

Welcome to UFM

Community Learning Center

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

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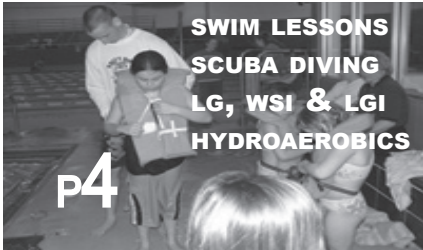
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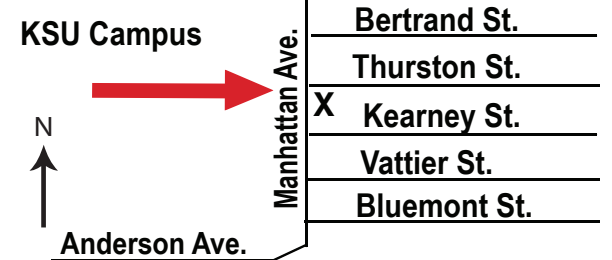
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1221 Thurston St. | Manhattan, KS 66502



Board of Directors

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U F M S T A F F

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PLUS all the TEACHERS who
SHARE their TALENTS!

HANDICAPPED ACCESSIBLE



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

UFM OFFICE HOURS

Monday - Friday | 8:30 am - 5 pm
(Closed 12 Noon - 1 pm)

*Call if you need to visit the office at lunchtime and we will make arrangements to be open for you.

ENROLL ONLINE AT WWW.TRYUFM.ORG



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.

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, WORLD PEACE
AND INTERNATIONAL DEVELOPMENT



THE **MANHATTAN COMMUNITY GARDEN** IS A COOPERATIVE GARDENING PROJECT WITH OVER 170 PLOTS. PLOT SIGN-UPS OCCUR IN FEBRUARY AND MARCH EACH YEAR.

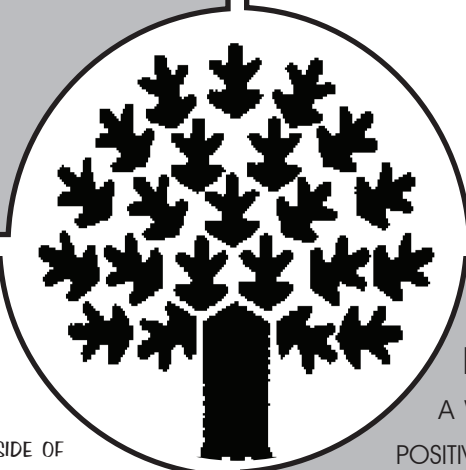
SPRING 2007 SIGN UPS:

RETURNING GARDNERS: FEB. 7 WED., 7:00 - 8:30 PM, UFM
FEB 17, SAT., 10:00 - NOON, UFM

NEW GARDNERS: MARCH 7, WED., 7:00 - 8:30 PM, UFM
MARCH 10, SAT., 10:00 - NOON, UFM
APRIL 14, SAT., 10:00 - NOON,
MANHATTAN COMMUNITY GARDEN,
9TH & RILEY LANE

Spring Plant Swap

April 28, 2007
10:00-Noon
UFM, 1221 Thurston St.



MEET UFM'S NEW TEEN MENTORING COORDINATOR MO MERSMANN



WHERE DID YOU GROW UP? I GREW UP JUST OUTSIDE OF EUDORA, KS.

NAME A FEW INTERESTING THINGS ABOUT YOURSELF:

I'M A SUCKER FOR GOOD CAUSES. I ALSO SECRETLY ASPIRE TO BE LIKE ONE OF THOSE PEOPLE ON HGTV WHO CAN CREATE HOME DECOR ITEMS OUT OF OLD FABRIC AND PAPER CLIPS, AND I HAVE MORE JEWELRY THAN ZSA ZSA GABOR.

IF YOU COULD TRAVEL BACK IN TIME, WHAT ERA WOULD YOU LIKE TO GO AND WHO WOULD YOU LIKE TO MEET?

THE ERA QUESTION IS TOUGH. I'D HAVE TO PICK ONE OF MY FAVORITE AUTHORS, LIKE DOUGLAS ADAMS OR MARK TWAIN, AND GO BACK IN TIME TO SIT IN CAFES AND BE UNOFFICIAL SOCIAL COMMENTATORS.

IF YOU WERE STRANDED ON AN ISLAND, WHAT 3 THINGS WOULD YOU LIKE WITH YOU?

I'D TAKE A TENT, A FLARE GUN, AND MY MOST FUNNY FRIEND.

WHAT ARE YOUR FUTURE PLANS?

I'D LIKE TO WORK IN THE NONPROFIT SECTOR, HOPEFULLY IN THE KANSAS CITY AREA, WHERE MY FAMILY IS FROM. ALSO PAY OFF SOME STUDENT LOANS AND DO SOME TRAVELING.

