

UFM Programs

EDUCATION

UFM'S EDUCATION PROGRAM OFFERS DIVERSE CREDIT AND NONCREDIT CLASSES AS WELL AS TEST PREPARATION COURSES. CLASSES ARE TAUGHT BY PEOPLE WHO WANT TO SHARE THEIR INTEREST WITH OTHERS. PARTICIPANTS RANGE FROM KSU FACULTY/STAFF, STUDENTS AND MANHATTAN AREA RESIDENTS.



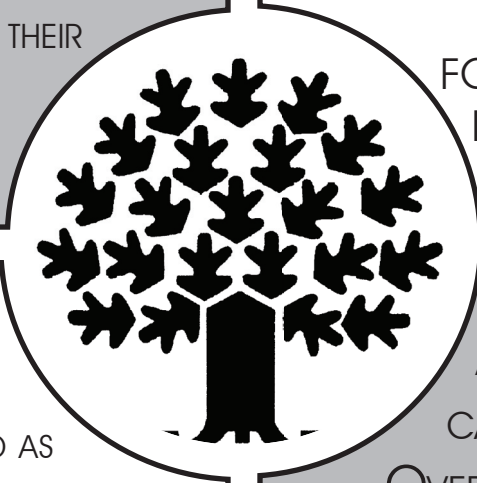
David Eisenhower visits with Eisenhower Middle School students while at KSU for his lecture.

CRA-COMMUNITY RESOURCE ACT

UFM'S STATE OUTREACH PROGRAM PROVIDES CONSULTATION, TECHNICAL ASSISTANCE AND MINI-GRANTS TO KANSAS COMMUNITIES INTERESTED IN STARTING THEIR OWN COMMUNITY EDUCATION AND DEVELOPMENT PROGRAMS.



FOCUSING ON SOCIAL JUSTICE, HUMAN RIGHTS, EQUALITY FOR ALL PEOPLE AND INTERNATIONAL DEVELOPMENT



TEEN MENTORING

THE TEEN MENTORING PROGRAM WAS DEVELOPED AS A WAY TO PROVIDE SUPPORT AND POSITIVE INTERACTION TO YOUTH WHO HAVE TROUBLE RELATING TO TRADITIONAL YOUTH PROGRAMS. STUDENTS ARE MATCHED TO MENTORS WHO WORK WITH THEM DURING WEEKLY MEETINGS. A VARIED CURRICULUM IS PLANNED WITH OPPORTUNITIES FOR RECREATION AND LEARNING EXPERIENCES. GROUP MEETS TWO DAYS A WEEK AFTER SCHOOL.



THE MANHATTAN COMMUNITY GARDEN IS A COOPERATIVE GARDENING PROJECT LOCATED IN THE SOUTH PART OF MANHATTAN. OVER 200 PLOTS ARE AVAILABLE ON AN ANNUAL BASIS. A SMALL PLOT RENTAL FEE IS CHARGED TO COVER COSTS OF OPERATING THE PROGRAM. PLOT SIGN-UPS OCCUR IN FEBRUARY AND MARCH EACH YEAR.



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 swim-suits. Showers are required before entering the water. Children over the age of 5 are not permitted in restrooms/locker rooms of the opposite sex. Changing tables are available in both the men's and women's locker rooms.



PARENT'S DAY will be scheduled to allow parents on deck to observe their child's progress. Each child will receive a progress report at this time as well as at the end of class. Note: Minimum enrollment for all classes is 4. If less than 4 enroll, classes maybe combined, changed to private or semi-private lessons or cancelled.

Beginning & Ending Dates

(Levels I-VI and Adult Lessons)

Session A: Mon. - Fri., June 5 - June 16
Session B: Mon. - Fri., June 19 - June 26
*Session C: Wed. - Fri., July 5 - July 14
Session D: Mon. - Fri., July 17 - July 28

(No class on Mon. July 3 or Tues. July 4)

*Classes will have reduced fees for this session due to the shortened session.

Beginning & Ending Dates (Parent Infant/Parent Tot, Tot Transition and Private Swim Lessons)

Session A1: Mon. - Fri., June 5 - June 9
Session A2: Mon. - Fri., June 12 - June 16
Session B1: Mon. - Fri., June 19 - June 23
Session B2: Mon. - Fri., June 26 - June 30
Session C2: Mon. - Fri., July 10 - July 14
Session D1: Mon. - Fri., July 17 - July 21
Session D2: Mon. - Fri., July 24 - July 28

Parent/Infant and Parent/Tot

This water orientation program is designed to teach you how to work safely and effectively with your child and to teach basic water safety and self-help skills. This program emphasizes water adjustment, preparatory activities for swimming and water enjoyment for you and your child. Small children should wear swim diapers or snug-fitting

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

Session A1: Monday - Friday
AQAPA 9:30 AM - 10:00 AM
AQAPP 5:30 PM - 6:00 PM

Session B1: Monday - Friday
AQBPA 9:30 AM - 10:00 AM
AQBPP 5:30 PM - 6:00 PM

Session C2: Monday - Friday
AQCPA 9:30 AM - 10:00 AM
AQCPP 5:30 PM - 6:00 PM

Session D1: Monday - Friday
AQDPA 9:30 AM - 10:00 AM
AQDPP 5:30 PM - 6:00 PM
Fee: \$22.00 per session (5 classes)

Tot Transition

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

Session A2: Monday - Friday
AQATA 9:30 AM - 10:00 AM
AQATP 5:30 PM - 6:00 PM

Session B2: Monday - Friday
AQBTA 9:30 AM - 10:00 AM
AQBTP 5:30 PM - 6:00 PM

Session D2: Monday - Friday
AQDTA 9:30 AM - 10:00 AM
AQDTP 5:30 PM - 6:00 PM
Fee: \$22.00 per session (5 classes)

Level I: Water Exploration

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

Session A: Monday - Friday
AQ01A1 10:05 AM - 10:45 AM
AQ01A2 10:50 AM - 11:30 AM
AQ01A3 6:15 PM - 6:55 PM

Session B: Monday - Friday
AQ01B1 10:05 AM - 10:45 AM
AQ01B2 10:50 AM - 11:30 AM
AQ01B3 6:15 PM - 6:55 PM

Session C: Monday - Friday
AQ01C1 10:05 AM - 10:45 AM
AQ01C2 10:50 AM - 11:30 AM
AQ01C3 6:15 PM - 6:55 PM

Session D: Monday - Friday
AQ01D1 10:05 AM - 10:45 AM
AQ01D2 10:50 AM - 11:30 AM
AQ01D3 6:15 PM - 6:55 PM
Fee: \$47.00 per session



**KAYAK CLASSES
ARE LISTED IN
EARTH AND NATURE
SECTION**

**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



Aquatics Continued

Level II: Primary Skills

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

Session A: Monday - Friday
 AQ02A1 10:05 AM - 10:45 AM
 AQ02A2 10:50 AM - 11:30 AM
 AQ02A3 6:15 PM - 6:55 PM

Session B: Monday - Friday
 AQ02B1 10:05 AM - 10:45 AM
 AQ02B2 10:50 AM - 11:30 AM
 AQ02B3 6:15 PM - 6:55 PM

Session C: Monday - Friday
 AQ02C1 10:05 AM - 10:45 AM
 AQ02C2 10:50 AM - 11:30 AM
 AQ02C3 6:15 PM - 6:55 PM

Session D: Monday - Friday
 AQ02D1 10:05 AM - 10:45 AM
 AQ02D2 10:50 AM - 11:30 AM
 AQ02D3 6:15 PM - 6:55 PM
 Fee: \$47.00 per session

Level III: Stroke Readiness

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

Session A: Monday - Friday
 AQ03A1 10:05 AM - 10:45 AM
 AQ03A2 10:50 AM - 11:30 AM
 AQ03A3 6:15 PM - 6:55 PM

Session B: Monday - Friday
 AQ03B1 10:05 AM - 10:45 AM
 AQ03B2 10:50 AM - 11:30 AM
 AQ03B3 6:15 PM - 6:55 PM

Session C: Monday - Friday
 AQ03C1 10:05 AM - 10:45 AM
 AQ03C2 10:50 AM - 11:30 AM
 AQ03C3 6:15 PM - 6:55 PM

Session D: Monday - Friday
 AQ03D1 10:05 AM - 10:45 AM
 AQ03D2 10:50 AM - 11:30 AM
 AQ03D3 6:15 PM - 6:55 PM
 Fee: \$47.00 per session

Water Safety Instructor Aide Course

AQ121B

This course is designed for anyone who is interested in becoming an aide for the American Red Cross Learn to Swim Program. Please contact UFM for additional details and eligibility requirements for this course.

Instructor: Anna Neises

Date: May 30 (T)
 Time: 5:00 PM to 8:00 PM
 Fee: \$25.00
 Location: KSU Natatorium



Level IV: Stroke Development

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

Session A: Monday - Friday
 AQ04A1 10:05 AM - 10:45 AM
 AQ04A2 10:50 AM - 11:30 AM
 AQ04A3 6:15 PM - 6:55 PM

Session B: Monday - Friday
 AQ04B1 10:05 AM - 10:45 AM
 AQ04B2 10:50 AM - 11:30 AM
 AQ04B3 6:15 PM - 6:55 PM

Session C: Monday - Friday
 AQ04C1 10:05 AM - 10:45 AM
 AQ04C2 10:50 AM - 11:30 AM
 AQ04C3 6:15 PM - 6:55 PM

Session D: Monday - Friday
 AQ04D1 10:05 AM - 10:45 AM
 AQ04D2 10:50 AM - 11:30 AM
 AQ04D3 6:15 PM - 6:55 PM
 Fee: \$47.00 per session

WSI- Water Safety Instructor AQ121

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

Books available for purchase at the Red Cross

Date: TBA - contact UFM for more information
 Time: TBA
 Fee: \$180.00
 Location: KSU Natatorium

Level V: Stroke Refinement

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

Session A: Monday - Friday
 AQ05A1 10:50 AM - 11:30 AM
 AQ05A3 6:15 PM - 6:55 PM

Session B: Monday - Friday
 AQ05B1 10:50 AM - 11:30 AM
 AQ05B3 6:15 PM - 6:55 PM

Session C: Monday - Friday
 AQ05C1 10:50 AM - 11:30 AM
 AQ05C3 6:15 PM - 6:55 PM

Session D: Monday - Friday
 AQ05D1 10:50 AM - 11:30 AM
 AQ05D3 6:15 PM - 6:55 PM
 Fee: \$47.00 per session

