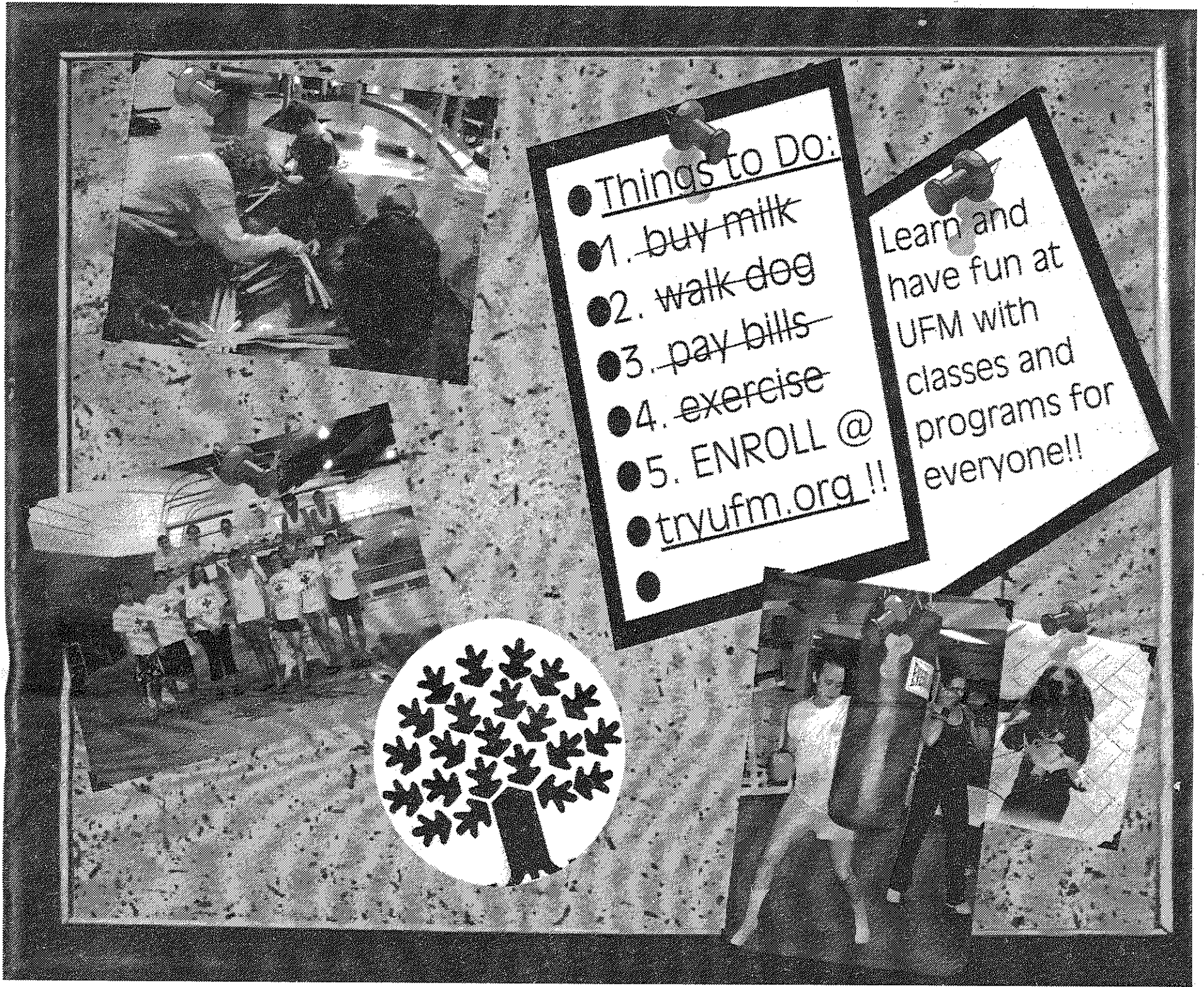
Any class can be placed in a handicapped accessible room. Please let us know at the time of registration.



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.tryufm.org!**



tryufm.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.

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

BEGINNING & ENDING DATES (Except Where Noted):

- Session A: Monday, February 6 - April 17
(No class March 20)
- Session B: Tuesday, February 7 - April 18
(No class March 21)
- Session C: Wednesday, February 8 - April 19
(No class March 22)
- Session D: Thursday, February 9 - April 20
(No class March 23)
- Session E: Saturday, February 11 - May 6
(No class March 18, March 25, April 15)

Parent/Infant and Parent/Tot

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

- Monday 6:00pm - 6:30pm
AQ-01P1 February 6 - March 6
AQ-01P2 March 13 - April 17 (No class March 20)
- Tuesday 6:00pm - 6:30pm
AQ-02P1 February 7 - March 7
AQ-02P2 March 14 - April 18 (No class March 21)
- Saturday 9:30am - 10:00am
AQ-05P1 February 11 - March 11
AQ-05P2 April 1 - May 6

Fee: \$22 per session (5 lessons)

Tot Transition

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

- Monday 6:45pm - 7:15pm
AQT01A February 6 - March 6
AQT02A March 13 - April 17 (No class March 20)
- Tuesday 6:45pm - 7:15pm
AQT01B February 7 - March 7
AQT02B March 14 - April 18 (No class March 21)
- Saturday 10:15am - 10:45am
AQT01E February 11 - March 11
AQT02E April 1 - May 6

Fee: \$22 per session (5 lessons)

Level I: Introduction to Water Skills

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

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

Fee: \$47 per session (10 lessons)

Level II: Fundamental Aquatic Skills

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

- AQ02A Monday 6:00pm - 6:40pm
- AQ02B Tuesday 6:00pm - 6:40pm
- AQ02C Wednesday 6:00pm - 6:40pm
- AQ02D Thursday 6:00pm - 6:40pm
- AQ02E Saturday 10:15am - 10:55am

Fee: \$47 per session

Level III: Stroke Development

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

- AQ03A Monday 6:50pm - 7:30pm
- AQ03B Tuesday 6:50pm - 7:30pm
- AQ03C Wednesday 6:50pm - 7:30pm
- AQ03D Thursday 6:50pm - 7:30pm
- AQ03E Saturday 9:30am - 10:10am

Fee: \$47 per session (10 lessons)

Level IV: Stroke Improvement

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

- AQ04A Monday 6:50pm - 7:30pm
- AQ04B Tuesday 6:50pm - 7:30pm
- AQ04C Wednesday 6:50pm - 7:30pm
- AQ04D Thursday 6:50pm - 7:30pm
- AQ04E Saturday 10:15am - 10:55am

Fee: \$47 per session (10 lessons)

Level V: Stroke Refinement

The objective of Level V is coordination and refinement of all strokes. Participants learn to perform each of the strokes over increased distances as well as learn surface dives and flip turns. Students entering this course must have a Level IV certificate or must be able to demonstrate all the course requirements of Level IV.

- AQ05C Wednesday 6:50pm - 7:30pm
- AQ05E Saturday 10:15am - 10:55am

Fee: \$47 per session (10 lessons)

Level VI: Swimming and Skill Proficiency

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

- AQ06A Wednesday 6:50pm - 7:30pm
- AQ06E Saturday 10:15am - 10:55am

Fee: \$47 per session (10 lessons)

**Manhattan
Marlins
Swim Team**



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

Ages: 5 years through college

www.manhattanmarlins.org

For more information contact: Todd Kramer at 317-0540 or Nellie Bucholtz at 587-8770



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.

AQ07A1	Monday	6:00pm - 6:40pm
AQ07A2	Monday	6:50pm-7:30pm
AQ07E	Saturday	9:30am - 10:10am

Fee: \$47 per session (10 lessons)

Lap Swimming: Ages 13+

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

AQ-24A	Monday	6:00pm - 7:30pm
AQ-24B	Tuesday	6:00pm - 7:30pm
AQ-24C	Wednesday	6:00pm - 7:30pm
AQ-24D	Thursday	6:00pm - 7:30pm
AQ-24E	Saturday	9:30am - 11:00am

Fee: \$19 per session (10 times)



Shallow Water Hydroaerobics: Water Exercise

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

Session A: January 9 - February 2 06AAQSHA
Monday - Thursday (6:35pm - 7:30pm) and Saturday (10:05am - 11:00am)

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

Session B: February 6 - March 4 06AAQSHB
Monday - Thursday (6:35pm - 7:30pm) and Saturday (10:05am - 11:00am)

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

Session C: March 6 - April 8 06AAQSHC
(No classes March 18 - March 25)
Monday - Thursday (6:35pm - 7:30pm) and Saturday (10:05am - 11:00am)

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

Session D: April 10 - May 6 (No class April 15) 06AAQSHD
Monday - Thursday (6:35pm - 7:30pm) and Saturday (10:05am - 11:00am)

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

Fee: \$24 for 1 time a week per session (4 weeks of classes)
\$29 for 3 times a week per session (4 weeks of classes)
\$33 for 5 times a week per session (4 weeks of classes)

Shallow Water Hydroaerobics for the Entire Semester

Session E: January 9 - May 6 06AAQSHE
Monday - Thursday (6:35pm - 7:30pm) and Saturday (10:05am - 11:00am)

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

No Classes February 4, March 18 - 25, April 15

Fee: \$54 for 1 time a week per session (16 weeks of classes)
\$66 for 3 times a week per session (16 weeks of classes)
\$74 for 5 times a week per session (16 weeks of classes)

Deep Water Hydroaerobics

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

Session A: January 10 - February 2
AQ-100A Tuesday/Thursday 6:35pm - 7:30pm

Session B: February 7 - March 2
AQ-100B Tuesday/Thursday 6:35pm - 7:30pm

Session C: March 7 - April 6 (No classes March 18-25)
AQ-100C Tuesday/Thursday 6:35pm - 7:30pm

Session D: April 11 - May 4 (No class April 15)
AQ-100C Tuesday/Thursday 6:35pm - 7:30pm

Fee: \$24 per session (4 weeks of classes)

Deep Water Hydroaerobics for the Entire Semester

Session E: January 10 - May 4
AQ-100E Tuesday/Thursday 6:35pm - 7:30pm

No classes February 4, March 18-25, April 15.

Fee: \$58 per session (16 weeks of classes)

Private Swim Lessons AQ-103

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

Beginning and Ending Dates for Private Lessons:

Session A1: Monday February 6 - March 6
Session A2: Monday March 13 - April 17 (No class March 20)

Session B1: Tuesday February 7 - March 7
Session B2: Tuesday March 14 - April 18 (No class March 21)

Session C1: Wednesday February 8 - March 8
Session C2: Wednesday March 15 - April 19 (No class March 22)

Session D1: Thursday February 9 - March 9
Session D2: Thursday March 15 - April 19 (No class March 23)

Session E1: Saturday February 11 - March 11 (No class March 18, 25)
Session E2: Saturday April 1 - May 6 (No class April 15)

Times for Monday- Thursday sessions:
6:00pm - 6:30pm

Times for Saturday sessions:
9:30am - 10:00am


Fee: \$69 per session (5 thirty minute lessons)
\$55 per student for semi-private lessons (2 students per teacher)
(5 thirty minute lessons)

Lap Swimming for Parents

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

AQ-25A	Monday	6:00pm - 7:30pm
AQ-25B	Tuesday	6:00pm - 7:30pm
AQ-25C	Wednesday	6:00pm - 7:30pm
AQ-25D	Thursday	6:00pm - 7:30pm
AQ-25E	Saturday	9:30am - 11:00am

Fee: \$16 per session (10 times)



Everyone's path to growth and healing is unique.

LIVINGWELL is a network of Holistic Health Providers
in Manhattan and the surrounding areas.
For a directory of Providers and to learn more about us go to:
www.livingwellkansas.org

LIVINGWELL INC.
DEVELOPMENT FOR THE BODY, MIND & SPIRIT



Open Swim Appreciation

AQ-31a

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

Date: April 2 (Sunday)
Time: 5:00pm - 7:00pm
Fee: No charge
Location: KSU Natatorium

Open Swim Appreciation

AQ-31b

Date: April 23 (Sunday)
Time: 5:00pm - 7:00pm
Fee: No charge
Location: KSU Natatorium

Sunday Family Swim

AQ-32

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

Date: April 3 - April 24 (Sunday) (No swim April 16)
Time: 5:00pm - 7:00pm
Fee: \$10 individual/\$25 family
Location: KSU Natatorium

Scuba Diving

AQ105AZ

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

Jeff Wilson

Date: January 23 - February 27 (Monday)
Time: 6:00pm - 10:00pm
Fee: \$236
Location: KSU Natatorium
(Available for KSU Credit)

Scuba Diving

AQ105BZ

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

Jeff Wilson

Date: March 27 - May 1 (Monday)
Time: 6:00pm - 10:00pm
Fee: \$236
Location: KSU Natatorium
(Available for KSU Credit)

Scuba Diving

AQ105CZ

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

Jeff Wilson

Date: January 28 - March 11 (Saturday)
Time: 9:30am - 1:30pm
Fee: \$236
Location: KSU Natatorium
(Available for KSU Credit) No classes February 4.

Scuba Diving in Salina

AQ107Z

Jeff Wilson

Date: January 26 - March 9 (Thursday)
Time: 6:30pm - 10:00pm
Fee: \$236
Location: 507 YMCA Drive
Salina YMCA



Water Safety Instructor (WSI)

AQ121Z

This course is dedicated to developing the skills you will need to instruct and plan courses in the American Red Cross Swimming and Water Safety Program. Instruction includes Parent/Preschool classes; Learn to Swim Levels I - VI; Community Water Safety; Basic Water Rescue; WSI-Aide; Basic Aquatic Exercise; Special Population; and Competitive Swim team preparation. Other training that may be available with additional prerequisites and additional training, is Safety training for Coaches. Please note: The WSI course is NOT designed to teach you the required strokes/skills. Paired practice, coaching and drills are used to refine skills. Be prepared for reading and homework.

Prerequisites: 1) Minimum age of 17 on or before the final testing session; 2) successfully demonstrate 50 yards of each of the following: front crawl, back crawl, breaststroke, elementary back stroke, sidestroke and 10 yards butterfly; 3) perform standing front dive; 4) perform long shallow dive in a minimum of 9 ft of water, perform a surface dive, retrieve a 10 lb brick in 6 to 9 ft of water and bring it to the surface; 5) perform Wading Assist w/equipment; 6) perform throwing assist with equipment; 7) perform reaching assist with equipment; 8) correctly answer 80% of questions on pretest exam. Read chapters 2 and 13 of "Swimming and Diving" or read "Community Water Safety" to prepare for the pre-course written and skills tests.

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

Carol Stites

Date: April 3 - April 12 (Mon, Tu, Wed, Thurs, Fri, Sat)
Time: 4:00pm - 7:30pm (Mon-Fri)
9:00am - 7:00pm (Sat)
Fee: \$180
Location: KSU Natatorium
(Available for KSU Credit) Books available for purchase at Red Cross Office.

Fitness Swimming

AQ108AZ

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

Carol Stites

Date: January 31 - March 16 (Tues/Thurs)
Time: 9:30am - 11:00am
Fee: \$76
Location: KSU Natatorium
(Available for KSU Credit)

Fitness Swimming

AQ108BZ

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

Carol Stites

Date: January 31 - March 16 (Tues/Thurs)
Time: 6:00pm - 7:30pm
Fee: \$76
Location: KSU Natatorium
(Available for KSU Credit)

Aquatic Fitness Instructor

AQ104AZ

This course is an in-depth educational and training program for individuals interested in advancing their knowledge and skills in designing and leading different types of water exercise. It will prepare instructors to become certified to organize, develop, teach, administer and market safe, fun and effective water exercise programs for various populations. Certification Requirements: Attend all sessions, score at least 80% on final written exam, successfully demonstrate ability to plan a class for various populations and effectively teach a class from deck.

Carol Stites

Date: April 22 - April 29 (Tues/Thurs/Sat)
Time: 5:30pm - 9:30pm (Tues/Thurs)
9:00am - 7:00pm (Sat)
Fee: \$118
Location: KSU Natatorium
(Available for KSU Credit) Books available for purchase at Red Cross Office.



The Morning Star Bed & Breakfast

"Exceptional Accommodations in the Heart of Manhattan"
785-587-9703 www.morningstaronthepark.com



Lifeguard Training

AQ35Z

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

- * 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick
- * 100 yards of breaststroke; and
- * 200 yards of either front crawl or breaststroke; or a mixture of both.

3) Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 lb object, return to the surface, and swim 20 yards back to starting point with the object with both hands on the object and face above the water at all times. This is a 2-hour KSU credit class.

Carol Stites

Precourse: March 14 6:00pm - 7:30 p.m.
 Date: March 14 - May 1 (Mon - Fri)
 Time: 4/13 & 4/14: 4:00 pm - 8:30pm
 5:30pm - 9:30pm
 (No class 4/25, 4/27, 4/28)
 Fee: \$139
 Location: KSU Natatorium
 (Available for KSU Credit)

Lifeguard Training

AQ35A

Dates: April 2 - April 8 (Sun-Sat)
 Time: 5:00pm - 6:00pm (Sun) Prerequisites
 5:00pm - 10:00pm (Mon - Fri)
 9:00am - 12:00pm (Sat)
 Fee: \$139
 Location: KSU Natatorium
 (*This session is only available as a NON-CREDIT Course)
 Books are available for purchase at Red Cross.



Lifeguard Training

AQ35B

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

- 2) be able to swim 500 yards continuously using these strokes in the following order:
- * 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick
- * 100 yards of breaststroke; and
- * 200 yards of either front crawl or breaststroke; or a mixture of both.

3) Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 lb object, return to the surface, and swim 20 yards back to starting point with the object, with both hands on the object and face above the water at all times.

Dates: April 30 - May 6 (Sun-Sat)
 Time: 5:00pm - 6:00pm (Sun) Prerequisites
 5:00pm - 10:00pm (Mon - Fri)
 9:00am - 12:00pm (Sat)
 Fee: \$139
 Location: KSU Natatorium
 (*This session is only available as a NON-CREDIT Course)
 Books are available for purchase at Red Cross.

Lifeguard Training

AQ35C

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

- 2) be able to swim 500 yards continuously using these strokes in the following order:
- * 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick
- * 100 yards of breaststroke; and
- * 200 yards of either front crawl or breaststroke; or a mixture of both.

3) Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 lb object, return to the surface, and swim 20 yards back to starting point with the object, with both hands on the object and face above the water at all times.

Dates: TBA(Sun-Sat)
 Time: 5:00pm - 6:00pm (Sun) Prerequisites
 5:00pm - 10:00pm (Mon - Fri)
 9:00am - 12:00pm (Sat)
 Fee: \$139
 Location: KSU Natatorium
 (*This session is only available as a NON-CREDIT Course)
 Books are available for purchase at Red Cross.

Lifeguard Challenge

AQ126A

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

Date: March 7 - March 9 (Tues/Thurs)
 Time: 5:00pm - 8:00pm
 Fee: \$46
 Location: KSU Natatorium
 Book available for purchase at Red Cross Office, 2601 Anderson Ave.

Lifeguard Challenge

AQ126B

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

Date: April 11 - April 13 (Tues/Th)
 Time: 5:00pm - 8:00pm
 Fee: \$46
 Location: KSU Natatorium
 Book available for purchase at Red Cross Office, 2601 Anderson Ave.

Swim I

AQ36Z

Swim I is designed for students who have a fear of the water and/or those with little or no water experience. It will address the needs of the beginning swimmer. Students will be presented with the skills, knowledge and attitudes necessary to become safe in, on and around the water; to learn basic strokes and survival skills; and be able to assist others in an aquatic emergency using elementary forms of rescue.

Carol Stites

Date: January 23 - March 15 (Mon/Wed)
 Time: 9:00am - 10:30am
 Fee: \$76
 Location: KSU Natatorium
 (Available for KSU Credit)

Intermediate Kayak Chapter Workshop

AQ109A

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

Instructors will be on hand to:

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

EQUIPMENT AND LOCATION NEEDS:

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

NOTE:

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

TJ was the first American Red Cross Canoe & Kayak Instructor-Trainer in Kansas, having taught well over 350 kayaking and canoeing students since 1979. During his travels, on nearly 200 rivers and streams across seven Central, South, & North American countries, he has accumulated over 9,000 river miles. T.J. has documented the greatest number of river miles in the history of the Kansas Canoe Association. He is also the creator and Webmaster for the KANSAS PADDLER Home Page at: www.kansas.net/~tjhittle/.

Date: January 22 (Sunday)
 Time: 8:30am - 12:30pm
 Fee: \$16
 Location: KSU Natatorium
 Park in west parking lot. Drop boats off in the Natatorium Alley.

Intermediate Kayak Chapter Workshop

AQ109B

T.J. Hittle

Date: February 5 (Sunday)
 Time: 8:30am - 12:30pm
 Fee: \$16
 Location: KSU Natatorium
 Park in west parking lot. Drop boats off in the Natatorium Alley.

Intermediate Kayak Chapter Workshop

AQ109B

T.J. Hittle

Date: February 19 (Sunday)
 Time: 8:30am - 12:30pm
 Fee: \$16
 Location: KSU Natatorium
 Park in west parking lot. Drop boats off in the Natatorium Alley.

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

Language



Beginning Spanish

06ALA02

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

Maria Coscia

Date: 02/07/2006 to 03/14/2006 (Tu)
Time: 6:30 PM to 7:45 PM
Fee: \$30.00
Location: KSU, Seaton Hall

Introduction to Spanish for Kids (ages 6-10)

06AYO42

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

Maria Coscia

Date: 02/06/2006 to 03/13/2006 (M)
Time: 5:30 PM to 6:30 PM
Fee: \$18.00
Location: KSU, Seaton Hall

French Language

06ALA04A

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

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

Date: 01/18/2006 to 02/10/2006 (W & F)
Time: 10:00 AM to 11:00 AM
Fee: \$44.00
Location: UFM Fireplace Room

French Language

06ALA04B

Emilie Rabbat

Date: 02/15/2006 to 03/10/2006 (W & F)
Time: 10:00 AM to 11:00 AM
Fee: \$44.00
Location: UFM Fireplace Room

MANHATTAN FARMERS MARKET

MAY 1 thru OCTOBER 31

Produce, Baked Goods, Flowers, Crafts

Saturdays 8am — 1pm
5th & Humboldt St.

Wednesdays 4 pm — 7pm
North Cico Park & Kimball Ave.

Latin Crash Course

06ALA14

French, Spanish, Italian, Portuguese and Romanian. . . gain a deeper understanding of modern romance languages by learning Classical Latin. In this intensive course the student will learn basic Latin Grammar and become familiar with basic Latin phrases. Students who wish to learn Church Latin should also take this class. This class is also perfect for current or former Latin students who need a refresher. Caveat Emptor! This class is not for the faint of heart! New students to Latin will need to spend significant time out of class studying! Sign Up Now! Space is limited. Please bring a notebook and a pen to class.

Rosina Catalan Email: rcatalan@nanmatinc.com, Rosina (Rosina Eileen Catalan) 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. She has a M.A. in Mediterranean Studies and a B.A. in Classics (Ancient Greek and Latin). She studied in Isthmia, Greece and Cairo, Egypt.