EVEN THOUGH YOU HAVE ONLY BEEN THE TEEN MENTORING COORDINATOR FOR A FEW MONTHS, HOW DO YOU THINK IT IS GOING?

I THINK IT'S GOING REALLY WELL. I'M EXCITED ABOUT NOT ONLY THE LEVEL OF STUDENT INVOLVEMENT, BUT OF PARENT INTEREST. THE PROGRAM GROWS EVERY WEEK, AND STUDENTS HAVE BEEN BRINGING FRIENDS, SO I GUESS WE'RE DOING SOMETHING RIGHT!

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. A VARIED CURRICULUM IS PLANNED WITH OPPORTUNITIES FOR RECREATION AND LEARNING EXPERIENCES. MIDDLE AND HIGH SCHOOL GROUP MEETS TWO DAYS A WEEK AFTER SCHOOL. CALL MO AT 539.8763

UFM MENTORING PROGRAM



Aquatics

LEARN TO SWIM CLASSES

UFM proudly offers 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 level. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

LOCATION: KSU Natatorium - Ahearn Complex

Lockers are available for use during class. Participants must supply towels and swimsuits. Showers are encouraged before entering the water. Children over the age of 5 are not permitted in restrooms/locker rooms of the opposite sex. Changing tables are available in both the men's and women's locker rooms.

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

BEGINNING & ENDING DATES (Except Where Noted):

- Session A: Monday, February 5 - April 16
(No class 03/19)
- Session B: Tuesday, February 6 - April 17
(No class 03/20)
- Session C: Wednesday, February 7 - April 18
(No class 03/21)
- Session D: Thursday, February 8 - April 19
(No class 03/22)
- Session E: Saturday, February 10 - May 5
(No class 03/17, 03/24 or 04/07)



Parent/Infant and Parent/Tot

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

- Monday 6:00 PM to 6:30 PM
February 5 - March 5
AQ-01P1
March 12 - April 16
AQ-01P2
(No class 03/19)
- Tuesday 6:00 PM to 6:30 PM
February 6 - March 6
AQ-02P1
March 13 - April 17
AQ-02P2
(No class 03/20)
- Saturday 9:30 AM to 10:00 AM
February 10 - March 10
AQ-05P1
March 31 - May 5 (No class 04/07)
AQ-05P2

Fee: \$25 per session (5 lessons)

Tot Transition

This class is for the toddler who is ready to try the water without a parent, but not yet ready for Level I.

- Monday 6:45 PM to 7:15 PM
February 5 - March 5
AQ-01T1
March 12 to April 16 (No class 03/19)
AQ-01T2
- Tuesday 6:45 PM to 7:15 PM
February 6 - March 6
AQ-02T1
March 13 - April 17
AQ-02T2
(No class 03/20)
- Saturday 10:15 AM to 10:45 AM
February 10 - March 10
AQ-05T1
March 31 - May 5 (No class 04/07)
AQ-05T2

Fee: \$25 per session (5 lessons)

Level I: Introduction to Water Skills

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

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

Fee: \$49 per session (10 lessons)

Level II: Fundamental Aquatic Skills

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

- AQ-02A Monday 6:00 PM to 6:40 PM
- AQ-02B Tuesday 6:00 PM to 6:40 PM
- AQ-02C Wednesday 6:00 PM to 6:40 PM
- AQ-02D Thursday 6:00 PM to 6:40 PM
- AQ-02E Saturday 10:15 AM to 10:55 AM

Fee: \$49 per session (10 lessons)



**FUN FACT:
STARFISH DO NOT
HAVE BRAINS**

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 785-317-0545 or Helena Grinter at 785-776-0681



www.fryufm.org

1221 Thurston St.
785.539.8763

Aquatics Continued

Level III: Stroke Development

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

AQ-03A	Monday	6:50 PM to 7:30 PM
AQ-03B	Tuesday	6:50 PM to 7:30 PM
AQ-03C	Wednesday	6:50 PM to 7:30 PM
AQ-03D	Thursday	6:50 PM to 7:30 PM
AQ-03E	Saturday	9:30 AM to 10:10 AM

Fee: \$49 per session (10 lessons)

Level IV: Stroke Improvement

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

AQ-04A	Monday	6:50 PM to 7:30 PM
AQ-04B	Tuesday	6:50 PM to 7:30 PM
AQ-04C	Wednesday	6:50 PM to 7:30 PM
AQ-04D	Thursday	6:50 PM to 7:30 PM
AQ-04E	Saturday	10:15 AM to 10:55 AM

Fee: \$49 per session (10 lessons)

Level V: Stroke Refinement

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

AQ-05C	Wednesday	6:50 PM to 7:30 PM
AQ-05E	Saturday	10:15 AM to 10:55 AM

Fee: \$49 per session (10 lessons)