Level VI: Skill Proficiency

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

Session A: Monday - Friday
 AQ06A1 10:50 AM - 11:30 AM
 AQ06A3 6:15 PM - 6:55 PM

Session B: Monday - Friday
 AQ06B1 10:50 AM - 11:30 AM
 AQ06B3 6:15 PM - 6:55 PM

Session C: Monday - Friday
 AQ06C1 10:50 AM - 11:30 AM
 AQ06C3 6:15 PM - 6:55 PM

Session D: Monday - Friday
 AQ06D1 10:50 AM - 11:30 AM
 AQ06D3 6:15 PM - 6:55 PM
 Fee: \$47.00 per session



Aquatics Continued

Adult Swim Lessons

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

Session B: Monday - Friday
AQAB3 5:30 PM - 6:10 PM

Session D: Monday - Friday
AQAD3 5:30 PM - 6:10 PM
Fee: \$47.00 per session

Lap Swimming Ages 13 plus

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

Session A: Monday - Friday
AQLSA1 10:00 AM - 11:30 AM
AQLSA3 6:00 PM - 7:00 PM

Session B: Monday - Friday
AQLSB1 10:00 AM - 11:30 AM
AQLSB3 6:00 PM - 7:00 PM

Session C: Monday - Friday
AQLSC1 10:00 AM - 11:30 AM
AQLSC3 6:00 PM - 7:00 PM

Session D: Monday - Friday
AQLSD1 10:00 AM - 11:30 AM
AQLSD3 6:00 PM - 7:00 PM
Fee: \$19.00 per session

Lap Swimming for Parents

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

Session A: Monday - Friday
AQ75 10:00 AM - 11:30 AM
AQ76 6:00PM - 7:00PM

Session B: Monday - Friday
AQ77 10:00 AM - 11:30 AM
AQ78 6:00 PM - 7:00 PM

Session C: Monday - Friday
AQ79 10:00 AM - 11:30 AM
AQ80 6:00 PM - 7:00 PM

Session D: Monday - Friday
AQ81 10:00 AM - 11:30 AM
AQ82 6:00 PM - 7:00 PM
Fee: \$14.00 per session



Shallow Hydroaerobics: Water Exercise

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

Session A: June 5 - June 30
Monday - Friday (6:05 PM - 7:00 PM)
AQSHA1 (1 time a week)
AQSHA3 (3 times a week)
AQSHA5 (5 times a week)

Session B: July 5 - July 28
Monday - Friday (6:05 PM - 7:00 PM)
AQSHB1 (1 time a week)
AQSHB3 (3 times a week)
AQSHB5 (5 times a week)
Fee: \$16.00 for 1 Time a week per session
\$29.00 for 3 Times a week per session
\$39.00 for 5 Times a week per session

Shallow Water Hydro Aerobics for the entire summer (June 5 - July 28)

AQSHE1 (1 Time a week)
AQSHE3 (3 Times a week)
AQSHE5 (5 Times a week)
Fee: \$26.00 for 1 Time a week
\$49.00 for 3 Times a week
\$62.00 for 5 Times a week

Deep Water Hydro Aerobics

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

Session A: June 6 - June 29
AQDEA Tues. & Thurs. 6:05 PM - 7:05 PM

Session B: July 6 - July 27
AQDEB Tues. & Thurs. 6:05 PM - 7:05 PM
Fee: \$29.00 for 2 Times per week per session

Deep Water Hydro Aerobics for the entire summer AQDEE

(June 6 - July 27) (Tues./Thurs.)
Fee: \$49.00 for 2 times per week

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



LIVINGWELL INC.
DEVELOPMENT FOR THE BODY, MIND & SPIRIT

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



Aquatics Continued

Private Swim Lessons

Private lessons provide one-on-one instruction for any level of swimmer. There are five 30-minute lessons that occur in consecutive days excluding Saturday and Sunday. Please make sure you record these times and dates when you register; due to time constraints:
THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Morning and Evening Private Lessons:

AQ103A1: Mon. - Fri., June 5 - June 9
 AQ103A2: Mon. - Fri., June 12 - June 16
 AQ103B1: Mon. - Fri., June 19 - June 23
 AQ103B2: Mon. - Fri., June 26 - June 30
 AQ103C2: Mon. - Fri., July 10 - July 14
 AQ103D1: Mon. - Fri., July 17 - July 21
 AQ103D2: Mon. - Fri., July 24 - July 28

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

Times for all evening classes:
 5:30 PM - 6:00 PM
 Fee: \$69.00 per session

Open Swim Appreciation **AQ104A**

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

Date: June 25 (Sunday)
 Time: 5:00 PM - 7:00 PM
 Fee: No Charge
 Location: KSU Natatorium

Open Swim Appreciation **AQ104B**

For UFM swim participants and their parents.

Date: July 23 (Sunday)
 Time: 5:00 PM - 7:00 PM
 Fee: No Charge
 Location: KSU Natatorium



Scuba Diving **AQ105**

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

Dates: June 5th - July 17th (Monday)
 Time: 5:30 to 9:30 PM
 Fee: \$236.00 (also available for KSU credit)
 Location: KSU Natatorium
 (No class on July 3)

Lifeguard Training **AQ106A**

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

Date: May 19 - May 22
 Time: Friday: 6:00 - 9:00 PM, Saturday, Sunday, Monday: 8AM - 5PM
 Fee: \$139.00
 Location: KSU Natatorium

Lifeguard Training **AQ106B**

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

Date: TBA - contact UFM for information
 Time: TBA
 Fee: \$139.00
 Location: KSU Natatorium



Take a Peek at the Past

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

Riley County Historical Museum

2309 Claflin

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

Goodnow House Museum

2309 Claflin

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



Pioneer Log Cabin

Manhattan City Park

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

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

Wolf House Museum

630 Fremont

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

For more information, call 565-6490



Career & Finance

Gain Control of Your Money & Become Debt Free **FC01**

Is there too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on debt and insurance? This class will cover fees/charges to watch out for with credit cards and mortgages. You will learn to identify problem areas in your finances, so that you can start to take control of your money. Learn to buy wisely and reach your financial dreams. Everyone attending this seminar will have the option to get an individual consultation to establish their debt-free date.

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

Date: June 12 (Monday)
Time: 7:00 PM - 8:30 PM
Fee: \$12.00 Individual, \$16.00 couple
Location: UFM Conference Room
06BFC29 (Both Gain Control & Investing \$16.00 individual, \$20.00 couple)

Investing In Your Future **FC02**

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

Charlene Brownson (776-3666)
Date: June 19 (Monday)
Time: 7:00 PM - 8:30 PM
Fee: \$12.00 Individual, \$16.00 couple
Location: UFM Conference Room
06BFC29 (Both Gain Control & Investing \$16.00 individual, \$20.00 couple)

*Take both Gain Control of Your Money AND Investing in Your Future at a discounted rate! (Course #: 06BFC29)

(\$16.00 individuals, \$20.00 couple)



Personal Finance for Future and Recent College Grads: The Right Start **06BFC40A**

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.

Instructor: Raymond Eickstadt

Raymond Eickstadt: (785) 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 K-State.

Date: 06/13/2006 (T)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: Waddell & Reed Conference Room, 555 Poyntz Ave

Personal Finance for Future and Recent College Grads: The Right Start **06BFC40B**

Instructor: Raymond Eickstadt

Date: 07/12/2006(W)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: Waddell & Reed Conference Room, 555 Poyntz Ave

Personal Finance for Future and Recent College Grads: The Right Start **06BFC40C**

Instructor: Raymond Eickstadt

Date: 08/09/2006 (W)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: Waddell & Reed Conference Room, 555 Poyntz Ave

Retirement Planning for all Stages **06BFC41A**

This class will address the complexities of retirement accumulation: personal savings, employer-sponsored plans and social security. Also includes the withdrawal of these plans to provide an income stream during retirement.

Instructors: Diane Freeby, (785) 537-4505 and Mathew Bishop, (785) 537-4505, mbishop@wradvisors.com are financial advisors with Waddell & Reed, Inc.

Date: 06/22/2006 (Th)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00
Location: Waddell and Reed Conference Room, 555 Poyntz Ave

Retirement Planning for all Stages **06BFC41B**

Instructors: Diane Freeby and Mathew Bishop

Date: 07/13/2006 (Th)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00
Location: Waddell and Reed Conference Room 555 Poyntz Ave



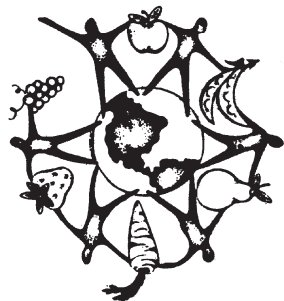
Are You Afraid of Public Speaking? **06BPI37**

Improve your public speaking skills and calm your nerves in a supportive environment. In this class, we'll discuss the most common public speaking fears and strategize and practice ways to overcome them.

Instructor: Sarah Bourassa

Sarah Bourassa is a graduate student in Speech Communication at Kansas State. She teaches public speaking at both Kansas State University and Manhattan Technical College.

Date: 06/13/2006 to 07/11/2006 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$29.00
Location: UFM Conference Room



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



Creative Free Time

Beginning Knitting

06BCF05A

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.

Instructor: Kennita Tully, (785) 537-1826

Kennita Tully is a nationally recognized freelance knitwear designer whose work has appeared in most knitting publications including *Knitters*, *Interweave Knits*, *Vogue Knitting*, *Family Circle Easy Knitting*, *Knit It!* and others. She also designs for yarn companies and her shop, Wildflower yarns and knitwear in downtown Manhattan.

Date: 06/21/2006 to 07/12/2006 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave., Wildflower Yarns & Knitwear

Beginning Knitting

06BCF05B

Instructor: Kennita Tully

Date: 07/10/2006 to 07/31/2006 (M)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave., Wildflower Yarns & Knitwear



Brain Gym®Core Course

Series-Repatterning

06BCF29

Learn and review PACE, the Brain Gym® Learning Readiness Tool, which prepares the mind/body system for fun and easy learning. This learning "jump-start" is unique to Brain Gym® and is useful whenever the participant feels a need to re-energize and/or gain more clarity for a more active and positive learning experience. These four Brain Gym® activities have a simple, physiological basis and are easily done in less than five minutes. This workshop includes two repatterning techniques. The Dennison

Laterality Repatterning is a simple process that is unique to the work created by Dr. Paul Dennison, Ph.D., known as Educational Kinesiology. The Three Dimensional Repatterning is a variation of this basic technique that requires a different body orientation with more in-depth use of the muscular system to re-organize the nervous system. Participants enhance basic movement patterns and create a higher level of whole brain learning by using these processes. Also taught in this workshop is an awareness of the use of the muscular system to access information that can be helpful in understanding the participant's levels of integration or lack there of. With enhanced levels of muscular awareness you are able to make better choices in your learning and decision-making. Muscle response, often referred to as muscle checking or applied kinesiology by specialists, is explored at the level of group interest. The information will be explored in the Five Steps to Easy Learning Process for Whole Body Movement and can include goals for such academic skills as reading, writing, spelling and math.