Date: 01/18/2006 to 02/22/2006 (W)
Deadline January 16, 2006
Time: 6:20 PM to 7:05 PM
Fee: \$57.00
Location: UFM Conference Room

Sign Language for Babies

06ALA21

Want to know what your baby is thinking? This class will teach parents and infants ages birth to 12 months simple communication skills using American Sign Language. Some of the benefits include:

- Signing allows your infant to more clearly communicate specific thoughts.
- Signing reduces frustration for your baby - and for you!
- Signing won't delay verbal language development - in fact, it may accelerate it. Research shows that babies who sign usually start to talk sooner and develop larger vocabularies than non-signing babies.
- Signing builds on babies' natural tendency to use gestures. This class is open to families and caregivers. Registration fee is per family.

Toni Kroll D: (785) 313-5555, Susie Stanfield. Toni Kroll 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. Susie is the Deaf-Education teacher for the Manhattan-Ogden School District. She has over 20 years experience teaching sign language.

Date: 01/31/2006 to 03/14/2006 (Tu)
Time: 6:30 PM to 7:30 PM
Fee: \$74.00 per family
Location: UFM Greenhouse

Basic Arabic Language

06ALA51

Learn the basics of the Arabic language! This class is for non-native Arabic speakers, we will study and learn how to pronounce some simple Arabic words, and how to formulate Arabic sentences. The history of Arabic language and different accents will also be discussed.

Ibrahim Saleh Email: iasaleh@ksu.edu

Date: 02/03/2006 to 03/10/2006 (F)
Time: 5:30 PM to 6:30 PM
Fee: \$32.00
Location: UFM Conference Room

Claflin Books

and Copies

SERVICES

- ✓dissertation printing
- ✓new & used textbooks
- ✓course packets
- ✓color copies
- ✓5 cent self serve copies
- ✓digital & print design
- ✓fax service
- ✓binding
- ✓scanning to disk
- ✓electronic file submission
- ✓printing from disk
- ✓quality papers

We now have select teas and accessories



1814 Claflin Road
Manhattan, KS 66502
(785) 776-3771
Fax: (785) 776-1009
claflin@interkan.net
www.claflinbooks.com

Health & Wellness



Sahaj Marg Meditation

06AHW02

Sahaj Marg translates to "The Natural Path." It is a natural, simple system of Raja Yoga meditation and spiritual practice that helps one realize the ultimate potential within oneself. Regular spiritual practice under capable guidance enables aspirants to progressively experience the sublime presence of the divine in their daily lives. The Sahaj Marg system is freely offered to seekers worldwide, and is effectively practiced by individuals from all walks of life - diverse nationalities, religious backgrounds, and various social conditions.

Gayathri Kambhampati

Date: 01/28/2006 to 03/18/2006 (Saturday)
Time: 10:00 AM to 12 N
Fee: No fee
Location: UFM Conference Room

CPR and First Aid (Medic First Aid)

06AHW03B

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 Email: cornell@saintmail.net. Sheryl has been training First Aid and CPR for USD 383 for more than six years.

Date: 05/20/2006 (Saturday)
Deadline is the Monday before the class starts.
Time: 8:00 AM to 3:00 PM
Fee: \$49.00
Location: UFM Banquet Room

Community CPR and First Aid (Red Cross)

06AHW25A

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.

Date: 03/04/2006 (Saturday)
Deadline is the Monday before the class starts.
Time: 9:00am to 5:00pm
Fee: \$50.00
Location: UFM Banquet Room

Community CPR and First Aid (Red Cross)

06AHW25B

Date: 02/04/2006 (Saturday)
Deadline is the Monday before the class starts.
Time: 9:00am to 5:00pm
Fee: \$50.00
Location: UFM Conference Room

Community CPR and First Aid (Red Cross)

06AHW25C

Date: 02/11/2006 (Saturday)
Deadline is the Monday before the class starts.
Time: 9:00am to 5:00pm
Fee: \$50.00
Location: UFM Conference Room



Living the Art: Jin Shin Jyutsu Self Help

06AHW08A

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

Date: 01/12/2006 to 01/26/2006 (Thursday)
Time: 7:00 PM to 9:00 PM
Fee: \$26.00
Location: 811 Colorado Street

Living the Art: Jin Shin Jyutsu Self Help

06AHW08B

Kate A Cashman
Date: 04/04/2006 to 04/18/2006 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: \$26.00
Location: 811 Colorado Street

Beginning Yoga

06AHW15AZ

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 D: (785) 537-8224 Email: yogaconnection@gmail.com.

Ana 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: 01/12/2006 to 03/07/2006 (ThT)
Time: 10:00 AM to 11:00 AM
Fee: \$104.00
Location: KSU, Ahearn Dance Studio, Room 301

Beginning Yoga

06AHW15BZ

Ana Franklin

Date: 01/18/2006 to 03/13/2006 (WM)
Time: 11:00 AM to 12 N
Fee: \$104.00
Location: KSU, Ahearn Dance Studio, Room 301



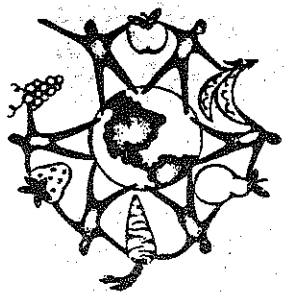
Intermediate Yoga

06AHW21Z

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

Ana Franklin D: (785) 537-8224 H: (785) 341-9908 Email: yogaconnection@gmail.com. Ana 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: 03/09/2006 to 05/04/2006 (Tu/Th)
NO CLASS 3/21 AND 3/23
Time: 11:00 AM to 12 N
Fee: \$104.00
Location: KSU, Ahearn Dance Studio, Room 301



People's Grocery

Natural, Organic, Ethical Foods

Hormone-Free
Pesticide-Free
Herbicide-Free

17th & Yuma, Manhattan, KS
(785) 539-4811
organic@kansas.net

Anyone can shop & buy, but members receive discounts

539-8763

1221 Thurston

www.tryufm.org



Responding to Emergencies 06AHW19AZ

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

Carol Stites

Date: 01/30/2006 to 03/15/2006 (MW)
Books are available for purchase at the Red Cross Office
Time: 2:00 PM to 4:00 PM
Fee: \$182.00
Location: American Red Cross Office, 2601 Anderson Ave.

Responding to Emergencies 06AHW19BZ

Carol Stites

Date: 01/31/2006 to 03/16/2006 (TTh)
Books are available for purchase at the Red Cross Office
Time: 3:00 PM to 5:00 PM
Fee: \$182.00
Location: American Red Cross Office, 2601 Anderson Ave.

First Aid/CPR/AED Instructor 06AHW20Z

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

Prerequisites: 1. Correctly answer at least 80% of questions in each section of written pre-course exams, covering material contained in the basic level First Aid, and Adult, Child and Infant CPR courses. 2. Demonstrate ability to perform First Aid, and Adult, Child and Infant CPR skill in accordance with Red Cross standards. 3. Have current First Aid, and Adult, Child Infant CPR certificates issued within last 6 months.

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

Carol Stites

Date: 02/06/2006 to 03/13/2006 (M)
Books available for purchase at the Red Cross Office
Time: 4:00 PM to 8:30 PM
Fee: \$124.00
Location: American Red Cross Office, 2601 Anderson Ave

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

Chi Lei - Chi Gong 06AHW22

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

Enell Foerster D: (785) 537-0977, Email: foer@kansas.net. Enell Foerster 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.

Date: 03/02/2006 to 03/23/2006 (Th)
No class March 24 - Spring Break
Time: 5:30 PM to 6:15 PM
Fee: \$34.00
Location: UFM Conference Room

Essential Oils 06AHW24

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 D: (785) 537-0977, Email: foer@kansas.net; Darlene Vermeullen. Enell Foerster 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: 04/22/2006 to 04/22/2006 (Sa)
Lunch not provided
Time: 9:30 AM to 3:30 PM
Fee: \$30.00
Location: UFM Conference Room

CPR Challenge 06AHW27A

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

Date: 02/16/2006 to 02/16/2006 (Th)
Time: 6:00 PM to 9:00 PM
Fee: \$36.00
Location: K-State Natatorium

CPR Challenge 06AHW27B

Date: 04/12/2006 to 04/12/2006 (W)
Time: 6:00 PM to 9:00 PM
Fee: \$36.00
Location: Natatorium

Beginning Ashtanga Yoga 06AHW28A

Ashtanga yoga is an awesome form of yoga originally taught by Sri K. Pattabhi Jois in India. It is a dynamic and invigorating type of yoga which involves synchronizing the breath with a progressive series of challenging postures. The process produces and intense internal heat along with strength and flexibility which detoxify the muscles, give fluidity to the body and create a calm and peaceful mind. This class is intended for beginning to intermediate students. What to bring/Suggestions:

- Yoga Mat (if you have one otherwise a limited # of class mats will be available)
- A Towel (be prepared to sweat!)
- Wear something you can move in easily (i.e. t-shirts, shorts, leotards, leggings etc.)
- An empty stomach is highly recommended
- Please be on time so as not to disturb the class!

Micah Sharp H: (785) 539-6389, Email: msharp@vet.ksu.edu. Micah is a second year vet student at K-State. She loves riding horses, running, playing piano, and of course, doing yoga. She has practiced with the Soma Studio in Salt Lake and has done yoga for over 7 years. This is her second year of teaching.

Date: 01/23/2006 to 03/09/2006 (M/Th)
Time: 5:30 PM to 6:30 PM
Fee: \$85.00
Location: Ahearn Room 303



2001 Claflin Road, Manhattan
587-4300

- ◆ Outpatient mental health services
- ◆ Alcohol and drug services
- ◆ Community support services
- ◆ Community-based services for children and adolescents
- ◆ 24-hour emergency services

After office hours, call
587-4342 or 800-609-2002

Our highly qualified staff of psychiatrists, psychologists, social workers, and case managers work with people of all ages.



Beginning Ashtanga Yoga

06AHW28B

Micah Sharp

Date: 03/13/2006 to 04/27/2006 (MTh)
Time: 5:30 PM to 6:30 PM
Fee: \$85.00
Location: Ahearn Room 303

Personal Safety and Self Defense for Women

06AHW01

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

Date: January 30 (Monday)
Time: 6:00 PM to 9:00 PM
Fee: \$29.00
Location: UFM Banquet Room

Beginning Tai Chi Chaun

06AHW31

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

Mei Hwa (Tina) Terhune D: (785) 539-4277. Mei Hwa Terhune (Tina) is a Native of China where, she acquired her knowledge of Tai Chi Chaun while attending Ming Chuang University in Taipei, Taiwan. She specializes in 24 movement Beijing style, and "Cheng Man-Ching" Yang style short form, she also is a certified instructor for Tai Chi for Arthritis.

Date: 02/13/2006 to 03/13/2006 (M)
Time: 5:30 PM to 6:30 PM
Fee: \$45.00
Location: UFM Fireplace Room

Tai Chi Chuan II

06AHW53

Students will learn additional movements and correct positions, the focus will be on strengthening the legs and relaxing the body.

Mei Hwa (Tina) Terhune D: (785) 539-4277. Mei Hwa Terhune (Tina) is a Native of China where, she acquired her knowledge of Tai Chi Chaun while attending Ming Chuang University in Taipei, Taiwan. She specializes in 24 movement Beijing style, and "Cheng Man-Ching" Yang style short form, she also is a certified instructor for Tai Chi for Arthritis.

Date: 04/05/2006 to 04/26/2006 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$43.00
Location: UFM Banquet Room



Wu Style Tai Chi

06AHW46

This long form version of Tai Chi was developed by Wu Chien Chuan and has been very popular in Southeast Asia, Europe, and the United States. The exercise sessions will consist of Chi Gong exercise warm-up and study on the Long form (108 forms). Wear loose clothing and flat shoes for a low impact type of exercise.

Mark Moser. Mark began his study of Tai Chi while in the Peace corps in Malaysia in the early 1970's. While living in the Chinese community of Ipoh, he received his diploma from the Loong See Gymnastic Institute. Upon returning to the United States, he taught Tai Chi for the Wichita Free University and many other places.

Date: 03/08/2006 to 04/12/2006 (W)
Time: 7:00 PM to 8:00 PM
Fee: \$47.00
Location: UFM Fireplace Room

Meditation & Relaxation: Developing Intuition

06AHW47

In this class, we'll utilize meditation and relaxation exercises which include guided imagery, breathwork and journaling to strengthen our body, mind, spirit selves and develop greater awareness of our interconnectedness to all beings.

Palma Holden D: (785) 539-1183, Palma Holden, (785) 539-1183, began her spiritual journey in earnest eight years ago (fall 1998) as a student of Sharon Landrith's local meditation classes. Palma is a member of the Iris Cooperative and Livingwell communities and offers personal/pet intuitive sessions in person and by phone. She is also a writing tutor/consultant with an M.S. in Education, a B.A. in Education & English, and experience teaching, counseling and running a small business.

Date: 01/17/2006 to 02/28/2006 (T)
No Class on February 14, 2006
Time: 7:00 PM to 8:30 PM
Fee: \$44.00
Location: 103 S. 4th St. Suite 28, Ulrich Building (upstairs)--Iris Cooperative

Emotional Eating

06AHW51A

This class is for anyone who wishes to deal with their issues about food without dieting. Diets are about restricting and policing one's self, and furthering mistrust of our ability to make nurturing choices. We will be examining and re-interpreting our thoughts and attitudes about eating and eating behaviors.

Kelley Casey H: (785) 410-0033, Kate Cashman D: (785) 537-191. Kelley Casey, LCSW, is a psychotherapist practicing in the Manhattan community since 2000. Specialties include Family/Relationship issues, chronic health symptoms and behavioral symptoms. Kate Cashman is a long time body worker. her experience includes teaching exercise classes since 1984, practicing massage therapy since 1991 and Jin Shin Jyutsu since 1998.

Date: 01/16/2006 to 01/30/2006 (M)
Time: 6:30 PM to 8:00 PM
Fee: \$39.00
Location: 811 Colorado Street

Emotional Eating

06AHW51B

Kelley Casey, Kate Cashman
Date: 04/10/2006 to 04/24/2006 (M)
Time: 6:30 PM to 8:00 PM
Fee: \$39.00
Location: 811 Colorado Street

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.

Meditation & Relaxation: Creating Peace

06AHW55

This class offers an opportunity to utilize guided meditation, affirmations, music and spiritual readings as a way of promoting peace within ourselves, the environment, and globally. Great for beginners and anyone wanting to consciously shift awareness to a more peaceful reality.

Palma Holden D: (785) 539-1183. Palma began her spiritual journey in earnest eight years ago (fall 1998) as a student of Sharon Landrith's local meditation classes. Palma is a member of the Iris Cooperative and Livingwell communities and offers personal/pet intuitive sessions in person and by phone. She is also a writing tutor/consultant with an M.S. in Education, a B.A. in Education & English, and experience teaching, counseling and running a small business.

Date: 03/09/2006 to 04/27/2006 (Th)
No Class March 21, 2006
Time: 7:00 PM to 8:30 PM
Fee: \$44.00

Location: 103 S. 4th St. Suite 28, Ulrich Building (upstairs)

Living with your head in the clouds and your feet firmly planted in the ground: Beginner Class

06AHW76A

This class is for those who have little experience with meditation or with applying meditation to a variety of life situations. We will begin with learning how to sit, both comfortably and effectively, for meditation; clearing the mind; and learning how to breathe during meditation. Using mantras and music as tools, we will explore methods to facilitate the meditative experience. Meditation comes in many forms and not all of them require sitting in one position. Together we will explore moving meditations. Through the use of color in meditation, we will develop the art of visualization, including a brief introduction to energizing the chakras (energy centers of the body). To complete the introductory level, we will teach the importance of grounding ourselves during meditation and using group meditation. Taking meditation into ordinary life will be a constant theme of this class.

Jo Foy Email: jofoy@cox.net; Mary Ray Email: lightmom@cox.net. Joelyn K. Foy and Joyce Mary Ray are ordained ministers with a shared experience of having been members of the same interdenominational religious order in the 1970's. They have worked with the uniting of all faiths throughout their ministries, and thus bring an abundance of experience through their Christ-centered work. Jo and Mary have each been meditating more than 30 years. They are looking forward to sharing their experience with others.

Date: 01/23/2006 to 02/27/2006 (M)
Time: 5:30 PM to 6:30 PM
Fee: \$28.00
Location: UFM Greenhouse



unity
Church-Manhattan

Contemporary Church Services
Always had them, always will

Awaken your Spirit !!!

Positive Message -Joyful Music

**Healing our lives and
empowering our dreams
Through the transformation
of Consciousness**

Sunday Services 11:00 A.M.
ECM Building 1021 Denison
Information Phone 785-537-6120
e-mail eaglevi@kansas.net



Living with your head in the clouds and your feet firmly planted in the ground: Beginner Class

06AHW76B

Jo Foy Email: jofoy@cox.net; Mary Ray Email: lightmom@cox.net.

Date: 03/27/2006 to 05/01/2006 (M)
Time: 5:30 PM to 6:30 PM
Fee: \$28.00
Location: UFM Greenhouse

Living with your head in the clouds and your feet firmly planted in the ground: Intermediate

06AHW77B

Jo Foy Email: jofoy@cox.net; Mary Ray Email: lightmom@cox.net.

Date: 03/30/2006 to 05/04/2006 (Th)
Time: 12:00 PM to 1:00 PM
Fee: \$28.00
Location: UFM Greenhouse

Introduction to Reiki

06AHW09B

Sarah English

Date: 02/25/2006 to 02/25/2006 (Saturday)
Time: 10:00 AM to 12 N
Fee: \$25.00
Location: 513 Leavenworth Street, Suite B

Living with your head in the clouds and your feet firmly planted in the ground: Intermediate

06AHW77A

This class will take those who have some experience with meditation and build on that experience. Participants in the Beginner Class may attend this class at no additional charge. An ancient method of meditation is the Egg of Light exercise, which we will practice each class period. Learning how sound can free the mind, we will chant and use Taize music. During at least one class, we will use Faure's Requiem and Rimsky Korsakov's Scheherazade for meditation. Utilizing the body as a tool for meditation, we will practice at least one walking meditation (outside, weather permitting) during this course. A brief introduction to using the divine feminine energy in meditative methods will be given. We will learn to line up our chakras (energy centers of the body) during meditation and utilize the color of each chakra for regeneration of the whole body. Grounding is important for transmission and flow of energy; thus we will make sure we are grounded each time we meditate and learn how to take that into our ordinary life. Finally, we will experience the value of group meditation and discuss the differences between meditating in a group and meditating alone.

Jo Foy Email: jofoy@cox.net; Mary Ray Email: lightmom@cox.net. Joelyn K. Foy and Joyce Mary Ray are ordained ministers with a shared experience of having been members of the same interdenominational religious order in the 1970's. They have worked with the uniting of all faiths throughout their ministries, and thus bring an abundance of experience through their Christ-centered work. Jo and Mary have each been meditating more than 30 years. They are looking forward to sharing their experience with others.

Date: 01/26/2006 to 03/02/2006 (Th)
Time: 12:00 PM to 1:00 PM
Fee: \$28.00
Location: UFM Greenhouse

Introduction to Reiki

06AHW09A

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 D: (785) 539-6386, Email: konzalec@sbcglobal.net. Sarah is a certified Reiki Teaching Master. She has studied and worked with Subtle Energies, Feng Shui, Auras and Chakras since 1974. She is a Certified Wholistic Life Coach and a Diplomate in Core Star Energy Healing. She is also certified in Reconnection and Intentional Reim Healing.

Date: 01/28/2006 (Saturday)
Time: 10:00 AM to 12 N
Fee: \$25.00
Location: 513 Leavenworth Street, Suite B

Reiki: Level One

06AHW52

On completion of this class you will be able to give yourself and other a Reiki treatment. The following subjects are taught: origin and history of Reiki, the Reiki ideals, basic human energy system, traditional hand placement, the nature of Reiki and why people get sick, how Reiki heals, how to purify your energy field and Reiki I Attunement and Certificate. You will receive and give a full Reiki treatment.

Sarah English D: (785) 539-6386 Email: konzalec@sbcglobal.net. Sarah is a certified Reiki Teaching Master. She has studied and worked with Subtle Energies, Feng Shui, Auras and Chakras since 1974. She is a Certified Wholistic Life Coach and a Diplomate in Core Star Energy Healing. She is also certified in Reconnection and Intentional Reim Healing.

Date: 04/06/2006 to 04/09/2006 (ThFSaSu)
Deadline Wed, April 5th, 2006
Time: Sun 2-5pm, Th & Fri 9-7pm, and Sat 9am-6pm
Fee: \$168.00
Location: 513 Leavenworth Street, Suite B



Heartland SHARE

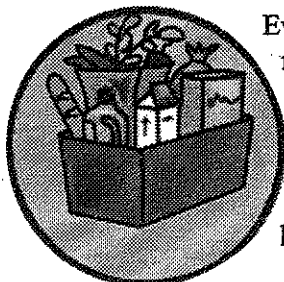


Share Your Time. Save on Food.

Heartland SHARE is a great-tasting grocery package of fresh fruits and vegetables, frozen meats and convenience foods at up to 50% off retail prices in exchange for volunteer service. SHARE is dedicated to providing a monthly basic, consistent, affordable supplemental food package to those willing to help themselves and others. Each SHARE includes 4 -5 meats, a variety of vegetables, fruits and other grocery items.

A professional purchasing staff buys from growers, manufacturers and producers. The food is distributed trucked from the Topeka warehouse to a network of community host sites. There is NO government funding. The SHARE program is open to all that wish to participate. "If you eat, you qualify!"

One SHARE costs \$18.00 plus two hours of community service. More than one SHARE may be purchased and often there are monthly specials on meat items.



Everyone who participates in SHARE contributes volunteer time as their commitment to SHARE. Any service freely given to non-household members counts as volunteer service. Examples include helping at your local SHARE Host Site, mowing lawn's, house-sitting or pet sitting for someone that is on vacation or hospitalized. Visiting or calling the homebound. Volunteer involvement in community service organizations such as: Volunteer Fire Department, Rescue Squad, Hospice, church groups, Scouting, 4-H, picking up trash in the parks or along roadways, coaching little league, organist for your church, teaching Sunday School, prayer chains, board members, mentoring. Anything that you do out of the goodness of your heart is volunteer service.

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

SHARE: Good for You and good for the community.

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

Career & Finance



Gain Control of Your Money and Become Debt Free

06AFC01

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, H: (785) 776-3666, Email: cmb@ksu.edu. Charlene 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: 04/04/2006 to 04/04/2006 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00 - Individual \$16.00 - Couple
Series: Individual \$16.00;
Couple \$20.00 (06AFC29)
Location: UFM Conference Room

Investing in Your Future

06AFC02

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*, H: (785) 776-3666; Email: cmb@ksu.edu. Charlene 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: 04/11/2006 to 04/11/2006 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00 - Individual \$16.00 - Couple
Series: Individual \$16.00;
Couple \$20.00 (06AFC29)
Location: UFM Conference Room

ABCs of Grant Writing

06AFC09

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 in this hands-on workshop.

Linda Teener, H: 539-8763; *Marcia Hornung*. These UFM staff members have been involved in researching, writing and teaching about grant writing for many years.

Date: 04/01/2006 (Sa)
Time: 9:00 AM to 11:00 AM
Fee: \$31.00
Location: UFM Conference Room

Personal Finance for Future and Recent College Graduates: The Right Start

06AFC40A

Future and recent college graduates have an opportunity to learn the essentials of personal finance. Topics to be covered include managing student loans and other debts, investing for your future, developing a workable budget, and building a sound insurance plan. Rest assured, this class will be easy to understand and help you take control of a critical aspect of your life. As one steps out into the financial world we live, getting started on the right foot is important, and this class is designed to show you how to make those first steps count.