Level VI: Swimming and Skill Proficiency

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

AQ-06C	Wednesday	6:50 PM to 7:30 PM
AQ-06E	Saturday	10:15 AM to 10:55 AM

Fee: \$49 per session (10 lessons)

Adult Swim Lessons

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

AQ-22A	Monday	6:00 PM to 6:40 PM
AQ-22E	Saturday	9:30 AM to 10:10 AM

Fee: \$49 per session (10 lessons)



Lap Swimming: Ages 13+

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

AQLSA	Monday	6:00 PM to 7:30 PM
AQLSB	Tuesday	6:00 PM to 7:30 PM
AQLSC	Wednesday	6:00 PM to 7:30 PM
AQLSD	Thursday	6:00 PM to 7:30 PM
AQLSE	Saturday	9:30 AM to 11:00 AM

Fee: \$19 per session (10 times)

Lap Swimming for Parents

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

AQLPA	Monday	6:00 PM to 7:30 PM
AQLPB	Tuesday	6:00 PM to 7:30 PM
AQLPC	Wednesday	6:00 PM to 7:30 PM
AQLPD	Thursday	6:00 PM to 7:30 PM
AQLPE	Saturday	9:30 AM to 11:00 AM

Fee: \$16 per session (10 times)

Shallow Water Hydroaerobics:

Water Exercise

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

Session A:	January 8 - February 1 (No class 01/15)
Monday- Thursday & Saturday	(6:35 PM to 7:30 PM) (10:05 AM to 11:00 AM)

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

Shallow Water continued on next column

Session B:	February 5 - March 3 (6:35 PM to 7:30 PM) (10:05 AM to 11:00 AM)
Monday - Thursday & Saturday	(1 time per week) (3 times a week) (5 times a week)

Session C:	March 5 - April 5 (No class 03/17-3/24) (6:35 PM to 7:30 PM) (10:05 AM to 11:00 AM)
Monday - Thursday & Saturday	(1 time per week) (3 times a week) (5 times a week)

Session D:	April 9 - May 5 (6:35 PM to 7:30 PM) (10:05 AM to 11:00 AM)
Monday - Thursday & Saturday	(1 time per week) (3 times a week) (5 times a week)

Fee:	\$24 for 1 time per week per session (5 weeks of classes) \$29 for 3 times a week per session (5 weeks of classes) \$33 for 5 times a week per session (5 weeks of classes)
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Shallow Water Hydroaerobics for the Entire Semester

Session E:	January 8 - May 5 (No class 01/15, 3/17- 03/24 & 04/07) (6:35 PM to 7:30 PM) (10:05 AM to 11:00 AM)
Monday - Thursday & Saturday	(1 time per week) (3 times a week) (5 times a week)

Fee:	\$54 for 1 time per week per session (15 weeks of classes) \$66 for 3 times a week per session (15 weeks of classes) \$74 for 5 times a week per session (15 weeks of classes)
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**CHECK OUT OUR
YOUTH SECTION FOR
MORE CLASSES
SEE PAGES 30-31**





Deep Water Hydroaerobics

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

Session A: January 9 - February 1
AQ-100A 6:35 PM to 7:30 PM (Tu/Th)

Session B: February 6 - March 1
AQ-100B 6:35 PM to 7:30 PM (Tu/Th)

Session C: March 6 - April 5
(No class 03/20, 03/22)
AQ-100C 6:35 PM to 7:30 PM (Tu/Th)

Session D: April 10 - May 3
AQ-100D 6:35 PM to 7:30 PM (Tu/Th)

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

Deep Water Hydroaerobics for the Entire Semester

Session E: January 9 - May 3
(No class 03/20, 03/22)
AQ-100E 6:35pm to 7:30pm (Tu/Th)

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

Private Swim Lessons

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

Beginning and Ending Dates for Private Lessons:

Session A1: Monday February 5 - March 5
Session A2: Monday March 12 - April 16
(No class 03/19)

Session B1: Tuesday February 6 - March 6
Session B2: Tuesday March 13 - April 17
(No class 03/20)

Session C1: Wednesday February 7 - March 7
Session C2: Wednesday March 14 - April 18
(No class 03/21)

Session D1: Thursday February 8 - March 8
Session D2: Thursday March 15 - April 19
(No class 03/22)

Session E1: Saturday February 10 - March 10
Session E2: Saturday March 31 - May 5
(No class 04/07)

Times for Mon. - Thurs. sessions: 6:00 PM to 6:30 PM/
6:45 PM to 7:15 PM
Times for Saturday sessions: 9:30 AM to 10:00 AM

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

AQ103

Open Swim Appreciation 07AAQ31A

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

Date: 04/15/2007 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Open Swim Appreciation 07AAQ31B

Date: 04/29/2007 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Sunday Family Swim 07AAQ32

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

Date: 04/01/2007 to 04/29/2007 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$8.00/Individual; \$20.00 Family
Location: Natatorium, KSU Campus