Instructor: Judy Metcalf

Judy Metcalf, (571) 217-7736, jmetcalf44@aol.com, is licensed by Brain Gym® International/Educational Kinesiology Foundation and has been teaching for 30 years. She welcomes opportunities to share her passion about moving to learn and learning to move and invites you to join in life-long learning. Brain Gym® is the registered trademark of Brain Gym® International/Educational Kinesiology Foundation, 1-800-356-2109 www.braingym.org.

Date: 06/17/2006 (Sa)
Time: 9:30 AM to 4:30 PM
Fee: \$84.00
Location: UFM Fireplace Room

Poker: Casino Texas Hold 'em

for Beginners and Others

06BCF30

This class will discuss the basic rules of Texas Hold'em (and its variations) as well as betting, strategies and 'table' manners. If you want to step up your game to the casino level, then this may be your best bet. Luck will get you so far, but skill will get you farther.
Instructor: Adam Durar

Adam is currently attending K-State where he is majoring in Business Administration. Adam started playing poker around two years ago with friends and online.

Date: 07/20/2006 (Th)

Time: 7:00 PM to 8:30 PM

Fee: \$17.00

Location: UFM Fireplace Room



Writing and Publishing Your Novel

06BCF34

In this four-session class discover the steps to writing, and selling that popular fiction novel you've always wanted to write. Sessions will feature lecture elements, class participation, voluntary homework assignments and critiques for commercial fiction. Fundamentals addressed will include conflict, character, plot, openings, point of view, scene structure, dialogue, and pacing. The marketing aspects covered will include the query letter, synopsis, and proposal preparation. For fun and illustration, participants will develop a class novel. Bring your favorite paperback novel to class. See the syllabus online for more details
Instructor: Linda Madl

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

Date: 06/08/2006 to 06/29/2006 (Th)
Time: 7:00 PM to 9:00 PM
Fee: \$55.00
Location: UFM Multipurpose Room

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>



Creative Free Time Continued

Introduction to Watercolor and Calligraphy

06BCF55A

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.

Instructor: Mariko Price

Mariko Price, mariko@ksu.edu, 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: 06/06/2006 to 06/27/2006 (T/Th)
Time: 10:30 AM to 12 N
Fee: \$49.00
Location: UFM Fireplace Room

Introduction to Watercolor and Calligraphy

06BCF55B

Mariko Price, mariko@ksu.edu

Date: 07/07/2006 to 07/27/2006 (T/Th)
Time: 10:30 AM to 12 N
Fee: \$49.00
Location: UFM Fireplace Room

So You Want to Write a Mystery?

06BCF77

Have you ever wanted to write a mystery novel? Do you know the difference between mystery and suspense? Do you have a book already started? Or is it just taking shape in your mind? Do you realize how important revision is and where to turn once you think your novel is in saleable shape? In these two classes you will learn what some of the best writers in the business know when they set out to write a book. Drawing inspiration from texts such as "How to Write Killer Fiction" by Carolyn Wheat; and "Seven Steps on the Writer's Path" by Nancy Pickard, you will begin to get an idea for the processes used by prize-winning writers to get into the mystery business and stay there year after year. Pertinent hand-outs will be available. Bring a first chapter to the second session for a round of class critiquing.

Instructor: Marolyn Caldwell

Marolyn Caldwell, (785) 776-4862, marolync@flinthills.com, an inveterate reader of mysteries, is the chairman of the The Great Manhattan Mystery Conclave, Inc., a national writers/readers convention held in Manhattan each fall that focuses on "small town" mysteries. Besides having been involved for many years with professional writers groups (Mystery Writers of America and Sisters-in-Crime) and writers conventions (Malice Domestic and GMMC), she has had two romantic-suspense novels published by Walker & Company.

Date: 07/15/2006 to 07/22/2006 (Sa)
Time: 10:00 AM to 12 N
Fee: \$34.00
Location: UFM Fireplace Room

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

Introduction to Photography 06BCF78

This class will focus on basic concepts of photography and is a combination of the previously separate Photography I and II classes. To get the most out of this class, participants should have either a film or 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. 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. The class will also cover an introduction to exposure, metering and controlling light, composition, and learning to see creatively. Discussion of issues relevant to digital photography such as white balance and image 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 5 classroom meetings (Thursday evenings 7-9) and 4 field trips (Saturdays, approximately 6-9). 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.

Instructor: Scott Bean

Scott Bean, (785) 776-944, srbean@ksu.edu, 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: 06/01/2006 to 06/29/2006 (Th/Sa)
Time: 7:00 PM to 9:00 PM; Sa TBA
Fee: \$72.00
Location: UFM Fireplace Room



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.*



Earth & Nature

Water Gardening for Beginners to Advanced 06BEN32

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

Instructor: Mike Bonella: (785) 537-3693

Date: 06/24/2006 (Sa)
Time: 6:30 PM to 7:30 PM
Fee: \$12.00
Location: Manhattan Aquarium Company & Water Garden Center

Manhattan Aquarium Company & Water Garden Center

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



Supplies for All Pets



Manhattan's
Largest Pet Store

Touring Kayak-Rescues and Recoveries 06BAQ37A

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

Instructor: Larry Storer

Larry Storer, (785) 292-4561, larrystorer@yahoo.com, has been an avid touring kayaker for several years. He has taught beginning skills and self-rescue kayak classes at local lakes and for the Kansas Canoe & Kayak Association for the last few years. Larry is an enthusiastic paddler and instructor who enjoys sharing his love of the sport.

Date: 06/11/2006 (Sun)
Time: 8:30 AM to 12 N
Fee: \$50.00
Location: KSU, Natatorium

Touring Kayak-Rescues and Recoveries 06BAQ37B

Larry Storer

Date: 06/24/2006 (Sun)
Time: 8:30 AM to 12 N
Fee: \$50.00
Location: KSU, Natatorium

Touring Kayak-Rescues and Recoveries 06BAQ37C

Larry Storer

Date: 07/09/2006 (Su)
Time: 8:30 AM to 12 N
Fee: \$50.00
Location: KSU, Natatorium

Vegetable Gardening in the Fall Season 06BEN38

Imagine gardening when the weather is cooler, the insects are fewer, and the weeds are both smaller and fewer... that's gardening in the fall! Take advantage of these benefits by learning what to plant, when to plant it, and how to plant it to have the best vegetable crop ever! We'll even discuss gardening possibilities beyond the end of October. Instructor: Colleen Hampton

ColleenHampton, cmhampton314@sbcglobal.net, is a seasoned Riley County Extension Master Gardener who has a particular interest in growing vegetables of all kinds. She has taught UFM gardening classes for over 15 years and is a long-time Manhattan Community Garden member. Colleen welcomes all your gardening questions.

Date: 07/27/2006 (Th)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: UFM Greenhouse



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.



Fun Foods

Indian Cooking

06BFF22

If you savor the Indian food and in particular the 'tiffins', then this class is for you. The class shall have five sessions and in each session you shall learn to make and cherish a different tiffin. The different tiffins are: Dosa, Puri, Vada, Pulihora, and Idli.

Instructor: Pradeep Malreddy

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

Date: 06/01/2006 to 06/29/2006 (Th)
Time: 5:30 PM to 7:00 PM
Fee: \$22.00
Location: UFM Kitchen

Cooking with Water 06BFF202

Have you ever been told that you are such a bad cook that you can't boil water? Well, this is the class for you. We begin by learning stovetop safety as well as tap turning and pot handling. As an added bonus, we will learn to "just add water". This concept has eluded some for years. As a class we will celebrate our new-found skills by making powdered drinks for a course graduation party.

Instructor: O.J. Powder - one of the original minds behind astronaut drink mixes

Date: 06/01/2006 to 06/29/2006 (Th)
Time: 5:30 AM to 7:00 PM
Fee: \$-1.00
Location: Waters Hall Room H-20

Vegetarian Cooking

06BFF23

We all know that a vegetarian diet can be a healthy alternative to the normal American diet. But, how do you make sure you are getting what you need, and how do you prepare those strange foods? This class will give you the answers to those questions, plus more. You'll get the opportunity to prepare and sample vegetarian desserts, side dishes, and entrees as well. We'll send you home with lots of delicious recipes, plus an arsenal of substitutions you can make to your usual recipes to make them healthier and vegetarian friendly. Each session will start with information and demonstrations and then we'll let you take over in the kitchen. Only 2 weeks to a healthier you!! (fees cover cost of food and materials)

Instructor: Sara Rosenkranz

Sara Rosenkranz holds her M.S. in Kinesiology and her C.N. in nutrition. She is currently an instructor in the department of Kinesiology at KSU and is pursuing her PhD in Human Nutrition. She has been a vegetarian since the age of 18 and is still going strong. Sara has worked in vegetarian health food stores as well as a Vegan restaurant and has a wide variety of delicious recipes to share with you!

Date: 06/06/2006 to 06/15/2006 (T/Th)
Time: 7:00 PM to 8:30 PM
Fee: \$75.00
Location: UFM Kitchen

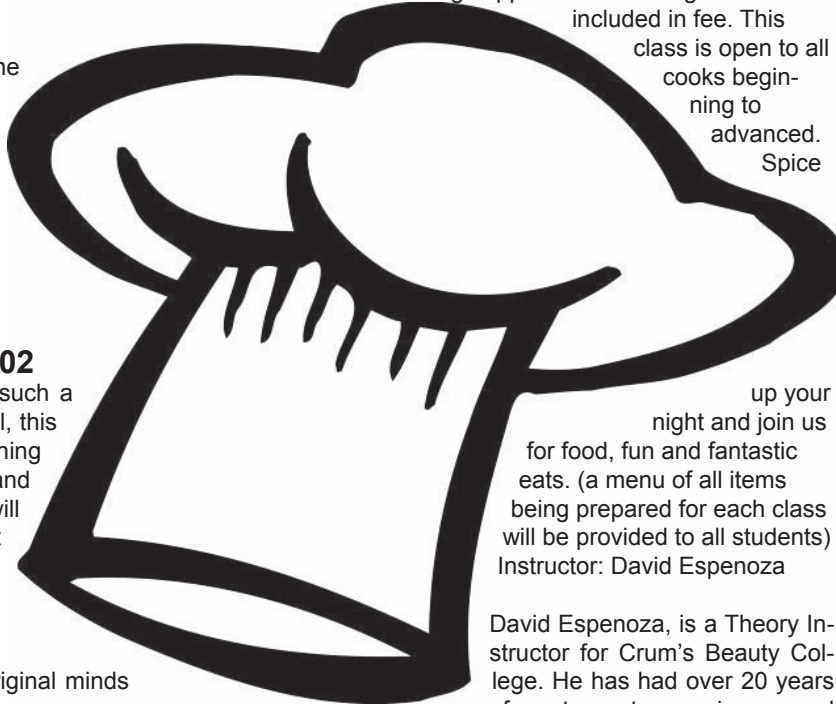
GOT AN IDEA FOR A UFM CLASS OR INTERESTED IN TEACHING A CLASS? UFM IS ALWAYS LOOKING FOR NEW IDEAS AND NEW PROJECTS. WE WANT TO HEAR FROM YOU! CALL US AT 539.8763 OR EMAIL UFM@KSU.EDU TO SHARE YOUR IDEAS!