Raymond Eickstadt, 537-4505, reickstadt@wradvisors.com, is a financial advisor with Waddell and Reed, and is working on his master's degree in Family Financial Planning at KSU.

Date: February 15 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00
Location: Waddell and Reed Conference Room,
555 Poyntz, Suite 280

Personal Finance for Future and Recent College Graduates: The Right Start

06AFC408

Raymond Eickstadt

Date: March 15 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00
Location: Waddell and Reed Conference Room,
555 Poyntz, Suite 280

Solutions for Seniors

06AFC12A

A class for 50 and up covering investing for income and growth with protection of principle. The class will also cover Long Term Care Options and Medicare Necessities. This class is for the retired and those approaching Retirement. (Insurance products available through arrangement with Insurance Companies.)

Mathew Bishop D: (785) 537-4505x X110, Email: mbishop@wradvisors.com; *Diane Freeby* D: (785) 537-4505x X110, *Mathew Bishop* is a financial advisor for Waddell & Reed, Inc. *Diane Freeby* is a financial advisor with Waddell & Reed, Inc.

Date: 01/18/2006 (W)
Time: 1:00 PM to 2:30 PM
Fee: \$12.00
Location: Waddell & Reed Conference Room,
555 Poyntz Ave, Suite 280

Solutions for Seniors

06AFC12B

Mathew Bishop and Diane Freeby

Date: 02/15/2006 (W)
Time: 9:00 AM to 10:30 AM
Fee: \$12.00
Location: Waddell & Reed Conference Room,
555 Poyntz Ave, Suite 280

Solutions for Seniors

06AFC12C

Mathew Bishop and Diane Freeby

Date: 03/16/2006 (Th)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00
Location: Waddell & Reed Conference Room,
555 Poyntz Ave, Suite 280

Introduction to Microsoft Word

06AFC25

This course introduces you to Word and will help you use the program and some of its basic functions. Learn to create letterheads, flyers, family newsletters for family living in other areas of the states or stationed overseas.

Carl Brown D: (785) 341-9371 Email: carl@reddragoncm.com.

Date: 01/14/2006 to 02/04/2006 (Sa)
Time: 3:00 PM to 5:00 PM
Fee: \$33.00

Location: Cloud County Community College,
Geary County Campus
631 Caroline Avenue, Junction City Computer Lab

Introduction to Microsoft Access

06AFC27

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 D: (785) 341-9371 Email: carl@reddragoncm.com.

Date: 04/08/2006 to 04/29/2006 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: \$33.00

631 Caroline Avenue, Junction City, Computer Lab

"Safer" - Internet Dating/Chatting

06AFC31

This course introduces you to the world of Internet chatting and dating. You will learn how to protect yourself from the "bad element" and how to setup your alias for these internet services. Learn the Do's and Don'ts of chatting and Internet dating as well as the Pro's and Con's of each of these services.

Carl Brown D: (785) 341-9371 Email: carl@reddragoncm.com.

Date: 03/25/2006 to 04/01/2006 (Sa)
Time: 3:00 PM to 5:00 PM
Fee: \$29.00

Location: Cloud County Community College,
Geary County Campus
631 Caroline Avenue, Junction City Computer Lab

Introduction to Photoshop

06AFC36

Learn to fix photos by removing red-eye, changing backgrounds of the pictures. Learn the basics of the program so you can make changes for photo albums or for your personal web page.

Date: 01/14/2006 to 02/04/2006 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: \$29.00

Location: Cloud County Community College,
Geary County Campus
631 Caroline Avenue, Junction City, Computer Lab

Introduction to Microsoft Publisher

06AFC37

Learn to use another program where you can make flyers, brochures, web pages, newsletters and more!

Carl Brown D: (785) 341-9371 Email: carl@reddragoncm.com.

Date: 02/25/2006 to 03/18/2006 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: \$29.00

Location: Cloud County Community College,
Geary County Campus
631 Caroline Avenue, Junction City, Computer Lab

Purchasing a Digital Camera

06AFC39

Do you want to purchase a digital camera, but feel overwhelmed with all of the choices available? Learn how to decide what type of camera is best for you. Learn about the different types of cameras and their features and what questions to ask when purchasing a digital camera.

Carl Brown D: (785) 341-9371 Email: carl@reddragoncm.com.

Date: 02/11/2006 to 02/18/2006 (Sa)
Time: 3:00 PM to 5:00 PM
Fee: \$29.00

Location: Cloud County Community College,
Geary County Campus
631 Caroline Avenue, Junction City, Computer Lab

Youth Classes



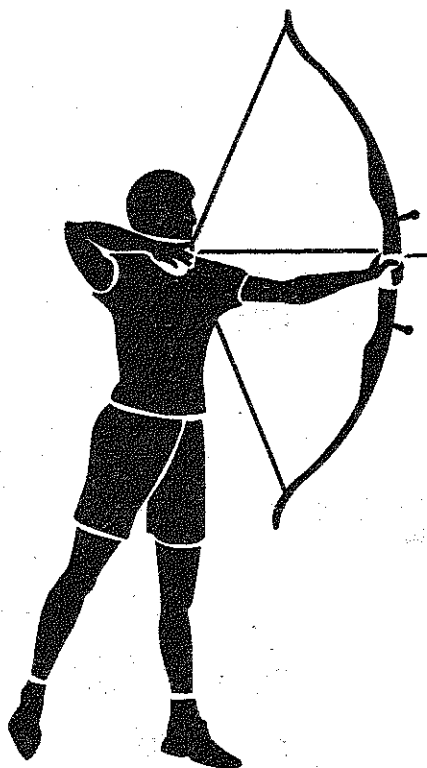
Introduction to Spanish for Kids (ages 6-10)

06AYO42

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

Maria Coscia

Date: 02/06/2006 to 03/13/2006 (M)
Time: 5:30 PM to 6:30 PM
Fee: \$18.00
Location: UFM Conference Room



Archery for Youth

06AYO01A

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

Tom Korte H: (785) 494-8889

Date: 4/4 to 4/25/2006 (Tu)
Time: 5:30 PM to 6:30 PM
Fee: \$20.00
Location: UFM Greenhouse

Parent Toddler Hands on Hootenanny

06AYO05

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

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

Date: 03/09/2006 (Th)
Time: 4:00 PM to 5:00 PM
Fee: \$13.00
Location: UFM Fireplace Room

Wam Lum Kung Fu - (Kid's Class)

06AYO07A

Students will learn the basics of Kung Fu which includes: kicks, punches, stances and small forms combining moves. As the child progresses, they will also learn applications of moves, more challenging techniques with jumps, and eventually, weapons forms. Kung Fu is great for teaching children balance, coordination, control and patience. (Ages 4-11)

Caryn Brooks, Caryn is from Massachusetts and has been practicing Wah Lum since the age of 13. Caryn enjoys teaching Kung Fu and she explains that she has learned more by teaching than from her years of practice!

Date: 01/23/2006 to 02/27/2006 (M)
Time: 6:30 PM to 7:30 PM
Fee: \$29.00
Location: KSU, Ahearn Fieldhouse

Wam Lum Kung Fu - (Kid's Class)

06AYO07B

Caryn Brooks

Date: 03/27/2006 to 05/01/2006 (M)
Time: 6:30 PM to 7:30 PM
Fee: \$29.00
Location: KSU, Ahearn Fieldhouse

DanceNastics

06AYO14A

An exciting gymnastic class that combines dance and cheer-leading. At the end of the session students will perform their routine. Ages 7-12 (5 to 6 years old can enroll with permission from the instructor.)

Lorissa Ridley D: (785) 776-6060, Lorissa Ridley has been teaching in the field of fitness for over 23 years. At the age of 2, Lorissa began dance and gymnastics and martial arts at the age of 10. At age 14, Lorissa began her own gymnastics business at the YMCA in Junction City. After graduating from High School, Lorissa attended Wichita State University, majoring in dance. She weight trained with Mr. Kansas 1986 Body Building Champion. After WSU, Lorissa continued to coach and studied emergency medicine. In 1990, she opened CATTs, a children's gymnastics and dance gym in Wamego, Kansas, where she also began teaching adult fitness classes and personal training. Lorissa has danced professionally in various performances, including the Phoenix Suns, Country Music Television, NBC and much more. In 1995 Lorissa began boxing with a golden glove trainer. In 1999, Lorissa continued her own business, "K.O. Boxing & Fitness" in the Manhattan and Junction City area.

Date: 01/05/2006 to 01/26/2006 (Th)
Time: 1:30 PM to 2:00 PM
Fee: \$57.00 individual; \$42 additional family member
Location: 2303 Tuttle Creek Blvd.
Blue Hills Shopping Center

Sportsnastics

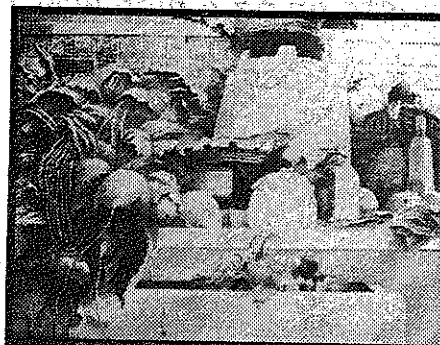
06AYO17A

This will be a fun class for 4-5 year olds that will introduce many different sports including: baseball, volleyball, tennis, football, bowling and more, combined with gymnastics. Obstacle courses and games that involve sports and gymnastics will be played at the end of each class. (3 year olds may be allowed into the class with instructor's permission - they may be required to be accompanied by a parent).

Lorissa Ridley D: (785) 776-6060, Lorissa Ridley has been teaching in the field of fitness for over 23 years. At the age of 2, Lorissa began dance and gymnastics and martial arts at the age of 10. At age 14, Lorissa began her own gymnastics business at the YMCA in Junction City. After graduating from High School, Lorissa attended Wichita State University, majoring in dance. She weight trained with Mr. Kansas 1986 Body Building Champion. After WSU, Lorissa continued to coach and studied emergency medicine. In 1990, she opened CATTs, a children's gymnastics and dance gym in Wamego, Kansas, where she also began teaching adult fitness classes and personal training. Lorissa has danced professionally in various performances, including the Phoenix Suns, Country Music Television, NBC and much more. In 1995 Lorissa began boxing with a golden glove trainer. In 1999, Lorissa continued her own business, "K.O. Boxing & Fitness" in the Manhattan and Junction City area.

Date: 01/10/2006 to 01/31/2006 (T)
Time: 1:30 PM to 2:00 PM
Fee: \$29.00
Location: 2303 Tuttle Creek Blvd.
Blue Hills Shopping Center

Swim lessons are available
in the Aquatics section



STRECKER-NELSON GALLERY

HAS AN ABUNDANCE OF FINE ART

PREVIEW IT ON OUR WEBSITE AT WWW.STRECKER-NELSONGALLERY.COM
THEN VISIT THE GALLERY MON-SAT 10:00-6:00 AT 406 1/2 POYNTZ 537-2099



YOUTH CLASSES (Continued)

Sportsnastics

Lorissa Ridley

Date: 02/07/2006 to 02/28/2006 (T)
Time: 1:30 PM to 2:00 PM
Fee: \$29.00
Location: 2303 Tuttle Creek Blvd.
Blue Hills Shopping Center

06AYO17B

Jazz and Tap Dancing (Ages 4-13) 06AYO19A

This tap and jazz dancing class is designed for beginners as well as for children that have had some experience. A fun short dance routine will be taught as well as learning basic steps. Formal dance attire is not necessary.

Randi Dale D: (785) 539-5767. Randi Dale 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. May 13, 2006 her regular students will perform the story ballet "Sleeping Beauty". In the past her dancers her dancers have performed Coppelia, Alice in Wonderland and Swan Lake. Her original choreography is designed for children.

Date: 01/18/2006 to 02/01/2006 (W)
Time: 6:15pm - 6:45pm
Fee: \$16.00
Location: 2416 Rogers Blvd.

Sportsnastics

Lorissa Ridley

Date: 03/07/2006 to 04/04/2006 (T)
No Class on March 21, 2006
Time: Tu from 1:30 PM to 2:00 PM
Fee: \$29.00
Location: 2303 Tuttle Creek Blvd.
Blue Hills Shopping Center

06AYO17C

Jazz and Tap Dancing (Ages 4-13) 06AYO19B

Randi Dale, D: (785) 539-5767.

Date: 02/03/2006 to 02/24/2006 (F)
Time: 6:15 PM to 6:45 PM
Fee: \$24.00
Location: 2416 Rogers Blvd

Sportsnastics

Take all three Sportsnastic classes.

Lorissa Ridley

Date: 01/10/2006 to 04/04/2006 (T)
No Class on March 21, 2006
Time: 1:30 PM to 2:00 PM
Fee: \$74.00
Location: 2303 Tuttle Creek Blvd.
Blue Hills Shopping Center

06AYO17D

Children's Cooking Corner 06AYO20

In the five weeks of this class, food safety in the home, breakfast, lunch, supper, and desserts/snacks will be the topic for each week. The class will be geared to prepare healthy alternatives to children to allow them to create snacks and meals with minimal parental help giving an added sense of responsibility to each participant. The class will be fast paced and energetic so be prepared to have lots of fun and eat some awesome treats.

Date: 03/27/2006 to 05/01/2006 (M)
Enrollment Deadline: January 28, 2006
Time: 6:00 PM to 7:30 PM
Fee: \$34.00
Location: UFM Kitchen
No class Monday, April 3

Introduction to the Nutcracker Ballet and Tap Dancing

06AYO06A

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 D: (785) 539-5767, Randi Dale 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. May 13, 2006 her regular students will perform the story ballet "Sleeping Beauty". In the past her dancers her dancers have performed Coppelia, Alice in Wonderland and Swan Lake. Her original choreography is designed for children.

Date: 01/18/2006 to 02/01/2006 (W)
Time: 5:30 PM to 6:10 PM
Fee: \$16.00
Location: 2416 Rogers Blvd.

Toddler Twist

06AYO21A

Toddler Twist is a fun opportunity for your toddlers to get up and move! If you can't stop them from wiggling then this is the perfect class for you. Class activities will include sing alongs to Classic kids songs, like the Wheels on the Bus, as well as learning basic dance steps like knee bends, and step touches. Each class will include a "stretch" time and at the end of class we will share what we learned. Fun for any child who can't sit still!

Date: 02/05/2006 to 03/05/2006 (Su)
Time: 2:00 PM to 3:00 PM
Fee: \$18.00
Location: UFM Banquet Room

Introduction to the Nutcracker Ballet and Tap Dancing

06AYO06B

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 D: (785) 539-5767, Randi Dale 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. May 13, 2006 her regular students will perform the story ballet "Sleeping Beauty". In the past her dancers her dancers have performed Coppelia, Alice in Wonderland and Swan Lake. Her original choreography is designed for children.

Date: 02/03/2006 to 02/24/2006 (F)
Time: 5:30 PM to 6:10 PM
Fee: \$24.00
Location: 2416 Rogers Blvd.

Toddler Twist

06AYO21B

Date: 02/05/2006 to 03/05/2006 (Su)
Time: 3:00 PM to 4:00 PM
Fee: \$18.00
Location: UFM Banquet Room

Toddler Twist

06AYO21C

Date: 02/05/2006 to 03/05/2006 (Su)
Time: 4:00 PM to 5:00 PM
Fee: \$18.00
Location: UFM Banquet Room



www.maahc.com

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

Martial Arts

Tae Kwon Do I

06AMA01Z

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: 01/12/2006 to 05/04/2006 (Tu/Th)
NO CLASS 3/21 AND 3/23
Time: 6:30 PM to 7:30 PM
Fee: \$72.00
Location: KSU, Ahearn Fieldhouse



Tae Kwon Do II

06AMA02Z

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 at least 6 months of martial arts training. Students will continue to develop the skills of blocking, punching, kicking and self-defense.

David Moore

Date: 01/12/2006 to 05/04/2006 (Tu/Th)
NO CLASS 3/21 AND 3/23
Time: 7:30 PM to 8:30 PM
Fee: \$72.00
Location: KSU, Ahearn Fieldhouse

Wah Lum Kung Fu (Adult Class)

06AMA04A

This is the traditional Wah Lum Praying Mantis Kung Fu system. Students will learn basic as well as self defense techniques. Kung Fu will teach discipline, self confidence, focus control and patience. Kung Fu is excellent for body and mind.

Caryn Brooks. Caryn is from Massachusetts and has been practicing Wah Lum since the age of 13. Caryn enjoys teaching Kung Fu and she explains that she has learned more by teaching than from her years of practice!

Date: 01/23/2006 to 02/27/2006 (M)
Time: 7:45 PM to 8:45 PM
Fee: \$32.00
Location: KSU, Ahearn Fieldhouse

Wah Lum Kung Fu (Adult Class)

06AMA04B

Caryn Brooks

Date: 03/27/2006 to 05/01/2006 (M)
Time: 7:45 PM to 8:45 PM
Fee: \$32.00
Location: KSU, Ahearn Fieldhouse

Judo I

06AMA08Z

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

Isaac Wakabayashi

Date: 01/12/2006 to 05/04/2006 (ThT)
NO CLASS 3/21 AND 3/23
Time: 8:45 PM to 9:45 PM
Fee: \$75.00
Location: KSU, Ahearn Dance Studio, Room 301

Judo II

06AMA09Z

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

Isaac Wakabayashi

Date: 01/12/2006 to 05/04/2006 (ThT)
NO CLASS 3/21 AND 3/22
Time: 9:45 PM to 10:45 PM
Fee: \$75.00
Location: KSU, Ahearn Dance Studio, Room 301



Tae Kwon Do in Salina

06AMA12Z

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

Cathy Strowig

Date: 01/12/2006 to 05/04/2006 (ThT)
NO CLASS 3/21 AND 3/23
Time: 4:00 PM to 5:00 PM
Fee: \$72.00
Location: 3142 Scanlan Ave, KSU Salina Rec Center

Lao Hu Pai Kung Fu

06AMA05

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. Email: mtrandpm@hotmail.com. Dr. Michael Tran has been actively practicing martial arts for the past 19 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: 01/18/2006 to 05/03/2006 (W)
Time: 6:00 PM to 8:00 PM
Fee: \$62.00
Location: KSU, Ahearn Fieldhouse

Ground Grappling

06AMA14

In this Class we will work on falling (without getting hurt) escape from the mount, passing the guard and submissions. This is the beginning level class. If the students desire, we will work on stand-up self-defense also. This is sort of ground fighting that was made popular in the Ultimate Fighting Championship. There will be three manuals given in this class.

Stan Wilson has been doing martial arts for 36 years. He has done wrestling, Judo, and he worked on the basic Gracie Jujutsu video series. He is the founder of the White Phoenix System, has a second degree black belt in Hakkoryu Jujutsu, a second degree black sash in Pai Lum Kung Fu, and eight degree black sash in Zee Do Lum Kung Fu, a first degree black sash in Eighteen Taoist Palms Kung Fu, and has studied several other martial arts.

Date: 01/23/2006 to 03/13/2006 (M)
Time: 7:30pm to 8:30pm
Fee: \$46.00
Location: Ahearn Fieldhouse (North End)



Yama Bushi Kai Martial Arts

Manuals, books, videos, knives, swords, and martial arts supplies.

Owner is the founder of the White Phoenix System.

2032 Judson, Manhattan, Kansas * 785-313-5488



Creative Free Time



Basic Photography I:

Fundamentals and Camera Operation 06ACF13

This class will focus on basic concepts of using film and digital cameras. To get the most out of this class, participants should have either a film or a digital camera that users can take complete manual control of settings such as aperture (f-stop) and shutter speed; such as SLR's or advanced compact cameras. 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, how f-stop and shutter speed affect your photos, how to select the right settings, 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 also be covered. 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 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 (Thursday evenings 7-9) and 2 field trips (Saturdays, approximately 4-8). Field trips are designed to reinforce what is learned in the class and will include shooting together as a group and a chance for individuals to photograph on their own. 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. Participants will be responsible for their own film and development costs. In addition, participants are encouraged to bring photographs from the field trips to the following class session for discussion.

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

Date: 03/02/2006 to 03/18/2006 (Th, Sa)
Thursdays (Class Time) 7-9PM
(Field Trips) To Be Announced
Time: 7:00 PM to 9:00 PM and Sat is T.B.A.
Fee: \$55.00
Location: UFM Conference Room

for all your
Outdoor Adventures



**Bicycles, Accessories & Repair
Clothing & Equipment for
Backpacking, Camping, Canoeing,
Traveling, Climbing & Fly Fishing**
Serving Northeast Kansas since 1975

The PATHFINDER
OUTDOOR EQUIPMENT SPECIALISTS

304 Poyntz, Downtown Manhattan 785-539-5639

Basic Photography II:

Composition and Learning to See 06ACF27

This class will focus on photographic composition and creativity. Information on basic compositional rules, elements of design, and the effect of light on photographs will be discussed. Controlling and using light to maximize your success will also be discussed. Class sessions will include examples and discussion of photographs and review of student's pictures. Field trips will be designed to help students think about composition and the idea of "creating" a photograph rather than simply taking a snapshot. The class will include three classroom meetings (Thursday evenings 7-9) and two field trips (Saturday's with the exact time to be announced). 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. Field trips will be both group activities as well as time for students to photograph on their own. 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. Any type of camera is appropriate for this class, film or digital.

Scott Bean

Date: 04/06/2006 to 04/20/2006 (Th/Sa)
Thursday (Class Time) 7-9PM
Saturday (Field Trips)
To Be Announced in 1st class
(will be in the evening a couple of hours before sunset)
Time: 7:00 PM to 9:00 PM and Sat: T.B.A.
Fee: \$55.00
Location: UFM Fireplace Room

Beginning Knitting

06ACF05A

Two projects (headband and hat) will be completed as you learn to cast-on, the knit stitch, the purl stitch, binding off, shaping and seaming. Materials for the first class project are short size 10 needles and a light colored bulky weight smooth yarn. These materials will be available for purchase at the first class. A materials list for the second project will be given in the first class.

Kennita Tully, (785) 537-1826

Date: 02/07/2006 to 03/07/2006 (T)
Time: 7:30 PM to 9:00 PM
Fee: \$31.00
Location: 300 Poyntz Ave. Wildflower Yarns and Knitwear

Fleece Blankets

06ACF05B

Have you ever wanted to make a fleece blanket but didn't know exactly how to make it, well here is the class for you! You will need your favorite fleece fabric, and a good pair of scissors.

Rita Scheopner

Date: 01/21/2006 (Sa)
Time: 9:00 AM to 11:00 AM
Fee: \$18.00
Location: UFM Multipurpose room

Stained Glass

06ACF10

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. *A supply list will be provided when you enroll.