Lifeguard Training 07AAQ35AZ

The American Red Cross Lifeguarding program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Enrollment requirements for this class listed at www.tryufm.org. Instructor: Carol Russel, iteach@ksu.edu

Precourse: 03/28/2007- 6:00 PM to 7:30 PM (W)

Date: 04/04/2007 to 04/13/2007 (M/W/F/Sa)
Time: 4/04/07 to 4/13/07; 4:00 PM to 8:00 PM (M/W/F);
04/07/07 from 9:00 AM to 5:00 PM (Sa)

Fee: \$149.00
Location: Natatorium, KSU Campus

Lifeguard Training 07AAQ35A

Instructor: Abby Thrash, abbythrash@gmail.com

Dates: 04/27/2007 to 04/29/2007 (Fri-Sun)
Time: 6:30 PM to 9:30 PM (F)
8:00 AM to 8:00 PM (Sa)
Lunch & Dinner breaks
8:00 AM to 3:00 PM (Su)

Fee: \$149.00
Location: Natatorium, KSU Campus

Books are available for purchase at Red Cross.

Lifeguard Training 07AAQ35B

Instructor:

Dates: 05/20/2007 to 05/26/2007 (Su, M-Th, S)
Time: 5:00 PM to 6:00 (Su);
5:00 PM to 10:00 PM (M-Th);
9:00 AM to Noon (Sa)

Fee: \$149.00
Location: Natatorium, KSU Campus

Books are available for purchase at Red Cross.



Aquatics Continued

Scuba Diving

07AAQ105AZ

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 \$75.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from \$100 to \$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

Instructor: Jeff Wilson

Date: 01/22/2007 to 02/26/2007 (M)
Time: 6:00 PM to 10:00 PM
Fee: \$232.00
Location: Natatorium, KSU Campus

Scuba Diving

07AAQ105BZ

Instructor: Jeff Wilson

Date: 01/27/2007 to 03/10/2007 (Sa)
(No class 02/03)
Time: 9:30 AM to 1:30 PM
Fee: \$232.00
Location: Natatorium, KSU Campus

Scuba Diving

07AAQ105CZ

Instructor: Jeff Wilson

Date: 03/26/2007 to 04/30/2007 (M)
Time: 6:00 PM to 10:00 PM
Fee: \$232.00
Location: Natatorium, KSU Campus



Lifeguard Challenge

07AAQ106

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

Instructor:

Date: 05/26/2007 (Sa)
Time: 1:00 PM to 4:00 PM
Fee: \$46.00
Location: Natatorium, KSU Campus



Fitness Swimming

07AAQ108AZ

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

Instructor: Carol Stites, clsswim@cox.net

Date: 01/23/2007 to 03/08/2007 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: \$82.00
Location: Natatorium, KSU Campus

Water Exercise/Water Fitness Instructor

07AAQ104Z

Exercise and enjoy it! This is a new course intended for students interested in becoming familiar with and participating in various types of water exercise for fitness and conditioning, with an optional training format for those individuals who want to become nationally certified aquatic instructors. Lecture/lab twice weekly. Enrollment requirements, topics to be addressed and instructor certification option for this class listed at www.tryufm.org.

Instructor: Carol Stites, clsswim@cox.net

Date: 01/22/2007 to 03/07/2007 (M/W)
Time: 9:30 AM to 11:00 AM
Fee: \$118.00
Location: Natatorium, KSU Campus

**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.**

Water Safety Instructor

07AAQ121Z

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach Swimming and Water Safety Program courses. Enrollment and certification requirements for this class listed at www.tryufm.org. Concerns/questions may be directed to the instructor. Books available for purchase at the Red Cross Office, 2601 Anderson Ave.

Instructor: Carol Russell, iteach@ksu.edu

Date: 02/26/2007 to 03/09/2007 (M/W/F/Sa)
Time: 4:00 PM to 8:30 PM (M/W/F);
03/03; 9:00 AM to 5:00 PM (Sa)
Fee: \$180.00
Location: Natatorium, KSU Campus

Lifeguard Instructor

07AAQ122Z

This class will provide candidates with the knowledge and skills necessary to teach Lifeguarding (including First Aid), Lifeguard Management, CPR for the Professional Rescuer, AED Essentials, Oxygen Administration for the Professional Rescuer, Community Water Safety, and Basic Water Rescue. With additional training and for those meeting the prerequisites, interested candidates would also be able to teach Safety Training for Swim Coaches and/or Waterfront Lifeguarding. Enrollment and certification requirements for this class listed at www.tryufm.org. Concerns/questions may be directed to the instructor. Books available for purchase at the Red Cross Office, 2601 Anderson Ave.