Tortillas to Tamales (Latino cooking)

06BFF24A

This course is a celebration of Mexican, Spanish and Latino Cuisine, from tortillas and tamales. Along with traditional recipes, food samples will also be provided with each class. All cooking supplies and food ingredients are included in fee. This

class is open to all cooks beginning to advanced. Spice



up your night and join us for food, fun and fantastic eats. (a menu of all items being prepared for each class will be provided to all students)
Instructor: David Espenoza

David Espenoza, is a Theory Instructor for Crum's Beauty College. He has had over 20 years of restaurant experience and also works as a part-time caterer specializing in Latino Cuisine and baked goods. David has a passion for cooking and would love to share his culinary skills with you.

Date: 06/07/2006 to 06/28/2006 (W)
Time: 6:30 PM to 9:00 PM
Fee: \$38.00
Location: UFM Kitchen

Tortillas to Tamales (Latino cooking)

06BFF24B

Instructor: David Espenoza

Date: 07/05/2006 to 07/26/2006 (W)
Time: 6:30 PM to 9:00 PM
Fee: \$38.00
Location: UFM Kitchen



— Manhattan Arts Center —

GALLERIES

*Robert Schwieger June 2— July 15
Screenprint Monotypes

*Kari Lennartson July 22— Sept 2
Abstract Acrylics

Summer Theatre

Experimental Theatre
June 16-17

A School for Scandal
Aug 17-20



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.

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



Health & Wellness

Personal Safety and Self Defense for Women

06BHW01

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+.
Instructor: Jill Shanteau

Jill has been practicing Martial Arts since 1995 and has been teaching self-defense classes for 8 years. She has experience teaching people of all ages. Jill has a Master's Degree in Social Work and works toward promoting equal rights between women and men.

Date: 06/19/2006 (M)
Time: 6:00 PM to 9:00 PM
Fee: \$29.00
Location: UFM Banquet Room



CPR and First Aid (Medic First Aid)

06BHW03B

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.

Instructor: Sheryl Cornell

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

Date: 05/20/2006 (Sa)
Time: 8:00 AM to 3:00 PM
Fee: \$49.00
Location: UFM Banquet Room

Living the Art: Jin Shin Jyutsu Self Help

06BHW08A

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.

Instructor: Kate A. Cashman

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

Date: 06/12/2006 to 06/26/2006 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$26.00
Location: 811 Colorado Street

Beginning Yoga

06BHW15AZ

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.
Instructor: Ana Franklin

Ana Franklin, (785) 537-8224, yogaconnection@gmail.com, 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: 06/05/2006 to 07/26/2006 (M/W)
Time: 10:00 AM to 11:00 AM
Fee: \$99.00
Location: KSU, Ahearn Dance Studio, Room 301

AM Beginning Yoga

06BHW15B

Instructor: Ana Franklin

Date: 06/06/2006 to 06/18/2006 (T)
Time: 6:00 AM to 7:00 AM
Fee: \$99.00
Location: Yoga Connection, 321 Poyntz Ave Ste A



BRUCE BALKENHOL

Jin Shin Jyutsu Practitioner + Reflexologist
537.1049

KATHLENE CASEY

Licensed Massage Therapist + Certified Natural Force Healing Practitioner
505.429.1381

HEATHER GRITTON

Craniosacral Therapist + Natural Force Healing Practitioner
776.0523

PALMA M. HOLDEN

Personal & Pet Intuitive Consultant+ Writing Tutor
539.1183

The Iris Cooperative

iriscooperative.com

Providing healing services that nurture the body, mind and spirit



M. JUNE HUNZEKER

Certified Reiki Master Teacher, Usui System of Natural Healing + Therapist & Intuitive Healing Arts
587.8219

KRISTINA R. KRAMER

Certified Massage + Neuro-Muscular Therapist
341.9217

MARCIA MCFARLAND

Certified Reiki Master Teacher + Practitioner Usui Method of Natural Healing
776.1766

MARILYN TOMICH

Astrology + Tarot
317.2711



Community CPR & First Aid 06BHW25A

This is an 8 hour course that includes training in American Red Cross Adult, Child, and Infant CPR and First Aid. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; controlling bleeding; and many other useful skills. Materials for class can be purchased at American Red Cross, 2601 Anderson Ave.
Instructor: Sara Rosenkranz

Date: 06/03/2006 (Sa)
Time: 9:00 AM to 5:00 PM
Fee: \$40.00
Location: UFM Conference Room

Community CPR & First Aid 06BHW25B

Instructor: Brien Darby

Date: 06/17/2006 (Sa)
Time: 9:00 AM to 5:00 PM
Fee: \$40.00
Location: UFM Conference Room

Community CPR & First Aid 06BHW25C

Instructor: Brien Darby

Date: 07/22/2006 (Sa)
Time: 9:00 AM to 5:00 PM
Fee: \$40.00
Location: UFM Conference Room

Community CPR & First Aid 06BHW25D

Instructor: Sara Rosenkranz

Date: 08/05/2006 (Sa)
Time: 9:00 AM to 5:00 PM
Fee: \$40.00
Location: UFM Conference Room

Beginning Tai Chi Chaun 06BHW31

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.
Instructor: Mei Hwa (Tina) Terhune

Mei Hwa (Tina) Terhune, (785) 539-4277 is a Native of China, where she acquired her knowledge of Tai Chi Chaun while attending Ming Chuang University in 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: 06/12/2006 to 07/10/2006 (M)
Time: 5:30 PM to 6:30 PM
Fee: \$45.00
Location: UFM Banquet Room

Emotional Eating 06BHW51A

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.
Instructors: Kelley Casey, (785) 410-0033, Kate Cashman, (785) 537-1911

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: 08/02/2006 to 08/16/2006 (W)
Time: 6:30 PM to 8:00 PM
Fee: \$39.00
Location: 1421 Colorado Street

Gemstone Energy Medicine 06BHW57

Step into the world of the gemstone guardians and discover the wisdom of the healing energy they offer. Students will be working with frosted quartz, and the seven color ray gemstones. Students should leave all jewelry at home. "Wisdom of the Gemstone Guardians" is required prior to the class and can be obtained from the instructor, June, for \$12.25. Call her at 785.587.8219.
Instructor: June Hunzeker

June Hunzeker, (785) 587-8219, began working with Malachite in October 1993. Five months later she was introduced to the Gemstone Guardians, whose loving presence propelled her healing journey. She continues this work personally and professionally.

Date: 06/05/2006 to 07/24/2006 (M)
Time: 7:30 PM to 8:30 PM
Fee: \$49.00
Location: 103 S. 4th St. Suite 28, Ulrich Building (upstairs)--Iris Cooperative



Creating Balance During Times of Change 06BHW78

Life in the 21st century is hectic and demanding at the best of times. During periods of transition and change, which are a part of life, we often feel distressed and off balance. How do we regain a sense of equilibrium and resilience? In this workshop, we will review stages of change and skills for dealing with transition. Participants will identify and explore areas of their own lives that may be out of balance and examine steps to create or restore a balanced life. The workshop will have some experiential components, but sharing with others is completely optional. Balance in the chaotic, high-speed world we live in is always a dynamic process, but, just like any other skill, we can get better with practice!

Instructor: Angela Geiber Hayes

Angela Geiber Hayes, M.S., C.C.H. is a Professional Life Coach. She received her training from the Institute for Life Coach Training in Fort Collins, Colorado. She is also a master's level Industrial/Organizational Psychologist. Angela has been working with individuals and organizations on the issue of managing change since 1992.

Date: 06/15/2006 (Th)
Time: 6:30 PM to 8:30 PM
Fee: \$20.00
Location: UFM Fireplace Room

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

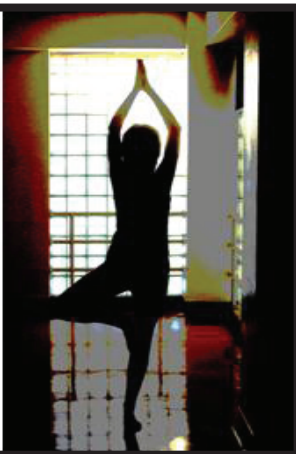
Sunday Services 11:00 A.M.
ECM Building 1021 Denison
Information Phone 785-537-6120
e-mail eaglevi@kansas.net

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"



Wildflower

yarns & knitwear by Kennita Tully

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



Language

Beginning Spanish for Adults 06BLA02

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.

Instructor: Lotus Hazlett, lotushazlett@hotmail.com

Lotus Hazlett is a K-12 certified Spanish teacher, a graduate of KSU. She currently teaches high school Spanish at Wamego High School. The work she does with her students has been featured on WIBW's "Good Kids," and she is an award winning teacher, nominated by her students. Lotus is a dynamic teacher who enjoys teaching children through adults. Her classes are geared toward communication and fun using the latest research in language acquisition.

Date: 07/18/2006 to 08/03/2006 (T/Th)
Time: 8:00 PM to 8:45 PM
Fee: \$35.00
Location: UFM Multipurpose Room

Introduction to Spanish for Kids

06BYO42

This is a Spanish class for children interested in learning a new language through such activities as listening, reading, speaking, and singing. Examples of topics include colors, numbers, animals and greetings as well as other age appropriate lessons. Children will be immersed in the language of Spanish while creating, exploring, and discovering!

Instructor: Lotus Hazlett, lotushazlett@hotmail.com

Date: 06/08/2006 to 06/22/2006 (T/Th)
Time: 10:00 AM to 10:45 AM
Fee: \$22.00
Location: UFM Multipurpose 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

French Language

06BLA04

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

Instructor: Emilie Rabbat

Emilie Rabbat, is a naturalized citizen, is originally from Egypt. Her training, "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: 06/07/2006 to 06/30/2006 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: \$44.00
Location: UFM Fireplace Room

Beginning Sign Language

06BLA23

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

Instructor: Toni Kroll

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

Date: 06/01/2006 to 07/20/2006 (Th)
Time: 7:00 PM to 8:00 PM
Fee: \$56.00
Location: Justin Hall, Room 341, KSU Campus



Sign Language for Babies

06BLA21

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.