Petra Barnes

Date: Saturday, TBA - please visit our website for current class information
Time: 9:00 AM to 12 N
Fee: \$56.00
Location: 3446 Stonehenge Drive

Take a Peek at the Past

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

Riley County Historical Museum

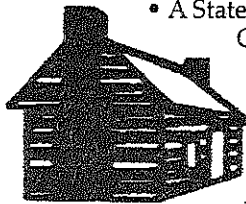
2309 Clafin

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

Goodnow House Museum

2309 Clafin

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



Pioneer Log Cabin

Manhattan City Park

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

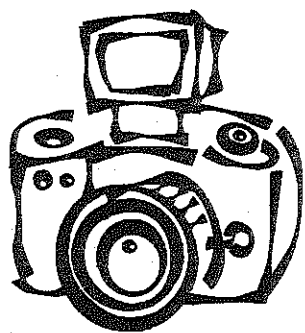
Open April-October
Sunday 2:00-5:00
and by appointment

Wolf House Museum

630 Fremont

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

For more information, call 565-6490



The Digital Darkroom for Photographers: Introduction to Photoshop, Image Processing & Printing

06ACF65

Digital imaging is becoming increasingly popular and the development of the "digital darkroom" has made it possible for people to make high quality prints of photographs or other artwork at home. This class will introduce basic information on digital image processing using Adobe Photoshop and similar programs (such as Picaso, Gimp and others) as well as inkjet printing. The class will be geared to those new to image processing and Photoshop. Some of the topics to be covered will include introduction to Photoshop and image editing software, image capture (either with a scanner or digital camera), camera raw, image resolution and size, color management, basic image adjustments such as levels and curve adjustments, color correction, dust and scratch clean-up, an introduction to layers, making prints with inkjet printers, and organizing and archiving your digital photos. Special topics such as assembling panoramas and combining multiple exposures will also be introduced. This class will benefit anyone wishing to get the most out of the photographs. Photographs will be processed in real time using Photoshop during the class and students will get a chance to work on some of their own photos. An example print will also be made during class.

Scott Bean

Date: 04/25/2006 to 05/02/2006 (T/Th)
Time: 7:00 PM to 9:00 PM
Fee: \$48.00
Location: UFM Conference Room
1221 Thurston St.

Brain Gym Core Course Series - Optimal Performance

06ACF29

Learn/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 physiological basis, are simple, fun and easily done in less than five minutes. This workshop offers a brief insight into the physiological basis of PACE that has implications for 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 and 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, jmetcalf44@aol.com. Judy Metcalf is licensed by Brain Gym International/Educational Kinesiology Foundation and has been teaching for 30 years. She welcomes opportunities to share her passion about moving to learn and learning to move and invites you to join in life-long learning. Brain Gym is the registered trademark of Brain Gym International/Educational Kinesiology Foundation 1-800-356-2109 www.braingym.org

Date: 04/29/2006 (Sa)
Time: 9:30 AM to 4:30 PM
Fee: \$84.00
Location: UFM Fireplace Room

Introduction to Watercolor and Calligraphy

06ACF55

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. This class is designed for adults. Children at the age of 12 and younger are required to be accompanied by adult/parent.

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

Date: 01/21/2006 to 03/04/2006 (Sa)
Note: THIS CLASS MEETS THE 1ST AND 3RD SATURDAY OF THE MONTH
Time: 10:00 AM to 11:30 AM
Fee: \$49.00
Location: American Institute of Baking
1213 Bakers Way, Manhattan, 66502
(785) 537-4750

Funky Flicks with Doug and Tony

06ACF76

Unique, funny, classic, bizarre, foreign; musical, fantasy, sci fi, drama, adventure. Here's your chance to experience the best in film making with two of the genre's greatest buffs. Doug and Tony love the movies, and they want to share that love with you. How can you lose with great movies, great conversation about them, and endless bowls of popcorn? Join Doug and Tony for two nights of movie magic. The first night they pick the flick; after that, who knows?

Doug Teener and Tony Jurich have loved the movies since they were little boys. Borrowing from their own vast film libraries and their own knowledge of movie history and trivia, Doug and Tony help make the most of film watching. Leave your every day worries behind and join them for a journey through the silver screen.

Date: 01/26/2006 to 02/02/2006 (Th)
Time: 7:00 PM to 10:00 PM
Fee: \$12.00
Location: UFM Fireplace Room

Triple Techniques in Stamping

06ACF31A

Triple your stamping and scrapbooking fun each time you take this class! Learn how to use old favorites, some new gotta haves, and even some things you probably have lying around the house. You will learn 3 new techniques every session and complete a sample swatch of each. Plus you will receive a technique sheet to keep with your swatch for future reference. Techniques we will be learning this semester will be: twist and drag, embossed foil, crinkled chalks, mother of pearl, acetate and tissue, spotted backgrounds, plus 3 mystery techniques! Please register one week prior to class date. All Supplies will be provided - but you can bring your own basics (cutter, scissors, adhesive) if you prefer!

Heather Scott, (785) 494-2505, heather@oz-somestamps.com

Date: 02/01/2006 to 02/01/2006 (W)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Multipurpose Room
1221 Thurston St.

Triple Techniques in Stamping

06ACF31B

Triple your stamping and scrapbooking fun each time you take this class! Learn how to use old favorites, some new gotta haves, and even some things you probably have lying around the house. You will learn 3 new techniques every session and complete a sample swatch of each. Plus you will receive a technique sheet to keep with your swatch for future reference. Techniques we will be learning this semester will be: twist and drag, embossed foil, crinkled chalks, mother of pearl, acetate and tissue, spotted backgrounds, plus 3 mystery techniques! Please register one week prior to class date. All Supplies will be provided - but you can bring your own basics (cutter, scissors, adhesive) if you prefer!

Heather Scott

Date: 03/06/2006 to 03/06/2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Kitchen

— Manhattan Arts Center —

GALLERIES

* Armin Mühsam Jan 7— Feb 18
Replacement Landscapes

* Lawrence Still Life Feb 25— Apr 8
Objects' Common and Uncommon

Live Theatre

* Steel Magnolias
Feb 24-26 & Mar 2-5

* You're a Good Man Charlie Brown
Apr 28-30 & May 4-7

Bird House

Acoustic Music and Jazz

Swing City Jazz

Clay Open Studio

Stop by our clay open studio on Sun. and Wed. evenings from 6-9 pm. Bring a friend and get creative! Cost: \$5/session or \$30/month plus clay and firing fees.

Arts Classes and much more!

1520 Poyntz * 537-4420 * www.manhattanarts.org

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



Triple Techniques in Stamping 06ACF31C

Triple your stamping and scrapbooking fun each time you take this class! Learn how to use old favorites, some new gotta haves, and even some things you probably have lying around the house. You will learn 3 new techniques every session and complete a sample swatch of each. Plus you will receive a technique sheet to keep with your swatch for future reference. Techniques we will be learning this semester will be: twist and drag, embossed foil, crinkled chalks, mother of pearl, acetate and tissue, spotted backgrounds, plus 3 mystery techniques! Please register one week prior to class date. All Supplies will be provided - but you can bring your own basics (cutter, scissors, adhesive) if you prefer!

Heather Scott

Date: 04/03/2006 to 04/03/2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Multipurpose Room
1221 Thurston St.

Rubber Stamping Basics 06ACF33A

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

Heather Scott D: (785) 494-2505 Email: heather@oz-some-stamps.com

Date: 02/27/2006 to 02/27/2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Conference Room
1221 Thurston St.

Rubber Stamping Basics 06ACF33B

Date: 04/24/2006 to 04/24/2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Conference Room, 1221 Thurston St.

Tic Tac Toetally 06ACF000

Do you think that three X's in a row sounds like a bad marriage discussion on a daily talk show? Think again. Three X's will make you say OOOh in this class designed to discuss the intricacies and strategy of Tic-Tac-Toe. This is no flight of feline fancy as cat's games will not be tolerated. The instructor, *Trey Downs*, is an avid and certified tic-tac-tologist who has studied at the "feet" of Brewster the Rooster the famed poultry player from Pike's Peak. This class accepts novices all the way up to nearly-professionals. Players who have ever received monetary compensation for their play are ineligible.

Date: 04/01/2006 (Sa)
Time: 12:00M to 12:00AM
Fee: -1.00
Location: UFM

Piano I 06ACF35Z

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

Stacey Regehr
Date: 03/06/2006 to 05/03/2006 (MW)
NO CLASS 3/20 AND 3/22
Time: 6:30 PM to 7:20 PM
Fee: \$119.00
Location: McCain, Room 127, KSU

Piano II 06ACF37Z

This group keyboard class is designed for adults with limited previous keyboard experience, ideal follow up for Piano I. The focus will be on theory and practical skills, group and individual performance. A skill assessment will be on conducted the first class. If you are unsure if your level of experience is appropriate for this class, please contact the instructor. No class 3-21 & 3-23.

Stacey Regehr

Date: 03/06/2006 to 05/03/2006 (MW)
NO CLASS 3/20 AND 3/22
Time: 6:30 PM to 7:20 PM
Fee: \$119.00
Location: McCain, Room 127, KSU

Beginning Spinning 06ACF74

Learn the basics of spinning yarn. Experience different fibers! Spindles and fleece provided. No experience necessary.

Marie Burgett, memb@cox.net, has been weaving and spinning since 1973. She has taught UFM classes in the past and has been designated a Kansas Master Weaver. She belongs to the Manhattan Weavers Guild, Kansas Affiliation of Weavers, Midwest Weavers, and Handweavers Guild of America.

Date: 02/23/2006 to 02/23/2006 (Th)
Time: 7:00 PM to 9:00 PM
Fee: \$37.00
Location: 801 Haid Court

Expanded Hours. Expanded Learning. Expanded Opportunities.

WANT TO GO BACK TO SCHOOL, BUT BETWEEN YOUR FAMILY AND YOUR JOB YOU NEVER SEEM TO FIND THE TIME?

K-State Evening College makes it simple for working adults to earn their degrees. Through night classes or a combination of night classes and distance education courses, you can earn a bachelor's degree or enhance your skills without quitting your day job.

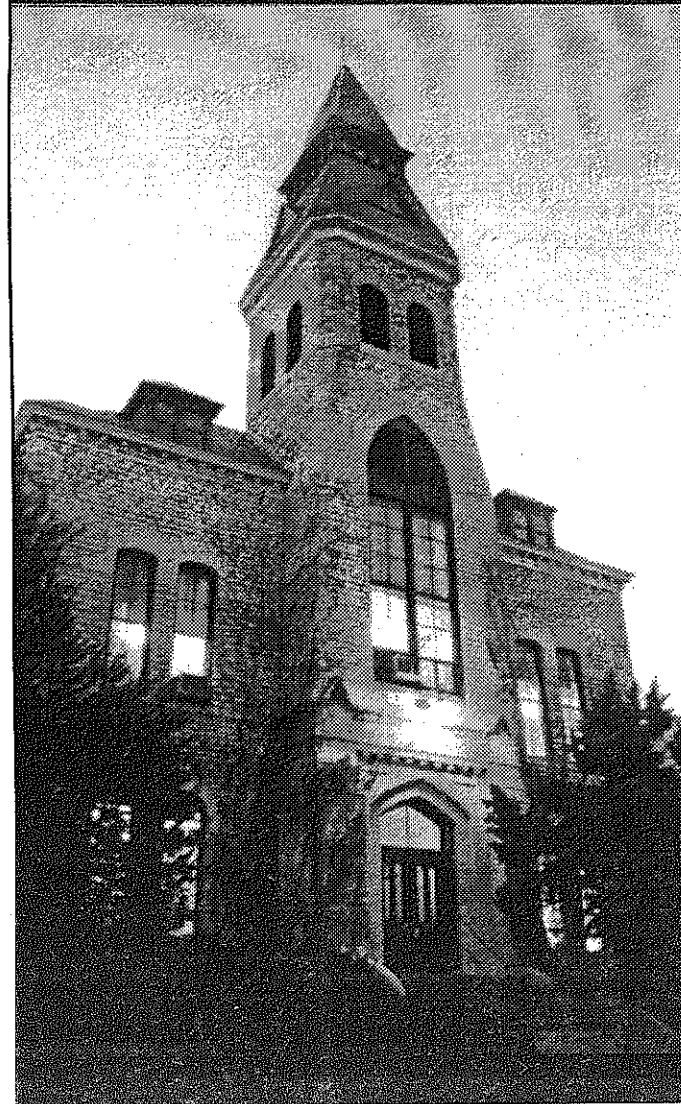
Evening College classes are offered at K-State on both 8- and 16-week schedules between 5:30 and 10:30 p.m.

Evening College offers three degree programs that can be completed entirely

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

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

KANSAS STATE UNIVERSITY
EVENING College





Learning to Write and Sell Fiction 06ACF36

Whether you've just thought of your first story idea or you have three unpublished novels already finished, this class will give you the tools you need to write great fiction and become a published author. Combining both lecture and workshop, students will have the opportunity to improve a piece they've already started or receive feedback on something new. General techniques on writing will be covered along with examples that demonstrate the ideas presented. Students will also learn constructive ways to critique their own writing and the writing of others.

Glenn Sixbury, has been teaching writing for about a decade and has been a selling author for nearly twice that long. His credits include humor, science fiction, fantasy, horror, and children's stories. His work has appeared in magazines as well as hardcover and paperback anthologies. Over 200,000 copies of his stories exist in print, including international versions in French, German, and Italian. His first novel, Legacy, was released in hardback and trade paperback by Tor Publishing in May, 2002.

Date: 02/13/2006 to 03/13/2006 (M)
Time: 7:30 PM to 9:30 PM
Fee: \$20.00
Location: UFM Multipurpose Room
1221 Thurston St.

Juice Packet Purses 06ACF67

What do you do with those colorful juice packets??? Well, here is an idea. Take those juice drinks and sew them together to make a juice purse. You don't even have to know how to sew; this class will teach you everything you need to know to put together your very own juice purse. When you are done making your purse you personalize it by adding your favorite accessories. Fun for all ages! Great gift ideas!

Rita Scheopner

Date: 03/04/2006 (Sa)
Time: 9:00 AM to 11:00 AM
Fee: \$20.00
Location: UFM Multipurpose Room

Ukulele Night 06ACF75

This class features both demonstration and participation. You will learn strums and chords for Tin Pan Alley and Roaring 20's style songs in the key of C. You can bring your own ukulele; there will also be 5 loaner ukuleles available for use that night. Ages 8+.

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

Date: 03/07/2006 to 03/07/2006 (T)
Time: 6:30 PM to 8:00 PM
Fee: \$16.00
Location: UFM Fireplace Room
1221 Thurston St.

Weddings on a Shoestring

Sailing on the Kansas Love Boat (Honeymooning on a Shoestring in Kansas) 06ACFWE1

While a Caribbean cruise or a first class flight to San Francisco may be your honeymoon dream, your budget may be your reality check. Learn how you can have a romantic honeymoon trip that doesn't break your bank, right here in Kansas.

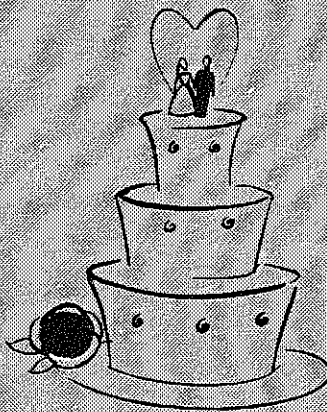
Olivia and Tony love to travel, and find their home state of Kansas to be a great place to explore. A marriage and family therapist, Tony is a romantic who loves weddings. Olivia, who coordinates the Lou Douglas Lectures for UFM and teaches for Leadership Studies, is a cracker jack event planner who loves to read travel magazines and books. Both love to travel and want to share some Kansas destinations that are both interesting, economical and ROMANTIC.

Date: 02/23/2006 (Th)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00
Location: UFM Fireplace Room

Wedding Flowers on a Budget 06AWE2

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

Date: 2/28/2006 to 3/07/2006 (Tuesday)
Time: 7:00 PM to 9:00 PM
Fee: \$29.00 (includes supplies)
Location: UFM Greenhouse



Creative Wedding Cakes 06AWE3

No wedding is complete without a wedding cake, but gone are the days of plain white cake with plain white frosting. Now it's anything goes! Come join us for some fun learning about some creative and inexpensive ideas for your wedding cake. We will also construct (and eat) a cake made from snack foods!

Date: 4/11/2006 (Tuesday)
Time: 6:30 PM to 8:00 PM
Fee: \$15.00
Location: UFM Kitchen

Creative (and inexpensive) Wedding Decorations 06AWE4

Decorations for a wedding can really add up quickly. In this class, you will learn to make several different types of inexpensive decorations for your wedding and reception. All supplies are included!

Date: 02/04/2006 (Sa)
Time: 9:00 AM to 11:00 AM
Fee: \$20.00
Location: UFM Kitchen

Preserving Your Wedding Memories 06AWE5

This class will cover money saving tips for preserving wedding memories (photographs & video). Topics to be covered include:

- PLANNING what to remember and how you will do it. What are your options?
- DISCUSSING what YOU want with the people recording the events
- PUTTING the pictures into albums and/or transferring the videos to DVD. Educating yourself on what is involved will help you make better decisions. Time is money!

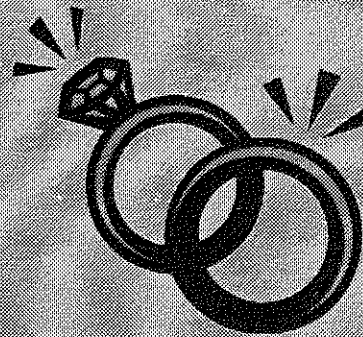
Class to be taught by Pam Schmid (18 yrs experience with photo safe albums/materials and Gordon Schmid (6 years experience as a wedding videographer)

Date: 02/06/2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$22.00
Location: UFM Fireplace Room

Make Your Own Wedding Invitations! 06AWE6

Show your personality and save money by making your own wedding invitations. In this class, you will learn several techniques and get many ideas for creating unique wedding invitations. Supplies are included and you will be able to try several of the techniques discussed in the class.

Date: 04/10/2006 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM



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

BRUCE BALKENHOL
Jin Shin Jyutsu Practitioner + Reflexologist
537-1049

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

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

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

M. JUNE HUNZEKER
Certified Reiki Master Teacher, Usui System of Natural
Healing; Therapist & Intuitive Healing Arts
587-8219

MARCIA MCFARLAND
Certified Reiki Master Teacher & Practitioner
Usui Method of Natural Healing
776-1766

SHARON LANDRITH
Medical & Personal Intuitive, Healing Touch
Practitioner & Meditation Teacher
719-480-3061

JENNIFER MOONEY, MSN, ARNP-C
Family Nurse Practitioner
564-0746

MARILYN TOMICH
Astrology & Tarot
317-2711

Recreation & Fitness



Archery for Adults

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

Tom Korte, (785) 494-8889

Date: 01/30/2006 to 03/06/2006 (M)
Time: 7:00 PM to 8:00 PM
Fee: \$35.00
Location: 1125 Laramie Plaza, upstairs

06ARF01

Golf in Junction City

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

Jim Peterson

Date: 03/07/2006 to 05/02/2006 (Tu)
NO CLASS 3/21
Time: 5:30 PM to 7:30 PM
Fee: \$123.00
Location: Rolling Meadows Golf Course, 7550 Old Milford Road, Junction City

06ARF30AZ

Archery Instructor Training & Certification

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

Tom Korte H: (785) 494-8889

Date: 01/23/2006 to 03/13/2006 (M)
Time: 7:00 PM to 8:45 PM
Fee: \$89.00
Location: 1125 Laramie Plaza, upstairs

06ARF37Z

Intermediate/Advanced Golf in Salina

This course is designed for students to develop advanced skills. Students will practice improving their golf swing and short game both on the driving range and on the golf course. Students are responsible for one round of golf and additional basket of balls - \$5.00/basket.

Ronda Green

Date: 03/01/2006 to 04/26/2006 (W)
NO CLASS 3/22
Time: 5:30 PM to 7:30 PM
Fee: \$140.00
Location: 3142 Scanlan Avenue, KSU at Salina, Rec Center

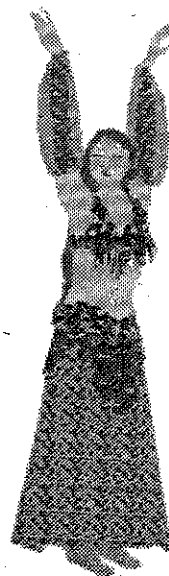
06ARF31Z

Beginning Belly Dance

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, rcatalan@nanmatinc.com, Rosina 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. She has a M.A. in Mediterranean Studies and a B.A. in Classics (Ancient Greek and Latin). She studied in Isthmia, Greece and Cairo, Egypt.

Date: 01/09/2006 to 02/13/2006 (M)
NO CLASS 1/16
Time: 6:20 PM to 7:20 PM
Fee: \$48.00
Location: K-State International Center



Beginning Belly Dance

Rosina Catalan
Date: 02/20/2006 to 03/27/2006 (M)
NO CLASS 3/20
Time: 6:20 PM to 7:20 PM
Fee: \$48.00
Location: K-State International Center

06ARF09B

Beginning Belly Dance

Rosina Catalan
Date: 04/03/2006 to 05/08/2006 (M)
Time: 6:20 PM to 7:20 PM
Fee: \$48.00
Location: K-State International Center

06ARF09C

Introduction to Golf

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

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

Date: 04/06/2006 to 04/27/2006 (Th)
Time: Th from 6:00 PM to 7:00 PM
Fee: \$36.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

06ARF04A

Golf in Salina

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. Students are responsible for one round of golf and additional basket of balls - \$5.00/basket.

Ronda Green

Date: 03/02/2006 to 04/27/2006 (Th)
NO CLASS 3/23
Time: 5:30 PM to 7:30 PM
Fee: \$140.00
Location: 3142 Scanlan Avenue, KSU at Salina, Rec Center

06ARF06BZ

Introduction to Golf

Jim Gregory
Date: 05/04/2006 to 05/25/2006 (Th)
Time: 6:30 PM to 7:30 PM
Fee: \$36.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

06ARF04B

Golf in Salina

Ronda Green
Date: 03/06/2006 to 05/01/2006 (M)
NO CLASS 3/20
Time: 2:00 PM to 4:00 PM
Fee: \$140.00
Location: 3142 Scanlan Avenue, KSU at Salina, Rec Center

06ARF06AZ

Golf in Junction City

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

Jim Peterson
Date: 03/01/2006 to 04/26/2006 (W)
NO CLASS 3/22
Time: 5:30 PM to 7:30 PM
Fee: \$123.00
Location: Rolling Meadows Golf Course,
7550 Old Milford Road, Junction City

06ARF30BZ

Wildflower

yarns & knitwear by Kennita Tully

106 S. 4th St.
Manhattan, KS 66502
(785) 537-1826
wldflwr@kansas.net
www.wildflowerknits.com

Yoga Connection

321 Poyntz, Suite A
Manhattan, Kansas
785-537-8224 or 785-341-9908

Workshops, Private Lessons & Classes
With Ana Franklin
Teaching Yoga since 1984

Website: www.yogaconnection.byregion.net
Email: yogaconnection@kansas.net

"Stretching Body, Breath & Mind"





Intermediate Belly Dance

06ARF10A

This class is for those students who have taken at least one session of Beginning Belly Dance I or equivalent. Students in this class will learn additional dance movements, combinations, and choreography. Veil dancing will also be introduced.