Instructor: Carol Russell, iteach@ksu.edu

Precourse: 03/10/07 from 9:00 AM to 5:00 PM (Sa)
Date: 03/12/07 to 04/16/07 (M/W/F/Sa)
Time: 03/12/07 to 03/16/07 from
4:00 PM to 8:30 PM (M/W/F);
03/28/07 from 6:00 PM to 7:30 PM (W);
4/02/07 to 04/16/07 from
4:00 PM to 8:00 PM (M/W/F);
04/07/07 from 9:00 AM to 5:00 PM (Sa)
Fee: \$149.00
Location: Natatorium, KSU Campus

Water Polo Conditioning

07AAQ123Z

Water Polo Conditioning will offer beginning participants an opportunity to learn the basics of this popular water sport, while providing those already familiar with this fun and often times demanding activity a chance to hone their skills and get a workout as well! Students will learn and apply the rules and regulations of the game during practice and build and improve technique through drills, exercises and scrimmages. General principles of fitness and conditioning will also be addressed through written material, lecture and assignments. Enrollment requirements for this class listed at www.tryufm.org. This course is not for the inexperienced or beginner swimmer!

Instructor: Carol Stites, clsswim@cox.net

Date: 01/23/2007 to 03/08/2007 (Tu/Th)
Time: 9:30 AM to 11:00 AM
Fee: \$82.00
Location: Natatorium, KSU Campus



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Career & Finance

Gain Control of Your Money and Become Debt Free 07AFC01

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. Instructor: Charlene Brownson, 776-3666

Charlene works with a local financial service company. Charlene Brownson enjoys sharing her knowledge with others to help them develop money skills.

Date: 03/26/2007 (M)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00/Individual; \$16.00/Couple (Both-Take Gain Control & Investing 06CFC29; \$16.00/Individual, \$20.00/Couple)
Location: UFM Conference Room

Investing in Your Future 07AFC02

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. Instructor: Charlene Brownson, 776-3666

Date: 04/02/2007 (M)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00/Individual; \$16.00/Couple (Both- Take Gain Control & Investing 06CFC29; \$16.00/Individual, \$20.00/Couple)
Location: UFM Conference Room

Retirement Planning for all Stages 07AFC41A

This class addresses 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, 537- 4505 & Mathew Bishop

Diane Freeby and Mathew Bishop are financial advisors with Waddell & Reed, Inc.

Date: 01/18/2007 (Th)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00
Location: Waddell & Reed Conference Room, 555 Poyntz Ave.

Retirement Planning continued on next column

Retirement Planning for all Stages 07AFC41B

Instructors: Diane Freeby & Mathew Bishop

Date: 02/22/2007 (Th)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00
Location: Waddell & Reed Conference Room, 555 Poyntz Ave.

Retirement Planning for all Stages 07AFC41C

Instructors: Diane Freeby & Mathew Bishop

Date: 04/19/2007 (Th)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00
Location: Waddell & Reed Conference Room, 555 Poyntz Ave.



GRE Prep Course 07AFC06

Graduate Record Exam Preparation Course. Review and practice the three GRE subject areas of Math, logic and verbal skills, learn strategies for successful test taking and analyze the reason for correct responses. Deadline one week prior to class or \$20 extra fee to order materials.

Instructor:

Date: 02/01/2007 to 03/13/2007 (Th/Tu)
Time: 7:30 PM to 9:30 PM
Fee: \$270.00
Location: KSU, Justin Hall, Room 341

LSAT Prep Course 07AFC24

Law School Admission Test Review Course. Comprehensive 28-hour review, in-class & at-home study materials, analytical lectures and test-taking strategies. Deadline one week prior to class or \$20 extra fee to order materials. Instructor: Sarah Coover, skc4454@ksu.edu

Date: 03/27/2007 to 04/28/2007 (Tu/Th)
Time: 7:00 PM to 10:00 PM
Fee: \$270.00
Location: KSU, Justin Hall, Room 341

Identify Theft 07AFC43

Gain the knowledge you need to prevent becoming a victim of ID theft. This class will offer prevention tips, resources, and recovery options for victims.

Instructor: K-State Credit Union Staff, 776-3003

Date: 02/01/2007 (Th)
Time: 6:30 PM to 7:30 PM
Fee: \$12.00
Location: K-State Credit Union, 2600 Anderson Ave.

Understanding Your Credit Report 07AFC44

This class will explain what a credit score is, how one is calculated, who uses credit scores, and how participants can improve their credit scores.

Instructor: K-State Credit Union Staff, 776-3003

Date: 02/15/2007 (Th)
Time: 6:30 PM to 7:30 PM
Fee: \$12.00
Location: K-State Credit Union, 2600 Anderson Ave.

Managing a Checking Account/ Wise Use of Credit Cards 07AFC45

This class will cover the basics of keeping a checking account including check writing, managing a checkbook register, and understanding and balancing your monthly bank statement. We will also talk briefly about the wise use of credit cards.

Instructor: K-State Credit Union Staff, 776-3003

Date: 03/01/2007 (Th)
Time: 6:30 PM to 7:30 PM
Fee: \$12.00
Location: K-State Credit Union, 2600 Anderson Ave.