Instructor: Toni Kroll, (785) 313-5555

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.

Additional class times will be added as needed.

Date: 06/10/2006 (Sa)
Time: 10:00 AM to 12 N
Fee: \$25.00 per family
Location: UFM Fireplace Room

Basic Japanese

06BLA22A

This class will emphasize basic written and oral communication in Japanese. Students will familiar themselves with the basic Japanese writing system: hiragana, katakana, and some kanji. Japanese culture, such as origami craft will be introduced as part of this class.

Instructor: Mariko Price

Mariko Price, mariko@ksu.edu, native of Japan, earned her B.A. in English Language and Studies from Sophia University, Tokyo, Japan, and have extensive translation (English<->Japanese) and teaching experience. Currently, she is working on her Master's degree in Speech Communication at K-State.

Date: 06/06/2006 to 06/27/2006 (T/Th)
Time: 9:00 AM to 10:00 AM
Fee: \$49.00
Location: UFM Conference Room

Basic Japanese

06BLA22B

Instructor: Mariko Price, mariko@ksu.edu

Date: 07/06/2006 to 07/27/2006 (T/Th)
Time: 9:00 AM to 10:00 AM
Fee: \$49.00
Location: UFM Conference Room

Basic Arabic Language

06BLA51

This class is the first class in Arabic language. It is designed for people who have not studied Arabic before. The goal of this course is to begin reading, writing and speaking Arabic.

Instructor: Ibrahim Saleh

Ibrahim Saleh, iasaleh@ksu.edu, is a GTA in Mathematics at KSU. He is Egyptian and a native Arabic speaker.

Date: 06/21/2006 to 07/28/2006 (W/F)
(Deadline for registration is May 30)
Time: 5:30 PM to 6:30 PM
Fee: \$69.00
Location: UFM Conference Room



Martial Arts

Tae Kwon Do I

06BMA01Z

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.
Instructor: David Moore

Date: 05/23/2006 to 08/10/2006 (T/Th)
No class July 4
Time: 6:30 PM to 7:30 PM
Fee: \$54.00
Location: KSU, Ahearn Dance Studio, Room 301

Tae Kwon Do II

06BMA02Z

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.
Instructor: David Moore

Date: 05/23/2006 to 08/10/2006 (T/Th)
No class July 4
Time: 7:30 PM to 8:30 PM
Fee: \$54.00
Location: KSU, Ahearn Dance Studio, Room 301

Lao Hu Pai Kung Fu

06BMA05

Students will learn and be promoted in a unique system where the original founder mastered the Chinese (Tibetan) Kung Fu and Japanese (Okinawan) karate. Students will learn basic stances, blocks, punches, kicks, exercises, forms and fighting techniques. Students will soon learn opponent control (jujutsu and chi na) and take downs. Animal forms and animal fighting techniques will be taught as students advance.
Instructor: Dr. Michael Tran

Dr. Michael Tran has been involved the martial arts for 19 years. He has black certificates in Lao Hu Pai Kung Fu, Woo Hop Loong Chuan Kung Fu and Goshin Aikijutsu. He has other trainings in: Vovinam Viet Vo Dao, Shaolin Long Fist and Praying Mantis Kung Fu.

Date: 05/24/2006 to 08/02/2006 (W)
Time: 6:00 PM to 8:00 PM
Fee: \$62.00
Location: KSU, Ahearn Fieldhouse



Ask about our youth scholarships for children at 539.8763



Recreation classes for children are listed in Youth and Aquatics sections





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





Personal Interest

NASCAR 101

Think NASCAR is just about 43 cars going around in circles? Think again. Join the millions of spectators on Sundays when the green flag drops. Learn race jargon, like loose and tight, drafting and chassis. Learn drivers, teams and sponsors, tracks and everything to be your own race commentator. Also find out how to watch races for free! Whether you are a woman or a new fan interested in learning the ins-and-outs of racing, NASCAR is the fastest growing sport, don't let it pass you by!

Instructor: Annette Sweet

Date: 06/10/2006 (Sa)
Time: 10:00 AM to Noon
Fee: \$10.00
Location: UFM Fireplace Room

06BPI07

Genealogy for Beginners

06BPI25

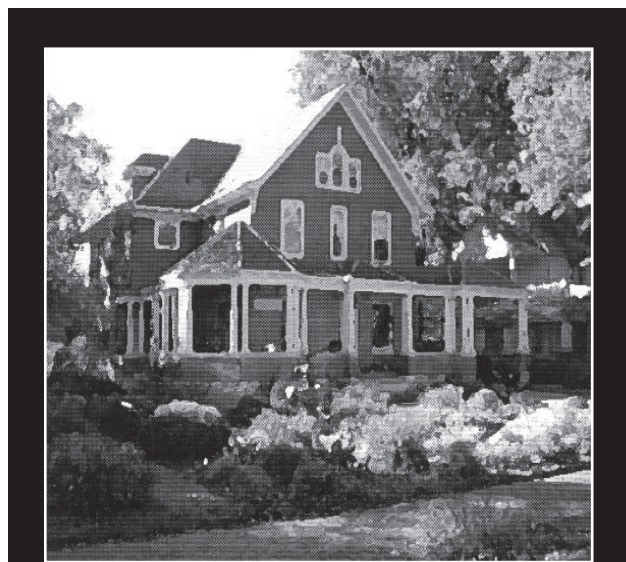
A 4-session course for those who would like to enter the fascinating world of researching our ancestors. In the first session, we will introduce the subject and outline local resources for genealogical research as well as look at the concepts of kinship and kinship structure in American society. The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

Instructor: Lewis Browder and Jan Wichman

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

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

Date: 06/06/2006 to 06/27/2006 (T)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: Riley Co. Genealogical Society, 2005 Clafin



The Morning Star Bed & Breakfast
"Exceptional Accommodations in the Heart of Manhattan"
785-587-9703 www.morningstaronthepark.com



Women & Spirituality

06BPI26

We wish to create a group that is inclusive and uplifting, powered and inspired by the feminine. It can range from breadbaking to drumming, movie and book discussions to whatever the group determines. Come join us in this journey.

Instructor: Kate Cashman and Mary Elizabeth Atwood and Elizabeth Jankord

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.

Mary Elizabeth Atwood is a storyteller at heart...whether making masks, creating characters on stage or writing stories. She believes the expression of our creative spirit is one of the strongest links to peace and healing.

Date: 6/28/2006 (W)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: 811 Colorado Street

Introduction to Feng Shui

06BPI32

Feng Shui is the Chinese system of design and placement as applied to one's 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.

Instructor: Don Terhune

Don Terhune 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: 06/24/2006 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: \$22.00
Location: UFM Greenhouse

Multicultural Manhattan:

Strategies for Growth

06BPI36

How can we engage with others to make our community more dynamic and understanding of difference perspectives? This course will provide an integrated approach to look at four topics: race, sex, class, and sexual orientation and explore the connections between these four topics in how we relate to each other as a community. We will also explore the meaning of culture and the similarities we all share. Emphasis will be placed on personal growth and understanding. Participants will leave this course with skills to engage in and communicate about community priorities and positive social change to make Manhattan and Riley County a place where all can live authentically, with integrity and honesty, in a safe environment.

Instructor: Christopher E. Renner

Christopher E. Renner is a Ph.D candidate at Kansas State University in Curriculum and Instruction and in the Graduate Certificate program in Women's Studies. He holds a Master of International Education from Framingham (MA) State College and has done graduate work through Cambridge University (UK), Teachers College - Columbia University, St. John's University, and Mt. St. Joseph College. In addition to his formal academic studies, Mr. Renner holds numerous Trainer of Trainer Certificates in multicultural studies from English as a Second Language curriculums, Dr. Payne's "A Framework for Understanding Poverty", and the Generating Expectations for Student Achievement (GESA) curriculum. He has presented at numerous national and regional conferences.

Date: 06/01/2006 to 06/22/2006 (Th)
Time: 7:00 PM to 10:00 PM
Fee: \$23.00
Location: UFM Conference Room

Journey to Meet Your Animal

Spirit Guides

06BPI38A

Have you ever felt drawn to specific animals that you encounter? Journey to meet your animal spirit guides and discover the gifts that they have to share. References for checking on the gifts will be provided during the class. Students need to bring a blanket or throw and a notebook to class.

Instructor: June Hunzeker

June Hunzeker, 587-8219, began working with Malachite in October 1993. Five months later she was introduced to the Gemstone Guardians, whose loving presence propelled her healing journey. She continues this work personally and professionally.

Date: 08/07/2006 (M)
Time: 7:30 PM to 8:30 PM
Fee: \$19.00
Location: 103 S. 4th St. Suite 28, Ulrich Building (upstairs)--Iris Cooperative

Journey to Meet Your Animal

Spirit Guides

06BPI38B

Instructor: June Hunzeker
Date: 08/14/2006 (M)
Time: 7:30 PM to 8:30 PM
Fee: \$19.00
Location: 103 S. 4th St. Suite 28, Ulrich Building (upstairs)--Iris Cooperative

View our catalog online at www.tryufm.org
for fun and interesting classes!!



Recreation & Fitness

Introduction to Triathlon 06BRF56

Have you always wanted to do a triathlon, but been afraid to try? Well, now is your chance to do it! This summer, we will have an 8 week triathlon training and informational program to get you ready to race (June 5th-July 29th). We will have 2 workout days, plus one day with a short lecture about (what to wear, transitions, how to set up your training program, periodization, nutrition, race day expectations, sports psychology, how to swim in open water, and strength training for triathletes) after the lecture, we'll head out on our third workout of the week. The program is aimed at beginners, but if you've done a few and aren't sure how to train correctly, this class is for you too!! By the end of the class, we'll all be ready to tackle our first race!!

Instructor: Sara Rosenkranz

Sara Rosenkranz holds her M.S. in Kinesiology and is a Certified Nutritionist. She has been a multi-sport athlete since 1993. She has been the age-group National triathlon and duathlon champion, as well as the duathlon world champion. Sara is the Coach Education Director for USA Triathlon. She is currently an instructor in the Department of Kinesiology at KSU and is also the director of the LIFE program on campus. Sara is a Level II USA Triathlon certified coach.

Date: 06/05/2006 to 07/29/2006 (M/W/Sa)
 Time: 5:00 PM to 6:00 PM and Sa 8-9 am
 Fee: \$120.00
 Location: LIFE program at Ahearn Field House

Introduction to Golf 06BRF04A

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.