Maya Zahira, (785) 979-4681, bellydance@mayazahira.com, Maya 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: 01/12/2006 to 02/09/2006 (Th)
Time: 5:30 PM to 6:30 PM
Fee: \$48.00
Location: KSU, Ahearn Dance Studio, Room 301

Intermediate Belly Dance

06ARF10B

Maya Zahira

Date: 02/16/2006 to 03/16/2006 (Th)
Time: 5:30 PM to 6:30 PM
Fee: \$48.00
Location: KSU, Ahearn Dance Studio, Room 301

Intermediate Belly Dance

06ARF10C

Maya Zahira

Date: 03/30/2006 to 05/04/2006 (Th)
Time: Th from 5:30 PM to 6:30 PM
Fee: \$48.00
Location: KSU, Ahearn Dance Studio, Room 301

Advanced Belly Dance

06ARF11A

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: 01/12/2006 to 02/09/2006 (Th)
Time: 7:40 PM to 8:40 PM
Fee: \$48.00
Location: KSU, Ahearn Dance Studio, Room 301

Advanced Belly Dance

06ARF11B

Maya Zahira

Date: 02/16/2006 to 03/16/2006 (Th)
Time: 7:40 PM to 8:40 PM
Fee: \$48.00
Location: KSU, Ahearn Dance Studio, Room 301

Advanced Belly Dance

06ARF11C

Maya Zahira

Date: 03/30/2006 to 05/04/2006 (Th)
Time: from 7:40 PM to 8:40 PM
Fee: \$48.00
Location: KSU, Ahearn Dance Studio, Room 301

Belly Dance Conditioning Workout

06ARF12A

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: 01/12/2006 to 02/09/2006 (Th)
Time: from 6:35 PM to 7:35 PM
Fee: \$48.00
Location: KSU, Ahearn Dance Studio, Room 301

Belly Dance Conditioning Workout

06ARF12B

Maya Zahira

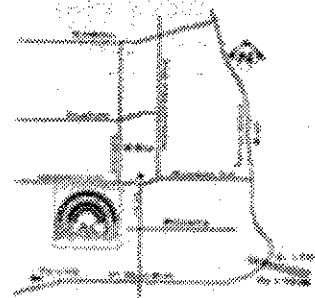
Date: 02/16/2006 to 03/16/2006 (Th)
Time: 6:35 PM to 7:35 PM
Fee: \$48.00
Location: KSU, Ahearn Dance Studio, Room 301



The Marianna Kistler Beach Museum of Art

Featuring exhibitions and programs for all ages!

For more information, visit our Web site at www.ksu.edu/bma



701 Beach Lane
Kansas State University
Manhattan, KS 66506
(785)532-7718

Tuesday - Friday 10 - 5
Saturday and Sunday: 1 - 5
Free admission
Complimentary parking adjacent to the museum





Belly Dance Conditioning Workout 06ARF12C

Maya Zahira
Date: 03/30/2006 to 05/04/2006 (Th)
Time: Th from 6:35 PM to 7:35 PM
Fee: \$48.00
Location: KSU, Ahearn Dance Studio, Room 301

Big and Beautiful Belly Dance:

Belly Dance for Full-Figured Women 06ARF151A
Learn what it means to be a big and beautiful goddess! In this beginner, s level Belly Dance class you will learn the fundamentals of Middle Eastern Dance while attaining an hour of physical activity. This class is designed for those who are intimidated by traditional dance/exercise classes. No dance experience necessary!

This class will follow the Beginning Belly Dance curriculum for The Maya Zahira School and will also incorporate belly dance conditioning movements. Intensity, impact and workout combinations will vary based on student ability.

Rosina Catalan
Date: 01/09/2006 to 02/13/2006 (M)
Time: 7:25-8:25 p.m.
Fee: \$48
Location: K-State International Center

Big and Beautiful Belly Dance:

Belly Dance for Full-Figured Women 06ARF151B

Rosina Catalan
Date: 02/20/2006 to 03/27/2006 (M)
Time: 7:25-8:25 p.m.
Fee: \$48
Location: K-State International Center

Big and Beautiful Belly Dance:

Belly Dance for Full-Figured Women 06ARF151C

Rosina Catalan
Date: 04/03/2006 to 05/08/2006 (M)
Time: 7:25-8:25 p.m.
Fee: \$48
Location: K-State International Center

Professional Dance Troupe 06ARF152A

Entrance into the professional dance troupe is by invitation/audition only. To request an audition, or to discuss candidate qualifications, please contact the school,s artistic director, Maya Zahira at maya @mayazahira.com.

Middle Eastern Dance Choreography will be taught and rehearsed in preparation for a variety of public performances. Performances may include: professional belly dance productions, birthday parties, baby showers, wedding showers, wedding receptions, family gatherings, women,s retreats, festivals, sidewalk sales, corporate events, fundraisers, school assemblies, and more. Prerequisite: Advanced Belly Dance

Gaitri, Assisted by Rosina.
Gaitri, gaitri@mayazahira.com has been dancing for the past 8 years. In 2001, she joined the dance department at K-State and spent 4 years studying modern dance, various forms of improvisation, and choreography. During that time she worked with nationally known arts such as Phillip Horvitz and Susan Warden. In that time she also began to informally study bellydancing and in the summer of 2003 she officially began studying with the Maya Zahira Company. Gaitri is also a nationally certified massage therapist and is interested in finding ways to bring a holistic approach to aspects of belly-dancing. She has a love of accent moves and drum solos and is excited to share her passion for movement

Dates: 01/10/2006 to 02/14/2006(Tu)
Time: 6:30-7:30 p.m.
Fee: \$30
Location: UFM Banquet Room

Professional Dance Troupe

Gaitri, Assisted by Rosina
Dates: 02/21/2006 to 03/28/2006(Tu)
Time: 6:30-7:30 p.m.
Fee: \$30
Location: UFM Banquet Room

Professional Dance Troupe

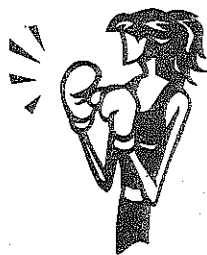
Instructor: Gaitri, Assisted by Rosina
Dates: 04/04/2006 to 05/09/2006(Tu)
Time: 6:30-7:30 p.m.
Fee: \$30
Location: UFM Banquet Room

Boxing for Women

Learn to box! Train like a pro! Get an incredible workout! Strengthen and tone your arms, abs, and lower body. Gain confidence, have fun, and relieve stress. Gloves will be provided and also for purchase. There will be no contact with other participants. Workouts will be on the heavy bag, double end bag, funnel bag, jumbo ball and freestanding bags. Learn punches, defensive moves, combos, and how to get awesome abs! Open to men and women.

Lorissa Ridley, (785) 776-6060,has been teaching in the field of fitness for over 23 years. At the age of 2, Lorissa began dance and gymnastics and martial arts at the age of 10. At age 14, Lorissa began her own gymnastics business at the YMCA in Junction City. After graduating from High School, Lorissa attended Wichita State University, majoring in dance. She weight trained with Mr. Kansas 1986 Body Building Champion. After WSU, Lorissa continued to coach and studied emergency medicine. In 1990, she opened CATTS, a children's gymnastics and dance gym in Wamego, Kansas, where she also began teaching adult fitness classes and personal training. Lorissa has danced professionally in various performances, including the Phoenix Suns, Country Music Television, NBC and much more. In 1995 Lorissa began boxing with a golden glove trainer. In 1999, Lorissa continued her own business, "K.O. Boxing & Fitness" in the Manhattan and Junction City area.

Date: 01/18/2006 to 02/08/2006 (WM)
Time: M and W from 6:30 PM to 7:30 PM
Fee: \$74.00
Location: 2303 Tuttle Creek Blvd.
Blue Hills Shopping Center



Boxing for Women

Date: 03/09/2006 to 03/30/2006 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$74.00
Location: 2303 Tuttle Creek Blvd.
Blue Hills Shopping Center

STAGG HILL GOLF CLUB Pro-Shop
K-18 West

For all your golfing needs
Fully equipped "discount" pro shop
Professional golf instruction available
(Individual & group)
Club regripping & repair

539-1041
Jim Gregory, PGA Professional



06ARF152B

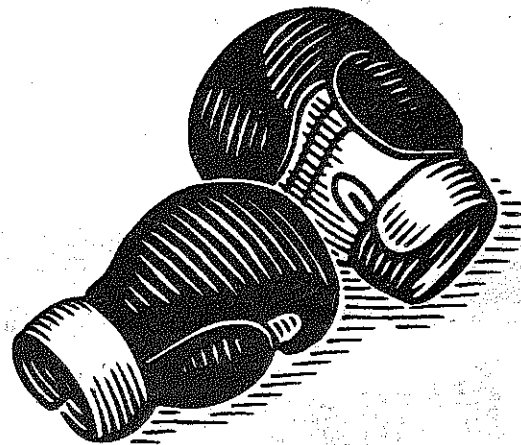
Boxing for Men

Learn to box! Train like a pro! Get an incredible workout! Strengthen and tone your arms, abs, and lower body. Gain confidence, have fun, and relieve stress. Gloves will be provided and also for purchase. There will be no contact with other participants. Workouts will be on the heavy bag, double end bag, funnel bag, jumbo ball and freestanding bags. Learn punches, defensive moves, combos, and how to get awesome abs! Open to men and women.

Lorissa Ridley
Date: 02/13/2006 to 03/06/2006 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: \$74.00
Location: 2303 Tuttle Creek Blvd.
Blue Hills Shopping Center

Boxing for Men

Lorissa Ridley
Date: 04/11/2006 to 05/02/2006 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$74.00
Location: 2303 Tuttle Creek Blvd.
Blue Hills Shopping Center




M.S. Group February 8 - May 3 (Wednesday)
H.S. Group February 7 - May 2 (Tuesday)

MORE INFO:
WWW.TRYUFM.ORG
& Download Application
Call us
UFM | 539.8763

**For Middle/High School youth
With Outdoor Recreation and Fun!**

**UFM Teen
Mentoring Program**





No Contact Boxing for Men

06ARF49Z

Learn to box! Train like a pro! Get an incredible workout! Strengthen and tone your arms, abs, and lower body. Gain confidence, have fun, and relieve stress. Gloves will be provided and also are available for purchase. 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

Date: 03/08/2006 to 05/03/2006 (M/W)
NO CLASS 3/20 & 3/22
Time: 6:30 PM to 7:30 PM
Fee: \$129.00
Location: 2303 Tuttle Creek Blvd.
Blue Hills Shopping Center

Intermediate Boxing

06ARF54Z

Participants in boxing must protect themselves at all times. A boxer must be able to move easily with speed, power and agility, while thinking on their feet. Prerequisite for this class is to have completed Boxing for Women/No Contact Boxing for Men or have at least one year of boxing training. This does not include aerobic boxing classes. Students will continue working on their punches, execute combos and participate in bag training. They will train their bodies and discipline their minds. In this no contact boxing class, students will not spar. There will be intense "Catch Mitt" training. Boxing conditioning in this class will include: Power and speed drills, agility, hand-eye coordination exercises, balance and footwork drills, upper and lower body strength training, hard core abs, and strengthening physical endurance. Endurance is pushing your body past your mind's desire to stop. Glove up, protect yourself and be ready to move!

Lorissa Ridley

Date: 01/12/2006 to 03/07/2006 (Tu/Th)
Time: 10:30 AM to 11:30 AM
Fee: \$129.00
Location: 2303 Tuttle Creek Blvd.
Blue Hills Shopping Center

Intermediate Boxing

06ARF54BZ

Lorissa Ridley
Date: 01/12/2006 to 03/07/2006 (Tu/Th)
Time: 10:30 AM to 11:30 AM
Fee: \$129.00
Location: 2303 Tuttle Creek Blvd.
Blue Hills Shopping Center

Tennis

06ARF19AZ

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

Bill Fraley

Date: 02/14/2006 to 05/02/2006 (Tu)
NO CLASS 3/21
Time: 1:30 PM to 3:00 PM
Fee: \$77.00
Location: 3615 Claflin Road, Cotton Wood Racquet Club

Tennis

06ARF19BZ

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

Bill Fraley

Date: 02/15/2006 to 05/03/2006 (W)
NO CLASS 3/22
Time: 1:30 PM to 3:00 PM
Fee: \$77.00
Location: 3615 Claflin Road, Cotton Wood Racquet Club

Beginning Fencing

06ARF21Z

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

Jeff Gwartz

Date: 01/23/2006 to 04/24/2006 (M)
NO CLASS 3/20
Time: 6:00 PM to 7:30 PM
Fee: Have own equipment \$44.00, Use instructor equipment, \$74.00
Location: KSU, Ahearn Fieldhouse

Intermediate Fencing

06ARF22Z

Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouting.

Jeff Gwartz

Date: 01/23/2006 to 04/24/2006 (M)
NO CLASS 3/20
Time: 7:30 PM to 9:00 PM
Fee: Have own equipment \$44.00, Use instructor equipment, \$74.00
Location: KSU, Ahearn Fieldhouse

Beginning Fencing in Salina

06ARF44Z

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

Gia Kvaratskhelia

Date: 01/31/2006 to 05/02/2006 (Tu)
NO CLASS 3/21
Time: 6:00 PM to 7:30 PM
Fee: \$128.00
Location: 135 East Claflin, Salina (Basement) Hodges Women Clinic - Enter through the rear entrance
Across from Kansas Wesleyan University

A Little More Than Beginning Line Dance

06ARF52A

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, 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: 1/26/2006 to 4/13/2006 (2nd & 4th Thurs)
Time: 5:00pm to 6:00pm
Fee: \$28.00
Location: UFM Banquet Room
1221 Thurston St.



Beginning Dance for Couples

06ARF38A

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

Date: 01/13/2006 to 03/03/2006 (F)
Time: 6:00 PM to 7:00 PM
Fee: \$52.00 per couple
Location: Cross Roads, ECM
1021 Denison Ave.

Beginning Dance for Couples

06ARF38B

Michael Bennett

Date: 03/10/2006 to 05/05/2006 (F)
Time: 6:00 PM to 7:00 PM
Fee: \$52.00 per couple
Location: Cross Roads, ECM
1021 Denison Ave.

Worried about pregnancy after unprotected SEX?



EC
Emergency
Contraceptive
Pills
Prevent Pregnancy
Up to 72 Hours After Sex

Contact your health care provider, health department, or Lafene Health Center for more information or contact:
National EC Hotline
1-888-Not-2-Late
(1-888-668-2528)
<http://ec.princeton.edu>





Swing & Salsa Dancing

06ARF27A

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

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

Date: 01/13/2006 to 03/03/2006 (F)
Time: 8:30 PM to 9:30 PM
Fee: \$36 Individual;\$58.00 Couple
Location: Cross Roads, ECM
1021 Denison Ave.

Swing & Salsa Dancing

06ARF27B

Michael Bennett

Date: 03/10/2006 to 05/04/2006 (F)
Time: 8:30 PM to 9:30 PM
Fee: \$36 Individual;\$58.00 Couple
Location: Cross Roads, ECM
1021 Denison Ave.

Ballroom Dance in Salina

06ARF23Z

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

Audrey Umekudo

Date: 01/18/2006 to 05/03/2006 (W)
Time: 7:00 PM to 8:00 PM
NO CLASS 3/22
Fee: \$82.00
Location: 3142 Scanlan Avenue, KSU at Salina, Rec Center

Yogilates

06ARF42CZ

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, (dknox@ksu.edu) has been involved in the fitness industry for over 12 years as a certified instructor and director. As the Fitness Director and a personal trainer at ProFitness in Aggeville, she offers classes incorporating step, yoga, stability ball, pilates, weight training/toning, kickboxing and yogilates. Her classes are available in Manhattan through UFM, K-State for credit, ProFitness and the LIFE Program at KSU.

Date: 01/12/2006 to 03/07/2006 (Tu/Th)
Time: 12 N to 1:00 PM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level
Pro Fitness in Aggeville

Yogilates

06ARF42AZ

Diana Knox

Date: 01/18/2006 to 03/06/2006 (M/W)
Time: 10:00 AM to 11:00 AM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level
Pro Fitness in Aggeville

Yogilates

Diana Knox

Date: 03/08/2006 to 05/03/2006 (M/W)
NO CLASS 3/20 AND 3/22
Time: 10:00 AM to 11:00 AM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level
Pro Fitness in Aggeville

Yogilates

Diana Knox

Date: 01/12/2006 - 03/07/2006
Time: 7:00pm - 8:00pm (T/Th)
Fee: \$72.00
Location: 1125 Laramie St., Lower Level
Pro Fitness in Aggeville

Yogilates

Diana Knox

Date: 03/09/2006 - 5/4/2006
Time: 7:00pm - 8:00pm (T/Th)
Fee: \$72.00
Location: 1125 Laramie St., Lower Level
Pro Fitness in Aggeville

Yogilates

Diana Knox

Date: 03/09/2006 to 05/04/2006 (Tu/Th)
NO CLASS 3/21 AND 3/23
Time: 12 N to 1:00 PM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level
Pro Fitness in Aggeville

International Folk Dance

06ARF51

Learn dances from a variety of countries! Couples, lines, circles, Irish, German, Italian, Israeli, Russian, Greek and more. Every culture has its own dances with music to match. International Folk Dance should be a required class in the International Studies curriculum! Six Sessions, 10-12 dances! A partner is not required for this course. Wear loose clothing and shoes for active dances.

Mark started learning International Folk Dancing with the Grapevine International Folk Dancers of Wichita during the mid 1970's. Mark is a Kansas of Swiss German descent and says that the Doubleska Polka feels particularly good!

Mark Moser

Date: 01/18/2005 to 02/22/2005 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$36.00
Location: UFM Banquet Room
1221 Thurston St.

International Folk Dance

06ARF51

Mark Moser

Date: 01/18/2005 to 02/22/2005 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$36.00
Location: UFM Banquet Room
1221 Thurston St.

Canoe Camping

06ARF53Z

This class covers the interface between canoeing and camping. How canoeing changes when adapting to the camping environment. The instruction will not be related to basics of camping (putting up tents, building fires, etc). Instead, the class would cover topics like planning, wet-condition packing, navigation, specialized gear requirements, how paddling changes when paddling loaded canoes, focused safety issues, etc - all topics that people need to be proficient in before venturing out on their own canoe camping trips.

Steve Spencer

Date: 03/04/2006 to 03/05/2006 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: \$TBA
Location: KSU Natarorium

06ARF42BZ

Fitnastics for Adults

06ARF55A

Have you always wanted to learn some gymnastic skills, ballet or dance? Workout and be on your way to having the flexibility, strength and body of a gymnast. Instructor Lorissa Ridley with over 20 years of teaching dance, gymnastics and fitness has created a fun and exciting new way to get in shape. This class is for beginners to advanced. In Lorissas's classes you will always work at your own level. Burn fat by getting your heart rate up with energizing dance moves, lengthen your muscles, gain flexibility and tone and tighten up your body while you gain strength with gymnastic training excercises. Move your body - it'll move your mind.

Lorissa Ridley D: (785) 776-6060, Lorissa Ridley has been teaching in the field of fitness for over 23 years. At the age of 2, Lorissa began dance and gymnastics. At the age of 10, Lorissa began her own gymnastics business at the YMCA in Junction City. After graduating from High School, Lorissa attended Wichita State University, majoring in dance. She weight trained with Mr. Kansas 1986 Body Building Champion. After WSU, Lorissa continued to coach and studied emergency medicine. In 1990, she opened CATTs, a children's gymnastics and dance gym in Wamego, Kansas, where she also began teaching adult fitness classes and personal training. Lorissa has danced professionally in various performances, including the Phoenix Suns, Country Music Television, NBC and much more. In 1995 Lorissa began boxing with a golden glove trainer. In 1999, Lorissa continued her own business, "K.O. Boxing & Fitness" in the Manhattan and Junction City area.

Date: 01/04/2006 to 01/25/2006 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$56.00
Location: 2303 Tuttle Creek Blvd.
Blue Hills Shopping Center

Fitnastics for Adults

06ARF55B

Lorissa Ridley

Date: 02/01/2006 to 02/22/2006 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$56.00
Location: 2303 Tuttle Creek Blvd.
Blue Hills Shopping Center

Fitnastics for Adults

06ARF55C

Date: 03/01/2006 to 03/29/2006 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$56.00
Location: 2303 Tuttle Creek Blvd.
Blue Hills Shopping Center

Fitnastics for Adults

06ARF55D

Take all three Fitnastics Classes for a discounted rate!

Date: 01/04/2006 to 03/29/2006 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$154.00
Location: 2303 Tuttle Creek Blvd.
Blue Hills Shopping Center

Register for your
next UFM Class
ONLINE at
www.tryufm.org!

Earth & Nature



Fly Fishing

06AEN04AZ

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

Paul Sodamann, (785) 494-2340

Date: 02/06/2006 to 02/16/2006 (M, Tu, W, Th)
Time: 6:00 PM to 8:00 PM
Fee: \$90.00
Location: MHS East Campus, 901 Poyntz Ave., Room 108

Fly Fishing

06AEN04BZ

Paul Sodamann

Date: 02/20/2006 to 03/02/2006
Time: M, Tu, W and Th from 6:00 PM to 8:00 PM
Fee: \$90.00
Location: MHS East Campus, 901 Poyntz Ave., Room 108

Around the Yard

06AEN10

In this class the student will explore a number of do it yourself landscaping ideas. These will include building rock walls, yard and garden paths, steps, planting ideas, and building water features. The class will look at actual examples. An appropriate amount of time will be spent on subjects of interest to the students.

George Wyatt

Date: 03/30/2006 to 03/30/2006 (Th)
Time: 6:30 PM to 8:30 PM
Fee: Individual \$12.00, Couple \$16.00
Location: 1725 Sheffield Circle

Home Landscape Design

06AEN08

Learn the basics of landscaping your home! Locally available resources will be presented. Property values can be increased by as much as 10-20% by smart landscape design. This course is a must for new residents to the Manhattan community or those of us with "brown thumbs."

Gregg Eyestone

Date: 02/01/2006 to 02/15/2006 (W)
Time: 6:30 PM to 8:30 PM
Fee: \$29.00
Location: 110 Courthouse Plaza, Extension Office

Annual & Perennial Flowers

06AEN12

Kansas has a climate that can be difficult for flowering plants. Find out which perennials can not only tolerate but do well in our sun and wind. We'll also review the Prairie Star Collection — research-proven annual flowers that out perform others for our region.

Colleen Hampton, Email: cmhampton314@sbcglobal.net, Colleen Hampton 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: 03/11/2006 (Sa)
Time: 10:00 AM to 12 N
Fee: \$12.00
Location: UFM Greenhouse

Container Gardening

06AEN16

Container gardening is increasing in popularity because its less physically demanding and gives us more places to put plants! This class will cover the science and art of growing plants in containers — the pots, soil, maintenance, plant selection (annuals & perennials), and design.

Colleen Hampton, Email: cmhampton314@sbcglobal.net, Colleen Hampton 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: 04/15/2006 (Sa)
Time: 10:00 AM to 12 N
Fee: \$12.00
Location: UFM Greenhouse

Hostas & Other Shade Plants

06AEN22

Hostas are the number one selling perennial in America, but there are also many other shade-loving plants that can compliment the "King of the shade garden". We'll focus on how to successfully grow all these shade-lovers!

Colleen Hampton, Email: cmhampton314@sbcglobal.net, Colleen Hampton 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: 04/08/2006 (Sa)
Time: 10:00 AM to 12 N
Fee: \$12.00
Location: UFM Greenhouse

Introduction to Outdoor Skills

06AEN92

This class is designed to provide practical skills needed to enjoy the great outdoors. Skills and topics selected for the class are those which have applications across many outdoor activities. Course content includes: equipment, shelter, fire and navigation. Additional meetings may be scheduled with the instructor outside of the class.