Budgeting 07AFC46

Many consumers practice poor money management, living paycheck to paycheck, and using credit inappropriately. Attend this seminar to understand how to plan, save and budget for the future.

Instructor: K-State Credit Union Staff, 776-3003

Date: 03/15/2007 (Th)
Time: 6:30 PM to 7:30 PM
Fee: \$12.00
Location: K-State Credit Union, 2600 Anderson Ave.

Home Buying 101 07AFC47

Buying a home is an anxiety-producing process. It's also one of life's great adventures. This workshop will help potential homeowners with the maze of questions and procedures involved in buying a home. Information presented will help determine whether to buy, what to buy, how to be a smart buyer, and more.

Instructor: K-State Credit Union Staff, 776-3003

Date: 04/05/2007 (Th)
Time: 6:30 PM to 7:30 PM
Fee: \$12.00
Location: K-State Credit Union, 2600 Anderson Ave.

Car Buying 101 07AFC48

This seminar takes participants step-by-step through every phase of a vehicle purchase, providing information on conducting research on vehicles, buying a new or used vehicle, trading in a vehicle versus selling it privately, and full explanations of how to save the most money in financing your purchase.

Instructor: K-State Credit Union Staff, 776-3003

Date: 04/19/2007 (Th)
Time: 6:30 PM to 7:30 PM
Fee: \$12.00
Location: K-State Credit Union, 2600 Anderson Ave.

Sustaining Progress - A Change Model 07AFC49

This class introduces the change model to the participants. The model helps explain why some organized efforts succeed and others fail. The class will have three to four sessions depending on the wishes of the participants. First, the model will be introduced. Other change models will be reviewed. Then the participants will choose an organized effort to apply the model. Instructor: David Darling

Date: 02/05/2007 to 02/26/2007 (M)
Time: Noon to 1:00 PM
Fee: \$24.00
Location: UFM Conference Room



reative Free Time

Create a Novel from Scratch

07ACF01

This four-session class for beginners introduces the steps of writing that popular fiction novel you've always wanted to write. Sessions will feature lecture elements, class participation, homework assignments, and writing critiques for commercial fiction. Fundamentals addressed will include conflict, character, plot, openings, point of view, scene structure, dialogue, and pacing. For fun and illustration, participants will develop a class novel. Advanced fiction writers will want to take Glenn Sixbury's "Advanced Fiction Writing".

Instructor: Linda Madl, lsmadl@interkan.net

Linda Madl is a local author of ten novels, eight novellas, short stories, book reviews, 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 Kansas Writers, Inc. She has presented programs and workshops for numerous organizations including the Manhattan Library Association, The Great Manhattan Mystery Conclave, and Kansas Authors. You can learn more about her at www.lindamadl.com.

Date: 02/01/2007 to 02/22/2007 (Th)
Time: 7:00 PM to 9:00 PM
Fee: \$55.00
Location: UFM Conference Room

Advanced Fiction Writing

07ACF02

A three-session workshop where students learn through participation, this class builds upon the foundation established by "Create a Novel from Scratch". This class covers advanced techniques in creating and marketing popular fiction. General topics will be covered as well as specific issues related to the students' manuscripts. Students are expected to bring works in progress, which will be critiqued by the instructor and by other members of the class. To enroll in this class, students should have already taken the basic fiction class offered ("Create a Novel from Scratch") or should already have a general knowledge of fiction writing techniques.

Instructor: Glenn Sixbury

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

Date: 04/05/2007 to 04/19/2007 (Th)
Time: 7:30 PM to 9:30 PM
Fee: \$16.00
Location: UFM Multipurpose Room

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Learn to Make Flannel Chenille Scarf

07ACF03

Bring your own sewing machine, walking foot for your sewing machine strongly recommended and two yards of woven, yard-dyed (not printed on one side) to make a flannel chenille scarf which will need only washing and drying to finish after class. Instructor will have flannel for sale for \$5.00 per yard and can provide 2 machines, please contact her in advance. Also bring a cutting mat and rotary cutter to share if you have it. There will be a break for lunch (bring own or go out).

Instructor: Anne Collins, 532-3951, podkayn@ksu.edu

Anne started quilting about 15 years ago. She has been making and selling scarves for 2 years at craft shows. Her scarves have been in the Manhattan Arts Center Wrap-It-Up event.

Date: 03/17/2007 (Sa)
Time: 9:30 AM to 3:00 PM
Fee: \$22.00
Location: UFM Banquet Room

Beginning Knitting

07ACF05A

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 1/2 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, 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: 01/17/2007 to 02/07/2007 (W)
Time: 1:00 PM to 2:30 PM
Fee: \$31.00
Location: Wildflower Yarns and Knitwear, 300 Poyntz Ave.