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

Date: 06/01/2006 to 06/22/2006 (Th)
 Time: 7:00 PM to 8:00 PM
 Fee: \$36.00
 Location: Stagg Hill Golf Club

Introduction to Golf 06BRF04B

Instructor: Jim Gregory

Date: 06/29/2006 to 07/20/2006 (Th)
 Time: 7:00 PM to 8:00 PM
 Fee: \$36.00
 Location: Stagg Hill Golf Club

Golf 06BRF05Z

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

Instructor: Jim Gregory

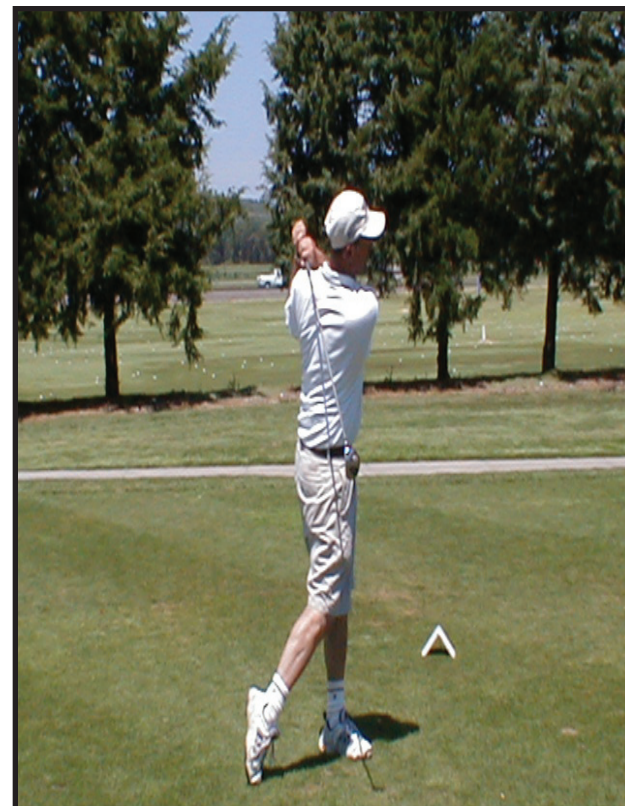
Date: 06/07/2006 to 07/26/2006 (W)
 Time: 6:00 PM to 8:00 PM
 Fee: \$123.00
 Location: Stagg Hill Golf Course

Golf in Salina 06BRF06Z

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.

Instructor: Ronda Green

Date: 06/06/2006 to 07/27/2006 (T/Th)
 Time: 12 N to 1:00 PM
 Fee: \$139.00
 Location: 3142 Scanlan Avenue, KSU at Salina, Rec Center



**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.**



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

Recreation & Fitness Continued

Beginning Belly Dance 06BRF09A

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!

Instructor: Rosina Catalan

Rosina 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: 06/06/2006 to 07/11/2006 (T)
No class July 4th
Time: 6:30 PM to 7:30 PM
Fee: \$43.00
Location: UFM Banquet Room

Beginning Belly Dance 06BRF09B

Instructor: Rosina Catalan

Date: 07/18/2006 to 08/15/2006 (T)
Time: 6:30 PM to 7:30 PM
Fee: \$43.00
Location: UFM Banquet Room

Intermediate Belly Dance 06BRF10A

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.

Instructor: Gaitri

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 belly dancing 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.

Date: 06/06/2006 to 07/11/2006 (T)
Time: 7:30 PM to 8:30 PM
Fee: \$43.00
Location: UFM Banquet Room

Intermediate Belly Dance 06BRF10B

Instructor: Gaitri

Date: 07/18/2006 to 08/15/2006 (T)
Time: 7:30 PM to 8:30 PM
Fee: \$43.00
Location: UFM Banquet Room

Advanced Belly Dance 06BRF11A

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, floor work, 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.

Instructor: Rosina Catalan

Date: 06/08/2006 to 07/13/2006 (Th)
Time: 6:30 PM to 7:30 PM
Fee: \$51.00
Location: UFM Banquet Room

Advanced Belly Dance 06BRF11B

Instructor: Rosina Catalan

Date: 07/20/2006 to 08/17/2006 (Th)
Time: 6:30 PM to 7:30 PM
Fee: \$43.00
Location: UFM Banquet Room

Boxing 06BRF14Z

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.

Instructor: Lorissa Ridley

Lorissa Ridley, (785) 341-1708, is the owner and operator of K.O. Boxing... Gymnastics, Dance & Fitness. Lorissa has been instructing gymnastics, dance & fitness for over 20 years. She began dancing in 1969 and has continued her lifelong journey in the field of fitness to bring Manhattan incredible fitness classes including: boxing, kickboxing, self-defense, hip hop dance, Dancenastics, Sportsnastics for boys, K-State credit boxing classes and much more. For Lorissa's detailed bio and more class information, call Lorissa at 785-341-1708.

Date: 06/01/2006 to 07/27/2006 (T/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$89.00
Location: 2303 Tuttle Creek Boulevard

KO Boxing for Women and Men

06BRF14A

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.

Instructor: Lorissa Ridley

Date: 06/05/2006 to 06/26/2006 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: \$64.00
Location: 2303 Tuttle Creek Boulevard

KO Boxing for Women and Men

06BRF14B

Instructor: Lorissa Ridley

Date: 07/05/2006 to 07/26/2006 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: \$64.00
Location: 2303 Tuttle Creek Boulevard

KO Boxing for Women and Men

06BRF14C

Instructor: Lorissa Ridley

Date: 08/09/2006 to 08/30/2006 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: \$64.00
Location: 2303 Tuttle Creek Boulevard



TEACH a Class at UFM

- *Enhance your business
- *Instructional *opportunity* for students
- *Network with others
- *Nice way to meet *people*

Call UFM at 539.8763 to offer a class in our catalog



Recreation & Fitness Continued

Intermediate Boxing

06BRF54AZ

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!

Instructor: Lorissa Ridley

Date: 06/01/2006 to 07/27/2006 (Th/T)
Time: 7:30 PM to 8:30 PM
Fee: \$89.00
Location: 2303 Tuttle Creek Boulevard

receptions, family gatherings, women's retreats, festivals, sidewalk sales, corporate events, fundraisers, school assemblies, and more. Prerequisite: Advanced Belly Dance Instructor: Gaitri

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.

Date: 06/08/2006 to 07/13/2006 (Th)
Time: 7:30 PM to 8:30 PM
Fee: \$25.00
Location: UFM Banquet Room

Professional Dance Troupe

06BRF152B

Instructor: Gaitri

Date: 07/20/2006 to 08/17/2006 (Th)
Time: 7:30 PM to 8:30 PM
Fee: \$21.00
Location: UFM Banquet Room

Professional Dance Troupe

06BRF152A

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



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

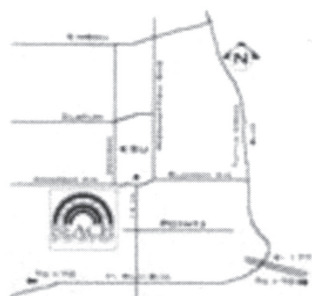
Jim Gregory, PGA Professional



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



Recreation & Fitness Continued

Ballroom Dance I

06BRF26Z

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

Instructor: Michael Bennett & Becky Schippers

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

Date: 05/26/2006 to 08/11/2006 (F)
Time: 6:45 PM to 8:00 PM
Fee: \$44.00/Individual, \$69.00/couple
Location: Cross Roads, ECM

Swing and Salsa

06BRF38

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.

Instructor: Michael Bennett & Becky Schippers

Date: 06/09/2006 to 07/28/2006 (F)
Time: 8:15 PM to 9:15 PM
Fee: \$49.00/couple
Location: Cross Roads, ECM

Beginning Dance for Couples 06BRF39A

"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.

Instructor: Michael Bennett & Becky Schippers

Date: 06/09/2006 to 07/28/2006 (F)
Time: 5:15 PM to 6:15 PM
Fee: \$49.00/couple
Location: Cross Roads, ECM

Total Body Toning

06BRF19AZ

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.

Instructor: Diana Knox

Diana Knox, (785) 564-3663, 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 Aggieville, 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 K-State.

Date: 06/06/2006 to 07/27/2006 (T/Th)
No class July 4
Time: 10:00 AM to 11:00 AM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level

Hip Hop Dance

06BRF43A

Think you can't dance? Don't have any rhythm? Then there's a class for you at UFM. Don't worry, this class it's geared for people who have had little to no dance experience, but would like to be physically active in a fun and exciting way. You will learn the most basic of dance moves and work at your individual level, all the way up shakin' your groove thing! We will put together dances that you can teach your friends and family. Move your body, it'll move your mind. If you want to have fun with exercise and dance, this class is for you! Hope to see you there.

Instructor: Lorissa Ridley

Date: 06/07/2006 to 06/28/2006 (Wed)
Time: 5:30 PM to 6:30 PM
Fee: \$52.00
Location: 2303 Tuttle Creek Boulevard

Hip Hop Dance

06BRF43B

Instructor: Lorissa Ridley

Date: 07/05/2006 to 07/26/2006
Time: 5:30 PM to 6:30 PM
Fee: \$52.00
Location: 2303 Tuttle Creek Boulevard

Dance for Christian Worship 06BRF57

This class uses modern, ballet, and interpretative movements to praise the Lord. Bible scriptures and Christian music will inspire students to dance. A Christian dance routine will be learned for personal growth or to present at your church. No dance experience or formal dance attire is necessary. For children ages 8 and up and adults.

Instructor: Randi Dale (785) 539-5767

Date: 06/12/2006 to 06/26/2006 (M)
Time: 6:30 PM to 7:00 PM
Fee: \$24.00
Location: 2416 Rogers Blvd.

**UFM
Teen
Mentoring
Program**

Middle/High School
June 7th - August 2nd
Wednesday, 3:00-5:00 pm

**UFM
COMMUNITY
LEARNING
CENTER**

MORE INFO:
Download application @ www.tryufm.org
or call us at **785.539.8763**



Flint Hills PFLAG -- Parents, Families and friends of Lesbians, and Transgendered

Third Tuesday of Each Month at 7:00 p.m.

Location: First Congregational Church, 700 Poyntz Ave,
Manhattan, Kansas

More info at www.fhpflag.org

Please come and support the Chapter and join us as we continue to listen, support, educate and advocate for GLBT people and their families and friends. An educational presentation about GLBT issues is provided at each meeting and there is always an opportunity to socialize and network.



Youth

American Red Cross Babysitter's Clinic 06BYO23

The purpose of the American Red Cross Babysitter's Training course is to provide individuals, ages 11 to 15, with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in leadership and professionalism; basic care and safety and safe play. Students will also receive First aid training as well as Infant and Child CPR training.
Instructor: Brien Darby

Date: 05/31/2006 to 06/03/2006 (W/Th/Sa)
Time: 5:30 PM to 8:30 PM; Sat from 10:00 AM to 1:00 PM
Fee: \$65.00
Location: UFM Banquet Room

Introduction to Spanish for Kids (ages 6-10) 06BYO42

This is a Spanish class for children interested in learning a new language through such activities as listening, reading, speaking, and singing. Examples of topics include colors, numbers, animals and greetings as well as other age appropriate lessons. Children will be immersed in the language of Spanish while creating, exploring, and discovering!