Date: 01/17/2006 to 02/07/2006 (Tu)
Time: 7:00 PM to 8:00 PM
Fee: \$38.00
Location: UFM conference Room

Spring Plant Swap

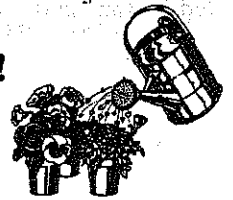
06AEN37

As the perennials you have multiply, do you wish you had less of them and more of something else? Rejuvenate your flower garden by dividing your perennials and bring them to trade to enhance your color and variety!!! This is a great opportunity to expand your garden with new and different plants as well as meet old and new friends! Ideas for plants to swap include iris, peony, herbs, vines, house plants, small trees, or even seeds. If you have gardening magazines you no longer want, bring them to share as well! You may drop off your plants at UFM on April 29. Participate in UFM's Spring Plant Swap!!!

Date: 04/29/2006 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: UFM Greenhouse

Manhattan Community Garden

Plot Sign up Time!



The Manhattan Community Garden is a UFM sponsored

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

Spring 2006 sign up dates are:

Returning Gardeners:

February 1, Wednesday, 7:30 pm, UFM
February 11, Saturday, 10 am, UFM

New Gardeners:

March 1, Wednesday, 7:30 pm at UFM
March 11, Saturday, 10 am at UFM
April 1, Saturday, 10 am at UFM as needed

Call 539-8763 for more information.

See Youth and Aquatics sections
for recreation and swim classes

Personal Interest



The Relationship of Science to Religion

06API135

This class will attempt to address the following questions: Are religion and science, by nature, adversaries? Are religion and science unrelated fields of study? Or, are religion and science formed in a common quest for truth?

John Carlin, Ph.D.

Date: 1/23/2006 to 1/30/2006 (M)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00
Location: UFM Conference Room

Pet First Aid & Safety

06API35

Pet First Aid, from the American Red Cross and the Humane Society of the United States, is an illustrated first aid reference for dog and cat lovers. This course provides detailed instructions for 50 injuries and illnesses, plus practical pet health tips. Pet First Aid presents:
-Symptoms and care for common ailments and emergencies
-Instructions for creating a pet first aid kit
-Tips on maintaining your pet's health and well-being

Cari Bowlin, Cari is a third-year vet student at Kansas State University. Cari includes several classes for the American Red Cross, including Lifeguarding, Swim lessons, CPR and First Aid, Water Safety Instructor, and Pet First Aid and Safety.

Date: TBA
Time: TBA
Fee: TBA
Location: UFM
Please contact UFM for more information about this class.

Life On Earth, Is That All?

06API31

Life is a process leading to an end or a continuum? This class will present a process of development from conception to fulfillment.

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: 02/02/2006 (Th)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: UFM Conference Room

Introduction to Feng Shui

06API32

Feng Shui is the Chinese system of design and placement as applied to Chinese home and workplace. The objective is to promote a harmonious living environment and a feeling of well-being. We will discuss ways to enhance your career, family, life, health, prosperity and the mysticisms of this ancient tradition. Feng Shui will appeal to all those who wish to live in harmony with nature and achieve their fullest potential.

Don Terhune, (785) 539-4277, Don is a Feng Shui practitioner and Tai Chi instructor in Manhattan, KS. He is schooled in Tantric Black Sect Feng Shui as taught by professor Lin Yun, Grand Master of Feng Shui in Berkeley, CA. He received in-depth training at a professional level from the nationally known Feng Shui consultants writers and video producers, Helen and James Jay at Feng Shui Designs Learning Center in Nevada City, CA.

Date: 02/25/2006 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: \$22.00
Location: UFM Greenhouse

Architecture of Egypt

06API34

Egypt is a land of beauty and wonder. Its architecture spans centuries, from the mastabas of the pharaohs to the minarets of the Ottomans. In this class you will explore some less widely known pyramids and historical sites. Come to this art history-based class and explore Egypt through its beautiful architecture!

Rosina Catalan, rcatalan@nanmatinc.com, Rosina 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 as a member of the Kent State University 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. She has a M.A. in Mediterranean Studies and a B.A. in Classics (Ancient Greek and Latin). She studied in Isthmia, Greece and Cairo, Egypt.

Date: 03/08/2006 to 03/15/2006 (W)
Deadline March 6, 2006
Time: 6:20 PM to 7:05 PM
Fee: \$14.00
Location: UFM Conference Room

Gardens and Sacred Spaces

06API33A

From Paradise Gardens of the Middle East, the Garden of Eden or Zen Gardens, gardens have a long tradition of being sacred spaces and a place of renewal. Spring is a time of sacred spaces and a place of renewal. Spring is a time of renewal. In this class you will learn some basic design principles to create your own Sacred Space; be it a 10 inch square on your dresser or a 10 acre plot. One Sacred Space we will experience is a Labyrinth. While Labyrinths are found in almost every culture, in European Middle Ages they were often built as Exterior Meditation Gardens next to the Great Cathedrals. Bring ideas: the type of space you want to create; how you are going to use the space; how much area you are going to devote to it; what items do you want to include.

Sarah English, (785) 539-6386, konzalec@sbcglobal.net, Sarah is a certified Reiki Teaching Master. She has studied and worked with Subtle Energies, Feng Shui, Auras and Chakras since 1974. She is a Certified Wholistic Life Coach and a Diplomat in Core Star Energy Healing. She is also certified in Reconnection and Intentional Reim Healing.

Date: 03/20/2006 to 03/23/2006 (MTWTh)
Time: 6pm to 7pm
Fee: \$43.00
Location: 2124 Fox Meadow

Gardens and Sacred Spaces

06API33B

Sarah English

Date: 03/27/2006 to 04/17/2006 (M)
Time: 6pm to 8pm
Fee: \$43.00
Location: 2124 Fox Meadow

FREE Tax Preparation Help is Available!!

FREE Income Tax Preparation

Assistance for low-income workers will be available from February 6 to April 15 at the following locations:

UFM Community Learning Center— 1221 Thurston

Tuesday & Thursday—4:00-7:00 p.m.

Saturday—1:00-5:00 p.m.

Appointments are encouraged.

Call 539-8792 for an appointment.

Ogden Community Center— 220 Willow, Ogden (City Park)

Monday & Wednesday—4:00-7:00 p.m.

Saturday 1:00-5:00 p.m.

Appointments are encouraged.

Call 537-0351 for an appointment.

These sites will be unable to prepare returns for members of the military or international students.

Bring this Tax information to complete your Income Tax Forms:

1. A copy of your 2004 tax return.
2. Social Security numbers for the worker, spouse and any children in the household born before December 31, 2005. Bring the Social Security cards, if available, to ensure the necessary information is copied correctly onto the tax forms.
3. W-2 forms for all jobs held in 2005. Workers who didn't get W-2s should still bring final pay stubs. Volunteers can assist in verifying income.
4. 1099-G form, if you received unemployment insurance benefits at any time in 2005.
5. 1099-INT, if you received bank interest in 2005.
6. Any statements received from a mortgage company during 2005.
7. Any notices sent to the worker by the IRS in 2005.
8. Workers with Individual Tax Payer Identification Numbers (ITINs) should bring the ITIN card set to them by the IRS. Workers need either an ITIN or an SSN for the Child Tax Credit.
9. Form or copy of divorce decree for a noncustodial parent claiming a child.
10. Proof of account and routing numbers for the financial institution accepting a direct deposit.

Fun Foods



Wine 101: Wine Appreciation 06AFF20

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

Date: 03/29/2006 to 04/19/2006 (W)
Time: 7:00 PM to 9:00 PM
Fee: \$110.00
Location: UFM Kitchen

Chinese Cooking 06AFF10A

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

Date: 02/28/2006 to 03/14/2006 (T)
Time: 7:00 PM to 9:00 PM
Fee: \$42.00
Location: UFM Kitchen

Beer Making 101 (for beginners) 06AFF32

This course will teach would-be beer enthusiasts how to brew their own beer at home. The course will cover how to brew a beer using an extract kit, bottle the beer, and drink it. The course also includes discussions and samplings of the major brewing styles.

Little Apple Brew Crew

Date: 2/13/2006 to 2/27/2006 (Monday)
Time: 7:00 PM to 9:00 PM
Fee: \$32.00
Location: UFM Kitchen



The Legend of the Dancing Goats (Coffee) 06AFF13

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: 03/10/2006 to 03/08/2006 (W)
Time: 7:00 PM to 9:00 PM
Fee: \$14.00
Location: UFM Kitchen

Tea Tasting Around the Globe 06AFF19

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

Stormy Kennedy

Date: TBA
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: UFM Kitchen

Cooking in German - no Sauerkraut and Wurst! 06AFF21

Cooking and baking of Southern German (Swabian) foods with a quick introduction to the German language. Emphasis on food and cooking related terms. After each class, we will eat what we have prepared. Three of the four sessions will be vegetarian and the other will include pork products. Recipes will be provided along with food ingredients. Materials, including mixing bowls and basic cooking tools will need to be brought by the student (a list will be emailed to students). Also, bring along an apron and a good appetite!! No German language experience required!

Tilman Schober, 537-5105 and Crystal Dixon. Tilman Schober is a native of Southern Germany. He studied Food Technology in Stuttgart, Germany. He loves cooking and baking. Tilman would love to share his heritage with you.

Crystal Dixon is a K-State student from New Jersey. She is also dedicated to cooking and baking.

Date: 02/01/2006 to 02/22/2006 (W)
Time: 6:30 PM to 9:00 PM
Fee: \$48.00
Location: UFM Kitchen

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.



Indian Cooking 06AFF22A

This class will consist of a short talk/demonstration of the list of key and unique ingredients that go into the making of an Indian 'curry'. Following will be in-class preparation of one typical North Indian non-vegetarian dish, one South Indian vegetarian dish, and one dessert. The participants can relish the preparations at the end of the class!

Pradeep Malreddy, Pradeep is a graduate student with the Anatomy and Physiology department at the KSU College of Veterinary Medicine.

Date: 02/17/2006 (F)
Time: 5:30 PM to 7:30 PM
Fee: \$22.00
Location: UFM Kitchen

Indian Cooking 06AFF22B

Pradeep Malreddy

Date: 03/17/2006 (F)
Time: 5:30 PM to 7:30 PM
Fee: \$22.00
Location: UFM Kitchen

Indian Cooking 06AFF22C

Pradeep Malreddy

Date: 04/14/2006 (F)
Time: 5:30 PM to 7:30 PM
Fee: \$22.00
Location: UFM Kitchen

RADINA'S

coffeehouse & bakery

Manhattan's original coffeehouse.

Coffee in the European Tradition

Loose Leaf Tea

Fresh Squeezed Juices

Fruit Smoothies

Fresh Baked Pastries

Artisan Breads

Soups, Salads, Sandwiches

616 N. Manhattan Ave. Aggieville, USA 785-537-2345



Test Preparation Courses

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

LSAT Prep FC-24

Law School Admission Test Review Course

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

Date: Please visit our website for current information: www.tryufm.org (Mon/Wed/Sat)

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

Fee: \$250

Location: KSU, Bluemont Hall, Room 114

GRE Prep FC-06

Graduate Record Exam Preparation Course

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

Date: January 24 - March 7 (Tuesday/Thursday)

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

Fee: \$250

Location: KSU, Bluemont Hall, Room 5102 (No class on October 12)

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

Spring Plant Swap!!!

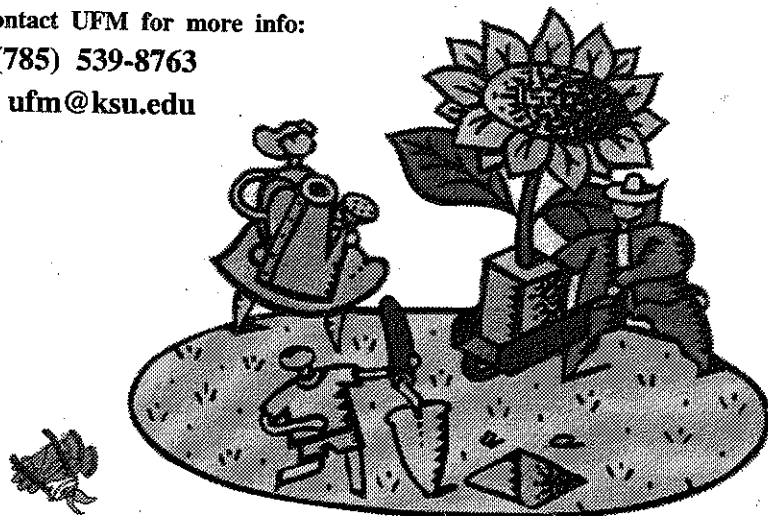
As the perennials you have multiply, do you wish you had less of them and more of something else? Rejuvenate your flower garden by dividing your perennials and bring them to trade to enhance your color and variety!!!

Participate in UFM's Spring Plant Swap!!!

Contact UFM for more info:

(785) 539-8763

ufm@ksu.edu



April 29 10:00a.m. - 12:00p.m.

UFM Community Learning Center
1221 Thurston
Manhattan, KS 66502

Visit our website for more information and to view our Complete Spring Catalog!

www.tryufm.org



UFM Wordsearch

G R Y T I N U M M O C L K M G
W N E C A R E E R O E O O F N
F E I C N T F M M Q A U O U I
I P L R R O I P E Z R D C Y N
T S J L O E U D F R T O K R R
N E I D N T A G E V H U O T A
E S S X E E N T M R J G O L E
S S J R D I S E I I C L B A L
S A S A H I N S M O W A P N N
N L N C G H T U O Y N S A G A
E C A E N O T S R U H T R U T
E E R E A Q U A T I C S C A U
T G N I W O R G S T R A S G R
K S U O F I N A N C E D O E E
J K H T L A E H S P R I N G V

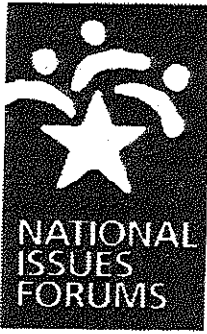
AQUATICS
CLASSES
COOK
EARTH
FOODS
KSU
LOU DOUGLAS
RECREATION
SPRING
TEENS
WELLNESS

ARTS
COMMUNITY
CREDIT
FINANCE
GROWING
LANGUAGE
MENTORING
REGISTER
SWIM
THURSTON
YOUTH

CAREER
COMPUTERS
DANCE
FITNESS
HEALTH
LEARNING
NATURE
SCRAPBOOK
TEACHING
TRYUFM



Raise Your Voice



National Issues Forum

*News Media & Society:
How to Restore the Public Trust*

Date: Thursday, March 9, 2006

Time: 3:30 PM to 5:00 PM

Location: K-State Student Union

Fee: No Charge for this event

Contact UFM or visit our website for more information: www.tryufm.org

About National Issues Forums

National Issues Forums (NIF) is a nonpartisan, nationwide network of locally sponsored public forums for the consideration of public policy issues. Indeed, democracy requires an ongoing deliberative public dialogue.

These forums offer citizens the opportunity to join together to deliberate, to make choices with others about ways to approach difficult issues and to work toward creating reasoned public judgment.

Forums are led by trained, neutral moderators, and use an issue discussion guide that frames the issue by presenting the overall problem and then three or four broad approaches to the problem. Forum participants work through the issue by considering each approach; examining what appeals to them or concerns them, and also what the costs, consequences, and trade offs would be incurred in following that approach.

Raise Your Voice: Act Locally

Make sure your voice is heard on local issues. Learn how local government works and get tips on how to advocate your issue at the local level. A panel of local elected officials and community advocates will share their expertise.

Date: February 23, 2006

Time: 7:00 PM

Fee: No Charge

Location: Manhattan Chamber of Commerce

501 Poyntz Avenue

Facilitated by Jayme Morris-Hardeman

Communicating as Constituents

Experienced legislators will share information on how to best advocate at the state level. Learn the most effective ways to make sure that your voice is heard. Gain insight into how the state legislature functions and how to facilitate change on issues that matter to you.

Date: March 2, 2005

Time: 7:00 PM

Fee: No Charge

Location: Manhattan Chamber of Commerce

501 Poyntz Avenue

Facilitated by Lana Oleen

Co-sponsors: Manhattan Area Chamber of Commerce, K-State Institute for Civic Discourse and Democracy, Kansas Campus Compact, Lou Douglas Lecture Series



25 Years

David Eisenhower

"A Call to Serve"

March 9, 2006

7:00 P.M.

**Forum Hall
K-State Student Union**

Introduction by
**Former Kansas Governor
John Carlin**

David Eisenhower

Director of the Institute for Public Service
Annenberg School for Communication
University of Pennsylvania



- Public Policy Fellow at the Annenberg School for Communication
- Fellow of the American Society of Historians, New York City
- Editor of ORBIS magazine, published by the Foreign Policy Research Institute in Philadelphia, 2001-2003
- As Director of the Institute for Public Service, coordinates the Annenberg Fellowship program
- As IPS Director, chairman of a new academic concentration offered to Communications majors at the Annenberg School
- Author of numerous articles and reviews including his regular editor's column for ORBIS and a two-volume work on the Allied leadership in the pursuit phase of WW II entitled *Eisenhower at War: 1943-1945* (Random House, New York)
- *Eisenhower at War* was a New York Times best seller and was one of three history jury nominees for the Pulitzer Prize in History and was named by Time magazine as one of the five best nonfiction works published in 1986
- Sits on numerous non-profit boards and advisory commissions. Recipient of seven honorary degrees, the Golden Slipper Award for community service in Philadelphia, admitted to Golden Key Society membership and given the Panitt Award for Citizenship by the ASC, University of Pennsylvania, 2002
- In May 2003, named the winner of UPenn's university-wide annual Provost's Award for Excellence in University teaching
- Former Naval Officer. Former syndicated sports columnist and front office employee of the Washington Senators and Philadelphia Phillies

Professional Certification Courses

UFM offers a wide variety of professional certification courses ranging from CPR and First Aid to Lifeguard Training, Water Safety Instructor Training, Responding to Emergencies, and many others. If you are interested in taking a class, but are unable to enroll in one of the published sessions, please contact our office. In many cases, we are able to set up additional classes upon request. To view the most current listing of classes, visit our website, www.tryufm.org, click on non-credit classes, view the catalog, and click on Professional Certification Courses. Classes that can be taken for KSU credit are denoted with an asterisk (*). KSU Credit courses are listed on pages 32-35 of the catalog; fee information, credit hours and reference numbers are available in this section.

***Archery Instructor Training & Certification** 06ARF37Z
In this Level I Basic Training and Certification archery program you will learn how to set up and operate a safe short-term archery program, how to teach new archers, how to maintain your equipment, and how to create fun games for your new archers. The required NADA textbook will be available for purchase at the instructor at the first class meeting.

Tom Korte H: (785) 494-8889

Date: 01/23/2006 to 03/13/2006
Time: M from 7:00 PM to 8:45 PM
Fee: \$89.00
Location: 1125 Laramie Plaza, upstairs

CPR and First Aid (Medic First Aid) 06AHW03B
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 Email: cornell@saintmail.net. Sheryl has been training First Aid and CPR for USD 383 for more than six years.

Date: 06/02/2006 to 06/02/2006 (F)
Deadline is the Monday before the class starts.
Time: 8:00 AM to 3:00 PM
Fee: \$49.00
Location: UFM Banquet Room

Community CPR and First Aid (Red Cross) 06AHW25A
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.

Date: 02/04/2006
Deadline is the Monday before the class starts.
Time: 9:00 AM to 5:00 PM
Fee: \$50.00
Location: UFM Banquet Room

Community CPR and First Aid (Red Cross) 06AHW25B
Date: 02/11/2006
Deadline is the Monday before the class starts.
Time: 9:00 AM to 5:00 PM
Fee: \$50.00
Location: UFM Banquet Room

Community CPR and First Aid (Red Cross) 06AHW25C
Date: 03/04/2006
Deadline is the Monday before the class starts.
Time: 9:00 AM to 5:00 PM
Fee: \$50.00
Location: UFM Banquet Room

***Responding to Emergencies** 06AHW19AZ
This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED).

Carol Stites

Date: 01/30/2006 to 03/15/2006 (M/W) (No class October 3)
Books are available for purchase at the Red Cross Office
Time: 2:00 PM to 4:00 PM
Fee: \$182.00
Location: American Red Cross Office, 2601 Anderson Ave.

***Responding to Emergencies** 06AHW19BZ
Carol Stites
Date: 01/31/2006 to 03/16/2006 (T/Th)
Books are available for purchase at the Red Cross Office
Time: 3:00 PM to 5:00 PM
Fee: \$182.00
Location: American Red Cross Office, 2601 Anderson Ave.

***First Aid/CPR/AED Instructor** 06AHW20Z
The First Aid/CPR/AED Instructor Course will provide candidates with the knowledge and skills necessary to teach the First Aid/CPR/AED courses and modules. These courses include Workplace Training: Standard First Aid; Adult/Child/Infant CPR; AED Essentials; and combinations thereof; as well as six Injury Control Modules. Orientation to the Community Program materials is also included in the training.

Carol Stites

Date: 02/06/2006 to 03/13/2006 (M)
Books available for purchase at the Red Cross Office
Time: 4:00 PM to 8:30 PM
Fee: \$124.00
Location: American Red Cross Office, 2601 Anderson Ave.

CPR Challenge 06AHW27A
This class is for those already certified in CPR, but their certification is coming due or is within 30 days of expiration. Participants must demonstrate all skills involved with CPR.

Date: 02/16/2006 to 02/16/2006 (Th)
Time: 6:00 PM to 9:00 PM
Fee: \$36.00
Location: K-State Natatorium

CPR Challenge 06AHW27B

Date: 04/12/2006 to 04/12/2006 (W)
Time: 6:00 PM to 9:00 PM
Fee: \$36.00
Location: Natatorium

***Water Safety Instructor (WSI)** AQ121Z
This course is dedicated to developing the skills you will need to instruct and plan courses in the American Red Cross Swimming and Water Safety Program. Instruction includes Parent/Preschool classes; Learn to Swim Levels I - VI; Community Water Safety; Basic Water Rescue; WSI-Aide; Basic Aquatic Exercise; Special Population; and Competitive Swim team preparation. Other training that may be available with additional prerequisites and additional training, is Safety training for Coaches. Please note: The WSI course is NOT designed to teach you the required strokes/skills. Paired practice, coaching and drills are used to refine skills. Be prepared for reading and homework.

Carol Stites

Date: April 3 - April 12 (Mon, Wed, Fri, Sat)
Time: 4:00pm - 7:30pm (Mon, Wed, Fri)
9:00am - 7:00pm (Sat)
Fee: \$180
Location: KSU Natatorium
(Available for KSU Credit) Books available for purchase at Red Cross Office.

***Aquatic Fitness Instructor** AQ104AZ
This course is an in-depth educational and training program for individuals interested in advancing their knowledge and skills in designing and leading different types of water exercise. It will prepare instructors to become certified to organize, develop, teach, administer and market safe, fun and effective water exercise programs for various populations. Certification Requirements: Attend all sessions, score at least 80% on final written exam, successfully demonstrate ability to plan a class for various populations and effectively teach a class from deck.

Carol Stites

Date: April 22 - April 29 (Tues/Thurs/Sat)
Time: 5:30pm - 9:30pm (Tues/Thurs)
9:00am - 7:00pm (Sat)
Fee: \$118
Location: KSU Natatorium
(Available for KSU Credit) Books available for purchase at Red Cross Office.