Beginning Knitting

07ACF05B

Instructor: Kennita Tully, 537-1826

Date: 01/17/2007 to 02/07/2007 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.

Beginning Knitting

07ACF05C

Instructor: Kennita Tully, 537-1826

Date: 03/28/2007 to 04/18/2007 (W)
Time: 1:00 PM to 2:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.

Beginning Knitting

07ACF05D

Instructor: Kennita Tully, 537-1826

Date: 03/28/2007 to 04/18/2007 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.

Beginning Knitting continued on next column

Beginning Knitting

07ACF05E

Instructor: Kennita Tully, 537-1826

Date: 02/13/2007 to 03/06/2007 (T)
Time: 1:00 PM to 2:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.

Beginning Knitting

07ACF05F

Instructor: Kennita Tully, 537-1826

Date: 02/13/2007 to 03/06/2007 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.

Beginning Knitting

07ACF05G

Instructor: Kennita Tully, 537-1826

Date: 04/24/2007 to 05/15/2007 (T)
Time: 1:00 PM to 2:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.

Beginning Knitting

07ACF05H

Instructor: Kennita Tully, 537-1826

Date: 04/24/2007 to 05/15/2007 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.

Basic Jewelry Making

07ACF11

In this class the students will learn the basic techniques of fabricating fine jewelry through a series of 3 planned projects. All projects will be in sterling silver and include a basic band, a bezel ring with a genuine semi-precious gem, pierced earrings or pendant. Techniques learned will include sawing, bending, soldering, forming, filing, sanding, polishing, furnishing, piercing (metal, not ears), etc. NOTE: Fee covers materials for all projects. Recommended tools list will be sent to all participants and can be purchased at cost through instructor.

Instructor: Daniel Bostrom

Daniel began collecting rocks and minerals at the age of 7. By the age of 13 was cutting his own gemstones. In high school he began making jewelry as a hobby. As a professional Goldsmith working toward a Master Goldsmith certification, he works full time making and repairing fine jewelry in gold, silver and platinum.

Date: 03/03/2007 to 04/14/2007 (Sa)
(No class 03/17, 03/24)
Time: 9:00 AM to Noon
Fee: \$99.00
Location: UFM Greenhouse



Creative Free Time Continued

Harmonica for Everyone 07ACF06

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

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

Date: 04/24/2007 (Tu)
Time: 6:30 PM to 8:00 PM
Fee: \$24.00
Location: UFM Fireplace Room



Ukulele Night 07ACF75

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

Date: 04/25/2007 (W)
Time: 6:30 PM to 8:00 PM
Fee: \$16.00
Location: UFM Fireplace Room

Triangle Frame Loom Weaving for Scarfs and Shawls 07ACF66

Hand weaving on a triangler frame, the loom dresses itself! Weaving is done with a continuous strand of yarn for both warp and weft, by weaving loops inside previous loops, to create beautiful shawls and small scarfs. Please have loom already started to work on advanced patterns. If you do not have a loom, please call Enell at 537.0977. You may purchase materials at class from instructor. There will be a break for lunch (bring own or go out).
Instructor: Enell Foerster, 537- 0977, foer@kansas.net

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

Date: 03/10/2007 (Sa)
Time: 9:00 AM to 4:00 PM
Fee: \$20.00
Location: UFM Fireplace Room



Beginning Juggling 07ACF24A

This class is an introduction to the fun world of juggling, but those with some experience are welcome to join as well. Instruction will be given on basic 3-ball juggling, with additional instruction in other types of juggling and unicycling available if there is interest. Juggling can be learned by any adult or child; no exceptional coordination or other skills are necessary to begin. The class will meet at the same time as the KSU Juggling Club's meeting, so students will be able to see more advanced jugglers as they learn. All equipment will be provided. Please register one week prior to class date.

Instructors: Bekah Smith, 341-4499,
email: juggle@ksu.edu & Ryan Bradburn

Bekah and Ryan are members of the KSU Juggling Club, which has been advocating juggling in the Manhattan community since its creation in 2003. Both are experienced with teaching juggling to adults and children and are excited to share their hobby with anyone with a desire to learn.

Date: 02/15/2007 (Th)
Time: 7:00 PM to 8:00 PM
Fee: \$12.00
Location: KSU Student Union Courtyard (inside)

Beginning Juggling 07ACF24B

Instructors: Bekah Smith & Ryan Bradburn

Date: 03/15/2007 (Th)
Time: 7:00 PM to 8:00 PM
Fee: \$12.00
Location: KSU Student Union Courtyard (inside)

Beginning Juggling 07ACF24C

Instructors: Bekah Smith & Ryan Bradburn

Date: 04/19/2007 (Th)
Time: 7:00 PM to 8:00 PM
Fee: \$12.00
Location: KSU Student Union Courtyard (inside)