Instructor: Lotus Hazlett

Lotus Hazlett, lotushazlett@hotmail.com, is a k-12 certified Spanish teacher, a graduate of KSU. She currently teaches high school Spanish at Wamego High School. The work she does with her students has been featured on WIBW's "Good Kids," and she is an award winning teacher, nominated by her students. Lotus is a dynamic teacher who enjoys teaching children through adults. Her classes are geared toward communication and fun using the latest research in language acquisition.

Date: 06/08/2006 to 06/22/2006 (T/Th)
Time: 10:00 AM to 10:45 AM
Fee: \$22.00
Location: UFM Multipurpose Room



Montessori In The Home 06BYO02A

Montessori in Home: how to create an independent and educational environment for your child in the home. Including practical activities and recommended daily schedules and routines. "The education of even a very small child... does not aim at preparing him for school, but for life."

Instructor: Julie Moran - Maria Montessori

Julie Moran, (785) 840-5471, jdjewels@hotmail.com, has a degree in Early Childhood Education, Masters hours and a Certification of Montessori Education Primary (3 to 6 year olds), work experience teaching preschool and kindergarten in a Montessori setting since 1998 and other preschool work since 1995. She is now living in Overland Park doing in-home consulting for parents with 2 1/2 to 6 years old. Advising on their child's environment and how it effects their academics in the present and the future.

Date: 06/05/2006 to 06/19/2006 (M)
Deadline for registration is May 31
Time: 2:00 PM to 4:00 PM
Fee: \$32.00
Location: UFM Conference Room

Montessori In The Home 06BYO02B

Julie Moran

Date: 07/10/2006 to 07/24/2006 (M)
Deadline for registration is June 30
Time: 2:00 PM to 4:00 PM
Fee: \$32.00
Location: UFM Conference Room

Introduction to the Nutcracker Ballet and Tap Dancing 06BYO06A

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.

Instructor: Randi Dale

Randi Dale, (785) 539-5767, has taught dance for 44 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Master's Degree in Education. In-May 2006, her regular students performed the story ballet "Sleeping Beauty". In the past, her dancers hav performed Coppelia, Alice in Wonderland and Swan Lake. Her original choreography is designed for children.

Date: 06/12/2006 to 06/26/2006 (M)
Time: 5:30 PM to 6:00 PM
Fee: \$16.00
Location: 2416 Rogers Blvd.



Introduction to the Nutcracker Ballet and Tap Dancing 06BYO06B

Instructor: Randi Dale

Date: 08/07/2006 to 08/14/2006 (MW)
Time: 5:30 PM to 6:00 PM
Fee: \$16.00
Location: 2416 Rogers Blvd.

Jazz and Tap Dancing (Ages 4-13) 06BYO19A

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.
Instructor: Randi Dale

Date: 06/12/2006 to 06/26/2006 (M)
Time: 6:00 PM to 6:30 PM
Fee: \$16.00
Location: 2416 Rogers Blvd.

Jazz and Tap Dancing (Ages 4-13) 06BYO19B

Instructor: Randi Dale

Date: 08/07/2006 to 08/14/2006 (M/W)
Time: 6:00 PM to 6:30 PM
Fee: \$16.00
Location: 2416 Rogers Blvd.

Ballet 06BYO22

This class is designed for ballet students that have had one year or more. The students will review basic steps and depending upon ability new ballet techniques will be learned. Also a ballet dance will be taught from the Nutcracker ballet. Formal dance attire not required. Ages 6 to 12 years.
Instructor: Randi Dale

Date: 08/07/2006 to 08/14/2006 (M/W)
Time: 6:30 pm to 7:00 pm
Fee: \$16.00
Location: 2416 Rogers Blvd.

Dance for Christian Worship 06BRF57

This class uses modern, ballet, and interpretative movements to praise the Lord. Bible scriptures and Christian music will inspire students to dance. A Christian dance routine will be learned for personal growth or to present at your church. No dance experience or formal dance attire is necessary. For children ages 8 and up and adults.

Instructor: Randi Dale (785) 539-5767

Date: 06/12/2006 to 06/26/2006 (M)
Time: 6:30 PM to 7:00 PM
Fee: \$24.00
Location: 2416 Rogers Blvd.



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 Continued

DanceNastics 06BYO14A

In 1985, Lorissa created Dancenastics for girls who want to do gymnastics and dance in a non-competitive atmosphere. Students will advance at their own level. This very structured class will stress safety, teamwork, and learning with fun. At the end of the session students will perform their routine. Ages 5-10. Preschool dancenastics are also available. Please contact instructor for additional information.

Instructor: Lorissa Ridley

Lorissa Ridley is the owner and operator of K.O. Boxing... Gymnastics, Dance & Fitness. Lorissa has been instructing gymnastics, dance & fitness for over 20 years. She began dancing in 1969 and has continued her lifelong journey in the field of fitness to bring Manhattan incredible fitness classes including: boxing, kickboxing, self-defense, hip hop dance, Dancenastics, Sportsnastics for boys, K-State credit boxing classes and much more. For Lorissa's detailed bio and more class information, call Lorissa at 785-341-1708.

Date: TBA - please contact UFM for more information

Time: TBA

Fee: \$57.00, Additional family members, \$42.00

Location: 2303 Tuttle Creek Boulevard
Corner of Tuttle Creek Blvd and Kimball Avenue,
Blue Hills Shopping Center



Hip Hop Dance for Kids (Ages 7-12) 06BYO16A

In this class, kids will learn the most basic of dance moves to choreographing their own. Your child will gain self-confidence and enjoy the comradery of the other students. There will be a final performance at the end of the session. If you want your child to fun with exercise and dance, this is the class! Hope to see you there.

Instructor: Lorissa Ridley

Date: 06/08/2006 to 06/29/2006 (Th)

Time: 10:00 AM to 10:30 AM

Fee: \$36.00

Location: 2303 Tuttle Creek Boulevard
Corner of Tuttle Creek Blvd and Kimball
Avenue, Blue Hills Shopping Center

Hip Hop Dance for Kids (Ages 7-12) 06BYO16B

Instructor: Lorissa Ridley

Date: 07/06/2006 to 07/27/2006

Time: 10:00 AM to 10:30 AM

Fee: \$36.00

Location: 2303 Tuttle Creek Boulevard
Corner of Tuttle Creek Blvd and Kimball
Avenue, Blue Hills Shopping Center

Sportsnastics 06BYO17A

Have you ever wanted your tot to be introduced to a variety of sports? Well, this is the class for you and your son or daughter! A variety of sports skills will be introduced: rules and games including baseball, basketball, football, soccer, tennis and much more along with gymnastics. Your tots will learn to warm-up, stretch and perform basic tumbling skills all in a constructive, safe and fun environment. Class is geared toward boys, girls are welcome. Ages 2-7. (Kids 4 and younger need to be accompanied by a parent).

Instructor: Lorissa Ridley

Date: TBA - Please contact UFM for more information

Time: TBA

Fee: \$39.00, Additional family member, \$30.00

Location: 2303 Tuttle Creek Boulevard
Corner of Tuttle Creek Blvd and Kimball
Avenue, Blue Hills Shopping Center

Sign Language for Babies 06BLA21

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.

Instructor: Toni Kroll (785) 313-5555

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.

Additional class times will be added as needed.

Date: 06/10/2006 (Sa)

Time: 10:00 AM to 12 N

Fee: \$25.00 per family

Location: UFM Fireplace Room



Sizzling Hot Ballroom Dance for Kids (Ages 8-9) 06BYO24A

Looking for something different this summer for the kids? Sizzling Summer Ballroom for Youth is here. The benefits of dancing for kids and youths are extensive, ranging from improved social skills and confidence, to enriched health and mental well-being. As well as learning and practicing social etiquette, children have fun, are active, and creative. Children 8-14 are invited to participate in a two week ballroom workshop. No dance experience is required and the only equipment needed are a pair of dance shoes and a smile.

Instructors: Michael Bennett & Becky Schippers

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: 07/10/2006 to 07/19/2006 (M/T/W/Th)

Time: 1:00 PM to 1:50 PM

Fee: \$39.00

Location: UFM Banquet Room

Sizzling Hot Ballroom Dance for Kids (Ages 10-11) 06BYO24B

Instructors: Michael Bennett & Becky Schippers

Date: 07/10/2006 to 07/20/2006 (M/T/W/Th)

Time: 2:00 PM to 2:50 PM

Fee: \$39.00

Location: UFM Banquet Room

Sizzling Hot Ballroom Dance for Kids (Ages 12-14) 06BYO24C

Instructors: Michael Bennett & Becky Schippers

Date: 07/10/2006 to 07/20/2006 (M/T/W/Th)

Time: 3:00 PM to 3:50 PM

Fee: \$39.00

Location: UFM Banquet Room



—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 at 131 College Court St. on Anderson Ave. 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 Education Registration office. Call **785.532.5566** for questions or information, or visit www.dce.k-state.edu/dce/outreach/recreationcourses.html.

Scuba Diving

RRES-200

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.
Instructor: Jeff Wilson

Reference Number: 90403

Date: June 5 - July 10 (Monday)
Time: 5:30 PM - 9:30 PM
Fee: \$332 (Also available for non-credit, 06BAQ105AZ)
Location: KSU Natatorium

Ballroom Dance

DANCE-599

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



Reference Number: 90401

Date: May 26 - Aug. 11 (Friday)
Time: 6:45 PM - 8:00 PM
Fee: \$234 (Also available for noncredit partner, 06BRF26AZ)
Location: ECM Auditorium, 1021 Denison

Golf

RRES-200

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

Reference Number: 90409

Date: June 7 - July 26 (Wed)
Time: 6:00 PM - 8:00 PM
Fee: \$253 (Also available for non-credit through UFM 06BRF04AZ)
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Yogilates

RRES-200

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).
Instructor: Diana Knox

Reference Number: 90404

Date: June 6 - July 27 (Tues/Thurs)
No class 7/4
Time: 12:00 PM - 1:00 PM
Fee: \$234 (Also available for noncredit, 06BRF42AZ)
Location: Pro Fitness, 1125 Laramie

Beginning Yoga

DANCE-599

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.
Instructor: Ana Franklin

Reference Number: 90400

Date: June 5 - July 26 (Mon/Wed)
Time: 10:00 AM - 11:00 AM
Fee: \$219 (Also available for noncredit, 06BHW15Z)
Location: KSU Ahearn Dance Studio, Room 301



Tae Kwon Do I

RRES-200

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.
Instructor: David Moore

Reference Number: 90406

Date: May 23 - Aug 10 (Tues/Thurs)
Time: 6:30 PM - 7:30 PM, No class 7/4
Fee: \$205 (Also available for noncredit, 06BMA01Z)
Location: KSU Ahearn Room 301

Tae Kwon Do II

RRES-200

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.
Instructor: David Moore

Reference Number: 90407

Date: May 23 - Aug 10 (Tues/Thurs)
Time: 7:30 PM - 8:30 PM No class 7/4
Fee: \$205 (Also available for noncredit, 06BMA02Z)
Location: KSU Ahearn Room 301



Boxing

RRES-200

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 catchmits 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.