***Lifeguard Training** AQ35AZ
The American Red Cross program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over.

Carol Stites

Date: March 14 - May 1 (Monday - Friday)
Time: 4/13 & 4/14 at 4pm to 8:30pm (Thurs. and Fri.)
5:30pm - 9:30pm
Precourse: March 14 6pm - 7:30pm (Friday)
Fee: \$139.00
Location: KSU Natatorium
Books available for purchase at the Red Cross Office, 2601 Anderson Ave.

Lifeguard Training AQ35A

Dates: 04/02/2006-04/08/2006 (Sun-Sat)
Time: 5:00pm - 6:00pm (Sun) Prerequisites
5:00pm - 10:00pm (Mon - Fri)
9:00am - 12:00pm (Sat)
Fee: \$139
Location: KSU Natatorium
(*This session is only available as a NON-CREDIT Course)
Books are available for purchase at Red Cross.

Lifeguard Training AQ35B

Dates: 4/30 - 5/06/2006 (Sun-Sat)
Time: 5:00pm - 6:00pm (Sun) Prerequisites
5:00pm - 10:00pm (Mon - Fri)
9:00am - 12:00pm (Sat)
Fee: \$139
Location: KSU Natatorium
(*This session is only available as a NON-CREDIT Course)
Books are available for purchase at Red Cross.

Lifeguard Training AQ35C

Dates: TBA (Sun-Sat) *Visit UFM's Website for current dates
Time: 5:00pm - 6:00pm (Sun) Prerequisites
5:00pm - 10:00pm (Mon - Fri)
9:00am - 12:00pm (Sat)
Fee: \$139
Location: KSU Natatorium
(*This session is only available as a NON-CREDIT Course)
Books are available for purchase at Red Cross.

Lifeguard Challenge AQ106A

A challenge for those who are already certified Lifeguards, but their certification is coming due or is within 30 days of expiration. Participants will demonstrate all rescue skills, plus a prerequisite swim.
Date: March 7 - March 9 (Tuesday/Thursday)
Time: 5:00 PM to 8:00PM
6:00pm - 9:00pm (Mon/Wed)
Fee: \$46
Location: KSU Natatorium
Book available for purchase at Red Cross Office, 2601 Anderson Ave.

Lifeguard Challenge AQ106B

Date: April 11 - April 13 (Tuesday/Thursday)
Time: 5:00 PM to 8:00PM
Fee: \$46
Location: KSU Natatorium
Book available for purchase at Red Cross Office, 2601 Anderson Ave.

***Lifeguard Instructor** AQ122Z

This class will provide candidates with the knowledge and skills necessary to teach Lifeguarding (including First Aid), Lifeguard Management, CPR for the Professional Rescuer, AED Essentials, Oxygen Administration for the Professional Rescuer, Community Water Safety, and Basic Water Rescue.
Carol Stites
Date: March 11 - May 1 (Monday - Saturday)
Time: 4/13 & 4/14 at 4pm to 8:30pm (Thurs. and Fri.)
4/15 at 9am - 7pm (Sat.)
4/17 - 5/1 at 5:30pm - 9:30pm (Mon. - Fri.)
No Class: April 25, 27 and 28
Precourse: March 11 9am - 5pm (Saturday)
Fee: \$149.00
Location: KSU Natatorium
Books available for purchase at the Red Cross Office, 2601 Anderson Ave.



KSU Credit Courses

Recreational courses for KSU credit on this page are offered for credit through the Division of Continuing Education with the cooperation of various KSU departments. Register for these at 131 College Court. Fees for these classes differ depending on special instructor and equipment needs. Enrollment, withdrawal and refunds are determined by University policy and handled at the Division of Continuing Education Registration office. Call 532-5566 for questions or information, or visit www.dce.ksu.edu/dce/outreach/recreationcourses.html

Scuba Diving RRES-200 92440
This course will prepare students for NAUI Scuba Diver Certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$50 will be assessed at the time of check out dives. However neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel, which will be available for purchase at the first class. Equipment ranges in price from \$100 to \$175. There is a nonrefundable materials fee of \$50 for withdrawing from the class after the first day.

Jeff Wilson

Date: January 23 - February 27 (Monday)
Time: 6:00 pm - 10:00 pm
Fee: \$332 (Also available for non-credit through UFM. Refer to course number AQ105az)
Location: KSU Natatorium

Scuba Diving RRES-200 92441

Jeff Wilson

Date: March 27 - May 1 (Monday)
Time: 6:00 pm - 10:00 pm
Fee: \$332 (Also available for non-credit through UFM. Refer to course number AQ105bz)
Location: KSU Natatorium

Scuba Diving RRES-200 92442

Jeff Wilson

Date: January 28 - March 11 (Saturday)
Time: 9:30 am - 1:30 pm No class Feb 4
Fee: \$332 (Also available for non-credit through UFM. Refer to course number AQ105CZ)
Location: KSU Natatorium

Ballroom Dance DANCE-599 92400

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

Michael Bennett

Date: January 18 - May 3 (Wednesday)
Time: 8:00 - 9:00 pm No class March 22
Fee: \$229 (Also available for noncredit partner through UFM RF26az)
Location: ECM Auditorium, 1021 Denison



Ballroom Dance DANCE-599 92401

Michael Bennett

Date: January 18 - May 3 (Wednesday)
Time: 9:00 - 10:00 pm No class March 22
Fee: \$229 (Also available for noncredit partner through UFM RF26bz)
Location: ECM Auditorium, 1021 Denison

Beginning Middle Eastern Dance (Belly Dance) DANCE-599 92405

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

Date: February 16 - May 4, (Thursday)
Time: 3:00 - 4:50 pm
Fee: \$214
Location: KSU Ahearn Dance Studio, Rom 301

Golf RRES-200 92411

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

Jim Gregory

Date: Feb. 28 - April 25 (Tuesday)
Time: 2:30 pm - 4:30pm No class March 21
Fee: \$253
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Golf RRES-200 92412

Jim Gregory

Date: March 1 - April 26 (Wednesday)
Time: 1:30 pm - 3:30pm No class March 22
Fee: \$253
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Golf RRES-200 92413

Jim Gregory

Date: March 1 - April 26 (Wednesday)
Time: 5:30 pm - 7:30pm No class March 22
Fee: \$253
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Golf RRES-200 92414

Jim Gregory

Date: March 2 - April 27 (Thursday)
Time: 9:30 am - 11:30 am No class March 23
Fee: \$253
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Golf in Junction City RRES-200 92417

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

Jim Peterson

Date: March 7 - May 2 (Tuesday)
Time: 5:30 pm - 7:30 pm No class March 21
Fee: \$253 (Also available for non-credit)
Location: Rolling Meadows Golf Course, 7550 Old Milford Rd., Junction City

Golf in Junction City RRES-200 92418

Jim Peterson

Date: March 1 - April 26 (Wednesday)
Time: 5:30 pm - 7:30 pm No class March 21
Fee: \$253 (Also available for non-credit)
Location: Rolling Meadows Golf Course, 7550 Old Milford Rd., Junction City

Judo I RRES-200 92419

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

Isaac Wakabayashi

Date: January 12 - May 4 (Tu/Th)
Time: 8:45 - 9:45 pm (No class March 21 and 23)
Fee: \$180 (Also available for noncredit, MA08z)
Location: Ahearn Room 301

Judo II RRES-200 92420

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

Isaac Wakabayashi

Date: January 12 - May 4 (Tu/Th)
Time: 9:45 - 10:45 pm No class March 21 and 23
Fee: \$180 (Also available for noncredit MA09z)
Location: Ahearn Room 301

Archery RRES-200 92407

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

Tom Korte

Date: January 23 - March 13 (Monday)
Time: 8:00 - 9:45 pm
Fee: \$234
Location: 1125 Laramie Plaza, upstairs

Archery Instructor Training and Certification - Level I RRES-200 92408

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

Tom Korte

Date: January 23 - March 13 (Monday)
Time: 7:00 - 8:45 pm
Fee: \$234 (Also available for noncredit, RF73z. Call UFM at 539-8763)
Location: 1125 Laramie Plaza



Beginning Fencing RRES-200 92421
Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip integrating diplomacy, aggression, speed and skill. This course may not be repeated for credit.

Date: January 23 - April 24 (Monday)
Time: 6:00 - 7:30 pm (No class March 20)
Fee: \$201 (Also available for noncredit, RF21z)
Location: Ahearn Fieldhouse

Intermediate Fencing RRES-200 92423
Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouting. The course may be repeated for credit.

Date: January 23 - April 24 (Monday)
Time: 7:30 - 9:00 pm (No class March 20)
Fee: \$201 (Also available for noncredit, RF22z)
Location: Ahearn Fieldhouse

Tennis RRES-200 92424
The focus of this introductory tennis course is on introducing the proper technique of each tennis stroke. Scoring, rules, single and doubles formation, shot selection and match play will also be covered. Come enjoy the "Sport of a Lifetime". All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Tennis rackets will be available if needed.

Bill Fraley

Date: February 14 - May 2 (Tuesday)
Time: 1:30 - 3:00 pm (No class March 21)
Fee: \$210 (Also available for noncredit, RF19az)
Location: Cottonwood Racket Club, 3615 Claflin Rd.



Tennis RRES-200 92425

Bill Fraley

Date: February 15 - May 3 (Wednesday)
Time: 1:30 - 3:00 pm (No class March 22)
Fee: \$210 (Also available for noncredit, RF19bz)
Location: Cottonwood Racket Club, 3615 Claflin Rd.

Responding to Emergencies RRES-200 92436
This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). This is a two hour credit course. Books are available to purchase at the Red Cross office.

Carol Stites (539-1991)

Date: January 31 - March 6 (Tuesday & Thursday)
Time: 3 - 5 pm
Fee: \$406 Two Hours Credit, (Also available for noncredit, HW19az)
Location: American Red Cross Office, 2601 Anderson Avenue

Responding to Emergencies RRES-200 92435

Carol Stites

Date: January 30 - March 15 (Monday & Wednesday)
Time: 2 - 4 pm (No class Oct. 3)
Fee: \$406 Two Hours Credit, (Also available for noncredit, HW19bz)
Location: American Red Cross Office, 2601 Anderson Avenue

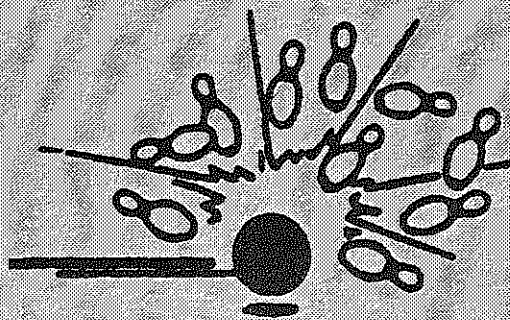
First Aid/CPR/AED Instructor RRES-200 92422
The First Aid/CPR/AED Instructor course will provide candidates with the knowledge and skills necessary to teach the First Aid/CPR/AED courses and modules. These courses include Workplace training; Standard First Aid; Adult/Child/Infant CPR; AED Essentials and combinations thereof, as well as six Injury Control Modules. Orientation to the Community Program materials is also included in the training. Instructor candidates will also receive and introduction to the history, structure and activities, and policies and procedures of the American Red Cross through Fundamentals of Instructor Training, a prerequisite module which will prepare instructor candidates to teach to a diverse population and ensure course consistency, quality and appropriate training.

Date: February 6 - March 13 (Monday)
Time: 4:00 - 8:30 pm (2 hours credit)
Fee: \$406 (Also available for noncredit)
Location: American Red Cross Office, 2601 Anderson

Beginning Bowling RRES-200 92406

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

Date: January 12 - May 4 (Thursday)
Time: 10:30 - 11:20 am (No class March 23)
Fee: \$199
Location: K-State Union Recreation Center



Swim I RRES-200 92426

Swim I is designed for students who have a fear of the water and/or those with little or no water experience. It will address the needs of the truly beginning swimmer. Students will be presented with the skills, knowledge and attitudes necessary to become safe in, on and around the water; to learn basic strokes and survival skills; and be able to assist others in an aquatic emergency using elementary forms of rescue.

Carol Stites

Date: January 23 - March 15 (Mon/Wed)
Time: 9:00 - 10:30 am
Fee: \$204 (Also available for noncredit, AQ36z)
Location: KSU Natatorium

Fitness Swimming RRES-200 92427

Students will learn how to apply principles of physical fitness, hydrodynamics, and training techniques to design goal-based personal workouts. Emphasis will be on refining stroke technique for the four competitive strokes, addressing turns, improving endurance, strength, efficiency, and flexibility; exploring various types of aquatic workouts; and using a weekly point system, understanding the role of activity in maintaining lifetime wellness. Prerequisites: Students MUST be able to 1) comfortably swim 50 yards of front crawl, back crawl, and breaststroke, at an intermediate level; ie, using rhythmic breathing and a propellant kick during stroke; and 2) be comfortable in deep water (be able to tread). Questions may be directed to the instructor.

Carol Stites classswim@yahoo.com

Date: January 31 - March 16 (Tuesday/Thursday)
Time: 6:00 - 7:30 pm
Fee: \$205 (Also available for noncredit, AQ108az)
Location: KSU Natatorium

Fitness Swimming RRES-200 92428

Carol Stites

Date: January 31 - March 16 (Tuesday/Thursday)
Time: 9:30 - 11:00 am
Fee: \$205 (Also available for noncredit, AQ108bz)
Location: KSU Natatorium

Aquatic Fitness Instructor RRES-200 92433

This course is an in-depth educational and training program for individuals interested in advancing their knowledge and skills in designing and leading different types of water exercise. It will prepare instructors to become certified to organize, develop, teach, administer and market safe, fun and effective water exercise programs for various populations. Certification requirements: Attend all sessions, score at least 80% on final written exam, successfully demonstrate ability to plan a class for various populations and effectively teach a class from deck. Textbooks available for purchase at American Red Cross office, 2601 Anderson Ave.

Date: April 22 - April 29 (Saturday/Tuesday/Thursday)
Time: 9am - 7pm(S), 5:30pm - 9:30pm(T/Th)
Fee: \$215
Location: KSU Natatorium

Water Safety Instructor RRES-200 92434

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach Swimming and Water Safety Program courses, including the Basic Water Rescue course, the six levels of Learn-to-Swim, WSI-aide, Water Safety Outreach presentations, and Parent and Child Aquatics. Please Note: The WSI course is NOT designed to teach you the required strokes and skills. Paired practice, coaching and drills are used to refine skills. Be prepared for reading, homework and presentations. Prerequisites: 1) Minimum age of 16 on or before final scheduled session; 2) Current Fundamentals of Instructor Training certificate (included in course); 3) Swim the following strokes consistent with Level 4 Stroke Performance Charts: 25 yards each - front crawl, back crawl, breaststroke, elementary backstroke, side-stroke, and 15 yards of butterfly; 4) Maintain position on back 1 minute in deep water (floating or sculling); 5) Tread water for 1 minute. Certification Requirements: Successfully complete the required number of practice-teaching assignments, demonstrate acceptable level of maturity and responsibility consistent with Red Cross standards, correctly answer at least 80% (40 out of 50 questions) on final instructor course written exam. Questions regarding above information may be directed to the instructor.

Carol Stites

Date: April 03 - April 12 (Monday - Saturday)
Time: 4pm - 7:30pm(M-F), 9am - 7pm(Sa)
Fee: \$338 (Two Hours Credit) (Also available for non credit)
Location: KSU Natatorium
Books available for purchase at the Red Cross Office, 2601 Anderson Ave.

Lifeguard Instructor RRES-200 92438

This class will provide candidates with the knowledge and skills necessary to teach Lifeguarding (including First Aid), Lifeguard Management, CPR for the Professional Rescuer, AED Essentials, Oxygen Administration for the Professional Rescuer, Community Water Safety, and Basic Water Rescue. With additional training and for those meeting the prerequisites, interested candidates would also be able to teach Safety Training for Swim Coaches and/or Waterfront Lifeguarding.

This course prepares instructor candidates by developing their understanding of how to use course materials, how to conduct training sessions, and how to evaluate participants' progress. Candidates must be 17 years of age on or before the final scheduled session; pass the precourse written exam with a minimum grade of 80% or better in each of the 4 sections, and successfully perform all of the skills in the Lifeguarding precourse swim skills, final skill scenarios, all rescues and escapes, and all CPR and First Aid skills. Certification Requirements: Demonstrate characteristics required of an American Red Cross representative and Role Model; demonstrate competency in all required lifeguarding, AED, and oxygen administration skills; Successfully complete at least four practice teaching assignments (these will be done with an actual Lifeguarding class); pass the written examination with a minimum grade of 80% or better. Concerns/questions may be directed to the instructor.

Carol Stites

Date: March 11 - May 1 (Monday - Saturday)
Time: 4/13 & 4/14 at 4pm to 8:30pm (Thurs. and Fri.)
4/15 at 9am - 7pm (Sat.)
4/17 - 5/1 at 5:30pm - 9:30pm (Mon. - Fri.)
No Class: April 25, 27 and 28
Precourse: March 11 9am - 5pm (Saturday)
Fee: \$338
Location: KSU Natatorium
Books available for purchase at the Red Cross Office, 2601 Anderson Ave.



Lifeguard Training RRES-200 92437

The American Red Cross program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Prerequisites: candidate must 1) be 15 years of age on or before the last scheduled day of class; 2) swim 500 yards continuously using these strokes in the following order: *200 yards of front crawl using rhythmic breathing and a stabilizing propellant kick; *100 yards of breaststroke using rhythmic breathing and a stabilizing propellant kick; *200 yards of front crawl, breaststroke, or combination thereof; 3) swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 lb object, return to the surface, and swim 20 yards back to starting point with both hands on the object and face above the water at all times.

Certification Requirements: Demonstrate competency in all required skills, demonstrate competency in the three final scenarios, demonstrate a level of maturity and responsibility consistent with Red Cross standards, and correctly answer at least 80% of questions on the written exams.

Carol Stites

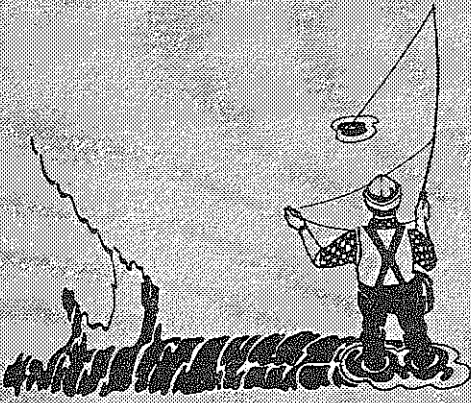
Date: March 14 - May 1 (Monday - Friday)
Time: 4/13 & 4/14 at 4pm to 8:30pm (Thurs. and Fri.)
5:30pm - 9:30pm (No class 4/25, 4/27, 4/28)
Precourse: March 14 6pm - 7:30pm (Friday)
Fee: \$338
Location: KSU Natatorium
Books available for purchase at the Red Cross Office,
2601 Anderson Ave.

Fly Fishing RRES-200 92415

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

Paul Sodemann

Date: February 6 - February 16 (M,T,W,TH)
Time: 6:00 - 8:00 pm
Fee: \$244 (Limited noncredit space is available.
Call UFM at 539-8763, EN04az)
Location: Manhattan High School East Campus, 901 Poyntz



Fly Fishing RRES-200 92416

Paul Sodemann

Date: February 20 - March 2 (M,T,W,TH)
Time: 6:00 - 8:00 pm
Fee: \$244 (Limited noncredit space is available.
Call UFM at 539-8763, EN04bz)
Location: Manhattan High School East Campus, 901 Poyntz

Fundamentals of Canoeing RES-200 92439

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

Date: April 8 - April 9 (Saturday and Sunday)
Time: 8:00 am - 5:00 pm
Fee: \$234
Location: UFM House, 1221 Thurston

Essentials to River Canoeing RRES-200 92450

Essentials to River Canoeing focuses mainly on general use tandem canoes, such that is found at most camps, rental shops or outfitters. The course is designed to give the student the necessary tools needed to travel down a moving river (not white water). Students will be presented with information on river hazards and features, strokes and basic skills such as eddy turns, and ferry's. Prerequisite: "Fundamentals of Canoeing" The course will start with a classroom session at the UFM building on Saturday morning. The remaining time will be spent practicing canoeing strokes and skills on the Kansas River.

Date: April 22 - April 23 (Saturday and Sunday)
Time: 8:00 am - 5:00 pm
Fee: \$254
Location: UFM House, 1221 Thurston

Canoe Camping RRES-200 92451

This class covers the interface between canoeing and camping, how canoeing changes when adapting to the camping environment. The instruction will not be related to basics of camping (putting up tents, building fires, etc). Instead, the class would cover topics like planning, wet-condition packing, navigation, specialized gear requirements, how paddling changes when paddling loaded canoes, focused safety issues, etc - all topics that people need to be proficient in before venturing out on their own canoeing camping trips.

Date: March 4 - March 5 (Saturday and Sunday)
Time: 8:00 am - 6:00 pm
Fee: \$234
Location: KSU Natatorium

Beginning Yoga DANCE-599 92402

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

Ana Franklin

Date: January 12 - March 7 (Tuesday/Thursday)
Time: 10:00 - 11:00 am
Fee: \$214 (Also available for noncredit HW 15az)
Location: KSU Ahearn Dance Studio, Room 301

Beginning Yoga DANCE-599 92403

Ana Franklin

Date: January 15 - March 13 (Monday/Wednesday)
Time: 11:00 AM - Noon
Fee: \$214 (Also available for noncredit HW 15bz)
Location: KSU Ahearn Dance Studio, Room 301

Intermediate Yoga DANCE-599 92404

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

Date: March 9 - May 4 (Tuesday/Thursday)
Time: 11:00 am - 12:00 noon
Fee: \$214 (Also available for noncredit, HW 21z)
Location: KSU Ahearn Dance Studio, Room 301

Yogilates RRES 200 92443

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).

Diana Knox

Date: January 18 - March 6 (Monday/Wednesday)
Time: 10:00 - 11:00 am
Fee: \$234 (Also available for noncredit, RF 42az)
Location: Pro Fitness, 1125 Laramie

Yogilates RRES 200 92444

Diana Knox

Date: March 8 - May 3 (Monday/Wednesday)
Time: 10:00 - 11:00 am No Class March 20 or 22.
Fee: \$234 (Also available for noncredit, RF 42bz)
Location: Pro Fitness, 1125 Laramie

Yogilates RRES 200 92445

Diana Knox

Date: January 12 - March 7 (Tuesday/Thursday)
Time: 12:00 - 1:00 pm
Fee: \$234 (Also available for noncredit, RF 42cz)
Location: Pro Fitness, 1125 Laramie

Yogilates RRES 200 92446

Diana Knox

Date: March 9 - May 4 (Tuesday/Thursday)
Time: 12:00 - 1:00 pm No Class March 21 or 23.
Fee: \$234 (Also available for noncredit, RF 42dz)
Location: Pro Fitness, 1125 Laramie

Yogilates RRES 200 92454

Diana Knox

Date: January 12 - March 7 (Tuesday/Thursday)
Time: 7:00pm - 8:00pm
Fee: \$234 (Also available for noncredit, RF 42ez)
Location: Pro Fitness, 1125 Laramie

Yogilates RRES 200 92455

Diana Knox

Date: March 9 - May 4 (Tuesday/Thursday)
Time: 7:00pm - 8:00pm (No Class 3/21, 3/23)
Fee: \$234 (Also available for noncredit, RF 42fz)
Location: Pro Fitness, 1125 Laramie

Tae Kwon Do I RRES-200 92409

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

David Moore

Date: January 12 - May 4 (Tuesday/Thursday)
Time: 6:30pm - 7:30pm No class March 21 or 23
Fee: \$205 (Also available for noncredit, MA01z)
Location: KSU Ahearn Fieldhouse

Tae Kwon Do II RRES-200 92410

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 including at least six months of martial arts training. Students will continue to develop the skills of blocking, punching, kicking and self-defense. Students will have the option to be tested for their next belt.

David Moore

Date: January 12 - May 4 (Tuesday/Thursday)
Time: 7:30pm - 8:30pm No class March 21 or 23
Fee: \$205 (Also available for noncredit, MA02z)
Location: KSU Ahearn Fieldhouse





Piano I MUSIC 206 92449
 This is a group keyboard class designed for beginners with no previous keyboard experience. This popular class teaches basic concepts which include note reading, rhythm reading, sight reading and group and individual playing. Outside practice is essential for progress in this class.
 Stacy Fehr Regehr
 Date: March 6 - May 3 (Monday/Wednesday)
 Time: 6:30 - 7:20 pm. No Class March 20 or 22.
 Fee: \$219 (Also available for noncredit, CF35z)
 Location: McCain, Room 127

Piano II Music 207 92453
 This group keyboard class is designed for adults with limited previous keyboard experience, ideal follow up for Piano I. The focus will be on theory and practical skills, group and individual performance. A skill assessment will be on conducted the first class. If you are unsure if your level of experience is appropriate for this class, please contact the instructor.
 Stacy Fehr Regehr
 Date: March 6 - May 3 (Monday/Wednesday)
 Time: 6:30 - 7:20 pm. No Class March 20 or 22.
 Fee: \$219 (Also available for noncredit, CF37z)
 Location: McCain, Room 127

Boxing for Women RRES-200 92429
 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. Everyone is welcome to take this course.
 Lorissa Ridley
 Date: January 12 - March 7 (Tuesday and Thursday)
 Time: 6:30 - 7:30 pm
 Fee: \$232
 Location: Blue Hills Shopping Center
 KO Boxing 2303 Tuttle Creek Boulevard

Boxing for Women RRES-200 92430
 Lorissa Ridley
 Date: March 9 - May 4 (Tuesday and Thursday)
 Time: 2:00 - 3:00 pm. No class March 21 or 23
 Fee: \$232
 Location: Blue Hills Shopping Center
 KO Boxing 2303 Tuttle Creek Boulevard

Boxing for Women RRES-200 92431
 Lorissa Ridley
 Date: January 16 - March 6 (Monday and Wednesday)
 Time: 10:30 - 11:30 am
 Fee: \$232
 Location: Blue Hills Shopping Center
 KO Boxing 2303 Tuttle Creek Boulevard

No Contact Boxing for Men RRES-200 92432
 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. Everyone is welcome to take this class.
 Date: March 8 - May 3 (Monday/Wednesday)
 Time: 6:30 - 7:30 pm. No Class March 20 or 22.
 Fee: \$232
 Location: Blue Hills Shopping Center
 KO Boxing 2303 Tuttle Creek Boulevard

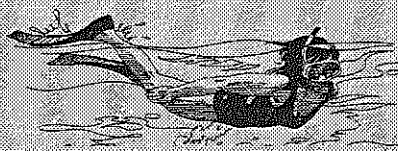
Intermediate Boxing RRES-200 92452
 Participants in boxing must protect themselves at all times. A boxer must be able to move easily with speed, power and agility, while thinking on their feet. Prerequisite for this class is to have completed Boxing for Women/No Contact Boxing for Men or have at least one year of boxing training. This does not include aerobic boxing classes. Students will continue working on their punches, execute combos and participate in bag training. They will train their bodies and discipline their minds. In this no contact boxing class, students will not spar. There will be intense "Catch Mitt" training. Boxing conditioning in this class will include: Power and speed drills, agility, hand-eye coordination exercises, balance and footwork drills, upper and lower body strength training, hard core abs, and strengthening physical endurance. Endurance is pushing your body past your mind's desire to stop. Glove up, protect yourself and be ready to move!
 Date: Jan. 12 - March 7 (Tuesday/Thursday)
 Time: 10:30 - 11:30 am
 Fee: \$232
 Location: Blue Hills Shopping Center
 KU Boxing 2303 Tuttle Creek Blvd.

Total Body Toning RRES-200 92447
 Gaining strength and toning the body are the focus of this class. Exercises for all muscle groups (upper, lower, core) will be used, with safety stressed and taught. Hand weights, tubing, stability balls and steps will be utilized to help develop the body. Come away with some new ways to stay fit. Open to men & women.
 Diana Knox
 Date: January 12 - March 7 (Tuesday and Thursday)
 Time: 10:00 - 11:00 am
 Fee: \$234
 Location: Pro Fitness, 1125 Laramie St, lower level

Total Body Toning RRES-200 92448
 Diana Knox
 Date: March 9 - May 4 (Tuesday and Thursday)
 Time: 10:00 - 11:00 am (No Class on March 21 or 23)
 Fee: \$234
 Location: Pro Fitness, 1125 Laramie St, lower level

SALINA CLASSES

Scuba Diving - Salina RRES-200 89017
 This course will prepare students for NAUI Scuba Diver Certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$50 will be assessed at the time of check out dives. However neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel, which will be available for purchase at the first class. Equipment ranges in price from \$100 to \$175. There is a nonrefundable materials fee of \$50 for withdrawing from the class after the first day.
 Jeff Wilson
 Date: January 26 - March 9 (Thursday)
 Time: 6:30 pm - 10:00 pm
 Fee: \$368
 Location: YMCA, 570 YMCA Dr, Salina



Ballroom Dance - Salina Dance-599 89016
 Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and positions, and partnering. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught. Partners are not necessary. Class is co-sponsored with K-State at Salina Rec Center.
 Date: January 18 - May 3 (Wednesday)
 Time: 7:00 pm - 8:00 pm. No Class March 22
 Fee: \$200.65 (Also available for noncredit through UFM, RF23z)
 Location: The K-State at Salina Rec Center, 3142 Scanlan, Salina

Golf - Salina RRES-200 89013
 This course is designed for the beginning golfer. It will emphasize the fundamentals of the full golf swing, the short game techniques of chipping, putting 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 baskets of balls, \$5.00/basket.
 Ronda Green
 Date: March 6 - May 1 (Monday)
 Time: 2:00 pm - 4:00 pm (No class March 20)
 Fee: \$250.65 (Also available for non-credit, RF06az)
 Location: The K-State at Salina Rec Center, 3142 Scanlan

Golf - Salina RRES-200 89014
 Ronda Green
 Date: March 2 - April 27 (Thursday)
 Time: 5:30 pm - 7:30 pm. No class March 23.
 Fee: \$250.65 (Also available for non-credit, RF06bz)
 Location: The K-State at Salina Rec Center, 3142 Scanlan

Intermediate/Advanced Golf - Salina RRES-200 89015
 This course is designed for the intermediate/advanced golfer, and will allow students to improve their existing golf skills, both physically and mentally. Students will practice improving their golf swing and short game both on the driving range and on the golf course. The first round of golf and first basket of balls are included in class fees. Students will be responsible for one round of golf and additional baskets of balls, \$5.00/basket.
 Ronda Green
 Date: March 1 - April 26 (Wednesday)
 Time: 5:30 pm - 7:30 pm. No class March 22.
 Fee: \$250.65 (Also available for non-credit, RF31z)
 Location: The K-State at Salina Rec Center, 3142 Scanlan, Salina

Beginning Fencing - Salina 89012
 Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competition, only foil is taught in beginning fencing. Course may not be repeated for credit. Fencing entails progressive conditioning of shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip - integrating diplomacy, aggression, speed and skill.
 Date: January 31 - May 2 (Tuesday)
 Time: 6:00 - 7:30 pm. No class March 21.
 Fee: \$255 (Also available for noncredit, RF44z)
 Location: 136 E. Claflin Ave, in Salina. Basement, rear entry



Tae Kwon Do I in Salina RRES-200 89011
 Tae Kwon Do is an effective way to unify the mind and body. It develops one's health by increasing cardiovascular abilities, strength, balance, and flexibility. The basics of blocking, punching, kicking and self defense are taught. Students will work through the materials from white belt through yellow belt (the 1st three levels) at an individual pace. Class will consist of practicing these skills as a group, working with other classmates and the instructor one on one. There will be 3 testings (on skill) as you progress through each level. Not all students will be expected to cover all three levels.
 Cathy Strouk
 Date: Jan. 12 - May 4 (Tuesday/Thursday)
 Time: 4:00 pm - 5:00 pm. No class 3/21, 3/23
 Fee: \$184.65 (Also available for noncredit, MA12z)
 Location: The K-State at Salina Rec Center, 3142 Scanlan Ave.



Grassroots Community Education Award

The Grassroots Community Education Award is an annual recognition by UFM of someone who has made an outstanding contribution to grassroots community education and learning. This year celebrates the 26th time UFM has presented this award.



This year's recipient is Marci Penner from Inman. Marci is being recognized for the work she has done to educate Kansans about Kansas, to support rural communities and to promote events that showcase Kansas activities and tourism.

Marci is the co-founder and executive director of the Kansas Sampler Foundation. The mission of the foundation is to help preserve and sustain rural culture.

In her position at the Kansas Sampler Foundation, Marci is dedicated to helping Kansans see Kansas with new eyes and to keeping our communities alive and healthy. Marci oversees the Kansas Sampler Festival, speaks on a variety of Kansas topics, acts as a liaison for rural communities with state agencies and the media and promotes networking among rural leaders and supporters through a newsletter and conference

She and her father have also authored three guidebooks on Kansas: Kansas Weekend Guide, Kansas Event Guide and Kansas Weekend Guide II.

Marci has just published a new book, The Kansas Guidebook for Explorers.

Manhattan Community Youth Scholarship Fund

UFM administers the Community Youth Scholarship Fund as a special community service project. Funding for the scholarships is provided through the City of Manhattan, Social Services Advisory Board,

This fund is available for Manhattan youth be used for any activity in Manhattan.

Guidelines: The scholarship fund provides scholarships for Manhattan youth activities. Family income for eligibility has generally been based on 150% of federal poverty guidelines. The scholarship pays 50% of program cost to a maximum of \$100 or \$250 per family. Applications are accepted for spring, summer and fall as long as allocated funds are available. Scholarships for spring activities are available immediately.

Because of the number of summer scholarship requests, those applications are processed together. **Applications for summer scholarships, will be accepted at UFM until April 17, 2006.**

Awards will be made in the form of vouchers to present to the program in which the child is enrolling. The program will return the voucher to UFM for payment. No cash awards are made except by prior approval as reimbursement for enrollment. A receipt for the paid enrollment fee is required for reimbursement. Awards will be made as soon as possible after application deadlines. Summer vouchers should be available by May 3, 2006.

Applications will be accepted after the deadline if funds continue to be available. A copy of the application form and general guidelines are available on the UFM website, www.tryufm.org.

If you have questions, contact UFM at 539-8763 or stop by 1221 Thurston St.

Featured Instructor: T.J. Hittle



T.J. Hittle is UFM's featured instructor for the spring 2006 semester. T.J. has volunteered his time teaching classes at UFM and has offered a variety of classes beginning in 1987. Classes include: Landscaping, a Tour of Mercy Hospital's Healing Garden, and various kayaking classes. This semester, T.J. will be conducting several kayak workshops at the K-State Natatorium.



T.J. has extensive experience and training in both Landscape Architecture as well as kayaking. He was the first American Red Cross Canoe & Kayak Instructor-Trainer in Kansas, having taught well over 350 kayaking and canoeing students since 1979. During his travels, on nearly 200 rivers and streams across seven Central, South, & North American countries, he has accumulated over 9,000 river miles. T.J. has documented the greatest number of river miles in the history of the Kansas Canoe Association. He is also the creator and Webmaster for the KANSAS PADDLER Home Page at: www.kansas.net/~tjhittle/.

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.

Have experience kayaking? Try one of UFM's kayak workshops this spring! Our thanks to T.J. for volunteering his time and expertise to provide unique learning opportunities for residents of the Manhattan area.



Spring 2006 Kayak Workshops

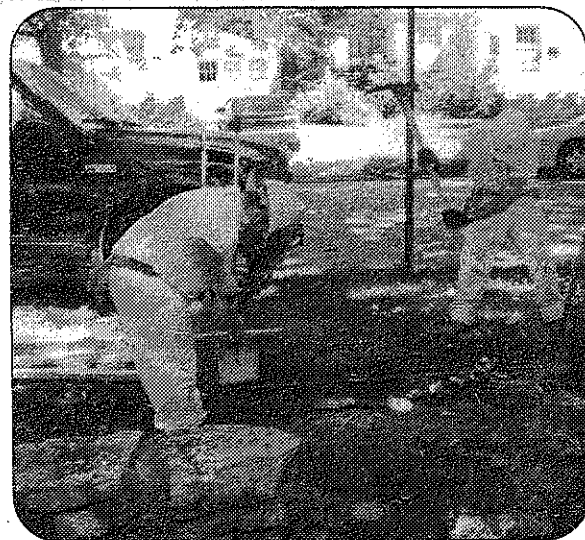
Intermediate Kayak Chapter Workshop-AQ109A
For experienced Touring and White Water Kayakers only. Bring your boats and practice self and assisted rescues. Instructors & Instructor Aides will be on hand from the Kansas Canoe Association (KCA) Kayak Chapter. Instructors will be on hand to:

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

Date: January 22 (Sunday)
Time: 8:30am - 12:30pm
Fee: \$16
Location: KSU Natatorium

Intermediate Kayak Chapter Workshop-AQ109B
Date: February 5 (Sunday)
Time: 8:30am - 12:30pm
Fee: \$16
Location: KSU Natatorium

Intermediate Kayak Chapter Workshop-AQ109C
Date: February 19 (Sunday)
Time: 8:30am - 12:30pm
Fee: \$16
Location: KSU Natatorium



Sidewalk Project Completed!

We are very thankful for the broad support for UFM in the community. In addition to the donations of cash to fund the materials, many thanks go to the following groups who provided the volunteer time and energy to make the project possible.

- Removal of the old sidewalk was completed by the Civitas Group with the support of the K-State Rowing Association.
- Equipment was provided by Martin Tractor
- Bayer Construction disposed of the old concrete.
- The new sidewalk was formed and poured by students in the Concrete Masonry trade at the Flint Hills Job Corps Center.
- Special thanks go to Larry Fry for coordinating the project on behalf of UFM.

Thanks for Your Support!

We wish to thank the following contributors to UFM and the Lou Douglas lecture Series for their financial contributions during 2005. These donations help underwrite general operating costs, lecture expenses and scholarships to make UFM programs and the Lou Douglas Lectures possible.

LIFELONG LEARNER

Aceware Systems
Bayer Construction
Kate Cashman & Jerry Bays
Civitas Group
Stephen Douglas
Doris Grosh
John and Kathryn Douglas-Hodge
Jean Hulbert
Rhonda Janke and Raad Al-Ani
K-State Rowing Association
Sam & Yvonne Lacy
Eugene Laughlin
Little Apple Pilot Club
Dorothy Lloyd
Manhattan Alliance for Peace and Justice
Manhattan Mercury
Charles and Nancy Perkins
Christopher Renner
Martin Tractor Rental
Karen & John McCulloh
Wayne and Elfrieda Nafziger
Jerry and Betty Phares
Bill and Linda Richter
Nancy and Page Twiss
Dean Zollman and Jacqueline Spears

Conclave
Sue Maes & Dennis
Hemmendinger
John Hofmeister
KSU Evening College
LivingWell
Manhattan Arts Center
Marianne Kistler Beach Museum
Mildred Jo Manz
McCalls Patterns
McCalls Pattern Employee's Group
Harriet and Martin Ottenheimer
Carol Oukrop
Pawnee Mental Health Services
People's Grocery
Karen & Leon Rappoport
Donald and Ronna Robertson
Bill and Jane Roy
Franz and Phoebe Samelson
Ruth and Neil Schrum
Edward Seaton
Stagg Hill Golf Club
Chuck and Dorothy Thompson
Unity Church
Julie Govert Walter and Doug Walter

Larry and Penny Fry
Jan Garton
Buzz and Rose Harris
Don and Artyle Hedrick
Ernst Horber
Don & Joyce Hoyt
Grace Hwang
The Iris Cooperative
Jeune & Phillip Kirmser
Bobbie & Dave Kromm
Kelly A. Landes
Manhattan Farmer's Market
Manhattan Friends Meeting
Joseph & Julie Merklin
Morningstar Bead and Breakfast
NOW
Michael and Kathleen Oldfather
Oviatt Family
The Pathfinder
Flordie Pettis
Jerry & Betty Phares
Karen Rappoport
John & Barbara Rees
Alan and Amy Renz
Faith Roach
Leo & Joy Schell
Strecker-Neelson Gallery
Madonna Stallman & Paul
Weidhaas
Michael Suleiman
S. Lee Taylor
Lloyd and Sally Thomas
Joseph and Shirley Unekis
Wildflower Yarns and Knitwear
Van and Barbara Withe

LEARNER
Bette Anderson
Bill & Shirley Arck
Mimi Balderson
James & Terry Carpenter
Mary and Mel Cottom
Kelli Cox
Nelda J. Elder
F. Gene Ernst
L.T. & Eva Fan
Clyde & Marlena Ferguson
Bonnie Hansen
Mary Joerg
C. Clyde & Margaret Jones
Carol Kellett
Berl & Tina Koch
Stacy & Lowell Kohlmeier
Mr. & Mrs. Charles Kramer
Robert & Jan Kruh
Bill and Heather Lansdowne
Dorothy Lloyd
Linda Madl
Melinda Marshall
Beth A. Montelone
Linda Morse
John & Ann Murray
Harold Orbach
Barbara & Ernie Peck
Fritz & Ann Pyle
Bruce & Leslie Snead
Bradley Shaw
Stephen Stover
Daniel & Katherine Swenson
Dwight and Mary Hale Tolar
Krishna Tummala
Ray Weisenburger
Sharon Werle
Alfred & Phyllis Weyerts
Tom and Ronnie Whalen

Van and Barbara Withe
FRIEND
Loren and Donna Alexander
Phil and Dawn Anderson
Joye Ansdell
Douglas Beech
Nikolas Benjamin
Mary A. Chase
Alfred Cochran
Ann McDonald
Brenda S. Fergen
Enell and Bernd Foerster
Latreva Gant

Lucia Gonzalez
William and Elise Guthridge
Steve & Elaine Johannes
Allie Lousch
Yvonne McDonald
Bruce McMillan
Emilie Rabbat
Margaret Sanner
Daniel Schapaugh
Bryant Shepard
Rodney Stanfield
John & Joan Strickler
Ann Taylor
Dave & Stephanie Vruwink

BENEFACTOR

Clafin Books and Copies
Commerce Bank
Liz Douglas Brown
Ken & Margaret Conrow
Brock and Bettie Dale
Lelah Dushkin
John & Judy Exdell
Jacque Gibbons
Great Manhattan Mystery

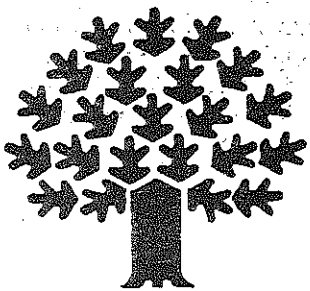
EDUCATOR

Andrea Blair
Steve & Dorothy Bollman
Forrest Buhler
Anne Cowan
Lelah Dushkin
Don & Irmie Fallon
John and Leah Fliter
Ana Franklin

K-STATE OFFICES, COLLEGES AND DEPARTMENTS:

Office of the President
Office of the Provost
Distinguished Lecturers Committee
Adamchak Lecture Series
Student Governing Association
KSU Graduate School
College of Arts and Sciences
College of Business Administration
College of Education
College of Human Ecology
School of Family Studies and Human Services
School of Journalism and Mass Communication
Division of Biology
Department of Economics
Department of English
Department of Geology
Department of Geography
Department of History
Department of Mathematics
Department of Philosophy
Department of Political Science
Department of Psychology
Department of Sociology, Anthropology and Social Work
Department of Speech Communication, Theater and Dance
Women's Studies

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



1221 Thurston, Manhattan, KS 66502
(785) 539-8763

YES!
I WANT TO
SUPPORT
UFM!

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

_____ I would like to be billed in _____ installments.

_____ Call me regarding a gift to UFM.

Name: _____ Home Phone _____

Address: _____ Work Phone _____

City: _____ State: _____ Zip: _____

UFM INSTRUCTORS

Gaitri
Petra Barnes
Thad Beach
Scott Bean
Michael Bennett
Mathew Bishop
Cortney Bowden
Cari Bowlin
Jaci Boydston
Caryn Brooks
Carl Brown
Charlene Brownson
Marie Burgett
Bob Campbell
John Carlin, Ph.D.

Kelley Casey
Kate Cashman
Rosina Catalan
Jeremy Clark
Olivia Collins
Sheryl Cornell
Maria Coscia
Randi Dale
Crystal Dixon
Sarah English
Gregg Eyestone
Travis Flewelling
Enell Foerster
Jo Foy
Bill Fraley

Ana Franklin
Diane Freeby
Ronda Green
Jim Gregory
Jeff Gwartz
Colleen Hampton
Tom Hittle
Palma Holden
Marcia Hornung
Joyce Juhler
Gayathri Kambhampati
Barbara Karnowski
Stormy Kennedy
Diana Knox
Tom Korte

Toni Kroll
Gia Kvaratskhelia
Little Apple Brew Crew
Pradeep Malreddy
Kelly Marshall
Alisha Matz
Judy Metcalf
David Moore
Lindsay Moss
Mark Moser
Jim Peterson
Mariko Price
Emilie Rabbat
Wade Radina
Mary Ray

Stacey Regehr
Lorissa Ridley
Mary Helen Robles
Ibrahim Saleh
Abby Scheopner
Rita Scheopner
Tilman Schober
Heather Scott
Jill Shanteau
Micah Sharp
Glenn Sixbury
Paul Sodamann
Steve Spencer
Susie Stanfield
Carol Stites

Cathy Strowig
Linda Teener
Don Terhune
Mei Hwa (Tina) Terhune
Michael Tran
Kennita Tully
Audrey Umekudo
Darlene Vermeullen
Isaac Wakabayashi
Florence Wang
Jeff Wilson
Stan Wilson
George Wyatt
Maya Zahira

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 Hornung

ON CAMPUS REGISTRATIONS

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

DATE TIME LOCATION
Jan. 18 10 am - 2 pm KSU Union
Jan. 19 10 am - 2 pm KSU Union

Registration continues throughout the semester:

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

MAILING YOUR REGISTRATION?

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

UFM accepts donations of money and usable office items.

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

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

CRA-Community Resource Act

Who we are: UFM's State Outreach Program

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

How we assist: 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, we will refund 48 hours notice before the starting date, and give 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!!



Online!!! Visit our website:

www.tryufm.org
Click on non-creditclasses.
Register for any class!



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



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



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

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

1221 Thurston Registration Form
Manhattan, KS 66502 539-8763

1221 Thurston Registration Form
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

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 Number _____ Expiration Date _____

Card Cardholder's Name (Please Print) _____

Card Cardholder's Name (Please Print) _____

Cardholder's Signature _____

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.

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

Signature** Date _____

Signature** 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 _____	