Instructor: Lorissa Ridley

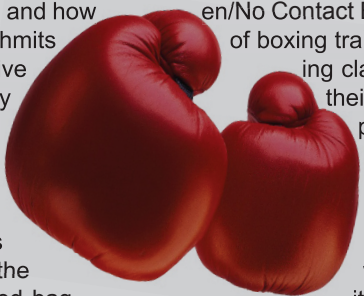
Reference Number: 90408

Date: June 1 - July 27 (Tues/Thurs)

Time: 6:30 PM - 7:30 PM, No class 7/4

Fee: \$232 (Also available for non-credit, 06BRF14Z)

Location: 2303 Blue Hills Shopping Center, K.O. Boxing



Intermediate Boxing

RRES-200

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!

Instructor: Lorissa Ridley

Reference Number: 90410

Date: June 1 - July 27 (Tues/Thurs)

Time: 7:30 PM - 8:30 PM

No class 7/4

Fee: \$232 (Also available for non-credit, 06BRF54AZ)

Location: 2303 Blue Hills Shopping Center

Total Body Toning

RRES-200

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.

Instructor: Diana Knox

Reference Number: 90405

Date: June 6 - July 27 (Tues/Thurs)

Time: 10:00 AM - 11:00 AM, No class 7/4

Fee: \$234 (Also available for non-credit, 06BRF19AZ)

Location: Pro Fitness, 1125 Laramie St, lower level

Salina Class

Golf in Salina

RRES 200

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.

Instructor: Ronda Green

Reference Number: 89000

Date: June 1 - July 20 (Thursday)

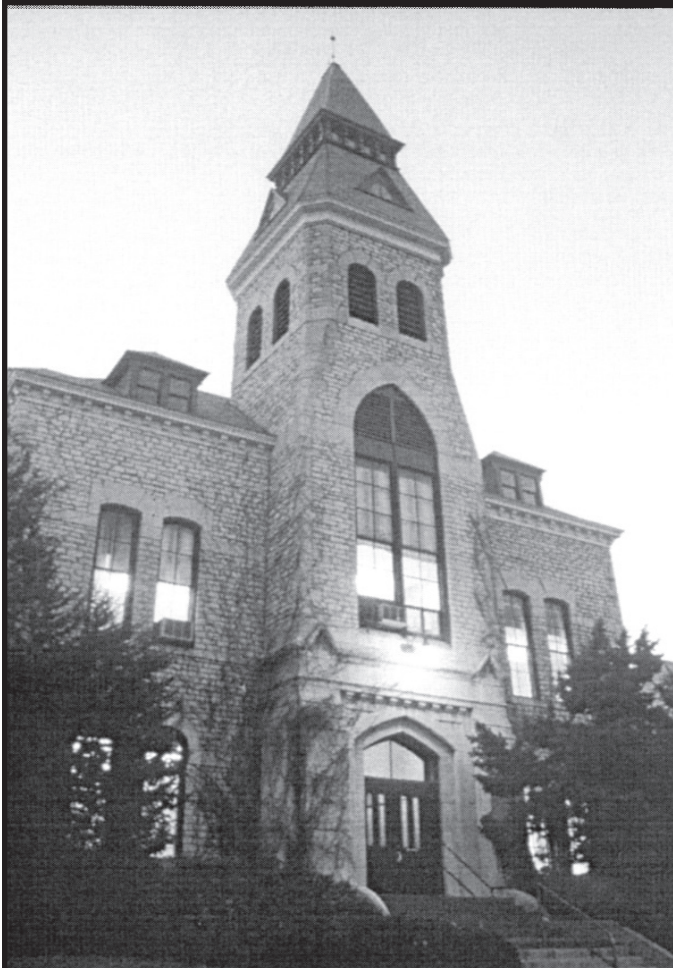
Time: 6:00 PM - 8:00 PM

Fee: \$236 (Also available for non-credit, 06BRF06Z)

Location: The K-State at Salina Rec Center, 3142 Scanlan Ave.

**Enroll for KSU Credit classes through
Division of Continuing Education
at 785.532.5566**

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**





THE GREAT MANHATTAN MYSTERY CONCLAVE

In honor of Manhattan, Kansas-born

📖 **Damon Runyon** *📖*

our intrepid bookworm "Sherlock"
and "small-town mystery" writers

Nancy Pickard & J. M. "Mike" Hayes



join with "big-city-suspense" **Guys**

J. A. Konrath & Robert W. Walker

and "big-city-sophisticated" **Dolls**

Laura Durham, Harley Jane Kozak

& Susan McBride



and many more writers and readers !
for a weekend of camaraderie, networking, and fun

November 3-5, 2006

at the newly refurbished

Holiday Inn Select at-the-Campus

(formerly the Ramada Inn, 1641 Anderson Ave.)

Call 1-785-539-7531 for reservations at \$78/night

www.manhattanmysteries.com

Photo of Poyntz Ave. courtesy Riley Co. Historical Society

Registration \$175; plus \$35 each for "open-to-all" writing seminars.

For more information see our website, or email marolync@flinthills.com

To order *Manhattan Mysteries*, call Claflin Books in Manhattan at 785-776-3771



Thank you to **Annette Sweet**, UFM's New Media Coordinator

For a wonderful new catalog layout!

~UFM Staff & Board Members

Information

UFM INSTRUCTORS

Gaitri	Kate Cashman	Ronda Green	David Moore	Jill Shanteau
Mary Elizabeth Atwood	Rosina Catalan	Jim Gregory	Julie Moran	Larry Storer
Scott Bean	Sheryl Cornell	Colleen Hampton	Anna Neises	Annette Sweet
Michael Bennett	Randi Dale	Lotus Hazlett	Mariko Price	Don Terhune
Mathew Bishop	Brien Darby	June Hunzeker	Emilie Rabbat	Mei Hwa (Tina) Terhune
Mike Bonella	Adam Durar	Elizabeth Jankord	Christopher Renner	Michael Tran
Sarah Bourassa	Raymond Eickstadt	Diana Knox	Lorissa Ridley	Kennita Tully
Lewis Browder	David Espenoza	Toni Kroll	Sara Rosenkranz	Jan Wichman
Charlene Brownson	Ana Franklin	Linda Madl	Ibrahim Saleh	Jeff Wilson
Marolyn Caldwell	Diane Freeby	Pradeep Malreddy	Abby Scheopner	
Kelley Casey	Angela Geiber Hayes	Judy Metcalf	Becky Schippers	

ON CAMPUS REGISTRATIONS

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

DATE: June 6, 2006

TIME: 10:00 AM to 2:00 PM

LOCATION: KSU Student Union

Registration continues throughout the semester:

UFM 1221 Thurston St.

8:30 AM to 5:00 PM

Closed Noon to 1:00 PM

(after office hours, you can leave a message between 5:00 PM and 8:30 AM at 785.539.8763)

MAILING YOUR REGISTRATIONS?

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.

Enroll online at our website:

www.tryufm.org

*View class descriptions

*Times, dates and locations

*Get information about UFM's other programs

DONATIONS

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 St

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 programs

How we assist: Mini-grants and free technical assistance

For more information:

call UFM at 785.539.8763

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

SPECIAL POLICIES FOR KSU CREDIT 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 30% to 60% 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.

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 cancelled. 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.

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 of 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, sexual orientation, 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.

Got an idea for an UFM class? UFM is always looking for new ideas and new projects. Let us hear from you! Call us at 539.8763 or email ufm@ksu.edu to share your ideas!!



REGISTER NOW!!



Visit our secure website:

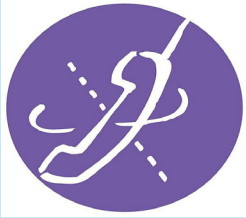
www.tryufm.org

CLICK on non-credit classes and register online for any class. VIEW class descriptions, times and dates.



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.



Call 539.8763 during business hours and use your Mastercard, Visa or Discover. Please have your card number and expiration date.



Stop by the UFM House, 1221 Thurston between 8:30-Noon & 1:00-5:00 PM (Monday thru Friday)

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

UFM 1221 THURSTON 539-8763
Manhattan, KS 66502

UFM Community Learning Center

UFM Community Learning Center

Registration Form

Registration Form

1221 Thurston

Manhattan, KS 66502

539-8763

1221 Thurston

Manhattan, KS 66502

539-8763

Student Name _____ Day Phone _____

Student Name _____ Day Phone _____

Address _____ Evening Phone _____

Address _____ Evening Phone _____

City _____ State KS Zip _____ Email _____

City _____ State KS Zip _____ Email _____

Age: Under 18 exact age _____ 19-24 25-59 60+

Age: Under 18 exact age _____ 19-24 25-59 60+

Parent's Name if Student is Under Age 18 _____

Parent's Name if Student is Under Age 18 _____

CLASS # Session TITLE FEE LOCATION DATE TIME

CLASS # Session TITLE FEE LOCATION DATE TIME

Tax Deductible Donation

Tax Deductible Donation

Total

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	Date Received	_____	Amount	Check _____	Total Paid	_____
	Entered	_____	Cash _____			
	Computer	_____	Visa _____	Date _____		
			M/C _____			
			Discover _____			

Office Use Only	Date Received	_____	Amount	Check _____	Total Paid	_____
	Entered	_____	Cash _____			
	Computer	_____	Visa _____	Date _____		
			M/C _____			
			Discover _____			

CLASSES
 SUMMER 2006
 CENTER
 LEARNING
 COMMUNITY

UFM

TEACHING * LEARNING * GROWING
 VOL. 39 EDITION 1




Summer Classes June - August 2006

Baby Sign Language
 Self-Defense
 Poker

Triathlon
 Tortillas to Tamales
 Babysitter's Clinic



www.tryufm.org

**UFM
 Community
 Learning
 Center**

SUMMER 2006
 CLASSES

NON-PROFIT ORG
 U.S. POSTAGE PAID
 PERMIT NO. 134
 MANHATTAN, KS 66502

OR CURRENT RESIDENT