Poker: Texas Hold 'Em for Beginners 07ACF30

This class will discuss the basic rules of Texas Hold'em (and its variations) as well as betting, strategies and 'table' manners. If you are sick of winning five bucks from your friends every Wednesday and 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, 317-1845, durar@ksu.edu

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

Date: 04/24/2007 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$17.00
Location: UFM Multipurpose Room

Triple Techniques in Stamping 07ACF31A

Triple your stamping and scrapbooking fun each time you take this class! Learn how to use old favorites, some new gotta haves, and even some things you probably have lying around the house. You will learn 3 new techniques every session and complete a sample swatch of each. Plus you will receive a technique sheet to keep with your swatch for future reference. Techniques we will be learning this semester will be: Drop Shadow, Frosted Backgrounds, Beaded Window, Embossed Washers, Brayer reflections and Glazed Highlights. All Supplies will be provided - but you can bring your own basics (cutter, scissors, adhesive) if you prefer! Please register one week prior to class date.
Instructor: Heather Scott, (785) 494-2505,
email: heather@oz-somestamps.com

Date: 02/26/2007 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Multipurpose Room

Triple Techniques in Stamping 07ACF31B

Instructor: Heather Scott, (785) 494-2505
Please register one week prior to class date.

Date: 03/26/2007 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Multipurpose Room

Triple Techniques in Stamping 07ACF31C

Instructor: Heather Scott, (785) 494-2505
Please register one week prior to class date.

Date: 04/23/2007 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Multipurpose Room

Rubber Stamping Basics 07ACF33A

Come and learn the basics of rubber stamping. You will learn the differences in inks, papers, stamps and powders. We will cover basic techniques and embossing. Supplies for three cards will be provided, which will be made in class. Please bring the following to class: 12" paper cutter, adhesive, scoring tool, scissors and a heat tool (If you don't have them, you can share).
Please register one week prior to class.
Instructor: Heather Scott, (785) 494-2505

Date: 02/05/2007 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Multipurpose Room

Rubber Stamping Basics 07ACF33B

Instructor: Heather Scott, (785) 494-2505
Please register one week prior to class.

Date: 04/02/2007 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$16.00
Location: UFM Multipurpose Room



Creative Free Time Continued

Watercolor and Calligraphy 07ACF55

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. THIS CLASS ONLY MEETS THE 1ST AND 3RD SATURDAY OF THE MONTH
Instructor: Mariko Price, mariko@ksu.edu

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

Date: 01/20/2007 to 04/14/2007 (Sa)
Time: 10:30 AM to Noon
Fee: \$54.00
Location: UFM Fireplace Room

Introduction to Photography 07ACF78

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. Tripods will also be beneficial. Participants will be responsible for their own film and development costs. The class will include 4 field trips.
Instructor: Scott Bean, 776-9441, srbean@ksu.edu

Scott Bean has been photographing landscapes for several years. Photography is a wonderful way to enjoy nature and each photograph someone makes represents a unique view of our world. With the popularity of digital photography Scott is also interested in helping people get started with that and issues relevant to digital photography such as managing files, processing images, etc.

Date: 04/05/2007 to 05/03/2007 (Th/Sa)
Time: 7:00 PM to 9:00 PM
Fee: \$68.00
Location: UFM Conference Room

Digital Scrapbooking for the 21st Century 07ACF79A

Shoot It! Store It! Share It! Save It! This class will show you how to organize, enhance, and store your digital photos from a digital camera, CD, or scanner onto a laptop. We will then use our photos to create a hardbound 20+ page storybook. The software is specially created for the album maker who loves to take pictures. Bring your laptop, as they will be demonstrating wireless internet access to help you send and retrieve your pictures from computer to computer. However, a laptop is not required for taking this class.
Instructors: Gordon and Pamela Schmid

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

Date: 01/22/2007 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$14.00
Location: UFM Fireplace Room



Digital Scrapbooking for the 21st Century 07ACF79B

Instructors: Gordon and Pam Schmid

Date: 02/27/2007 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$14.00
Location: UFM Fireplace Room

Scrapbooking for the Busy Person 07ACF81A

Create 12 picture-ready pages for your scrapbook in 3 hours! Using a package of 12x12 paper, background sheets, embellishments and basic scrapbooking tools, you will finish 6, 12"x12", two-page layouts for your pictures. Several cards will then be made using the excess paper. The paper and embellishments will be provided; you will need to bring a 12-inch paper trimmer (there will be one available if you don't have one), scissors, a black pen, a pencil, a 12-inch ruler and adhesive of choice. Please register one week prior to class date.
Instructor: Dona Deam, ddeam@ksu.edu

Dona Deam is a long time scrapbooker and crafter who enjoys sharing her knowledge and creativity with others in order to design meaningful scrapbook pages.

Date: 01/31/2007 (W)
Time: 6:30 PM to 9:30 PM
Fee: \$36.00
Location: UFM Conference Room

Scrapbooking for the Busy Person 07ACF81B

Instructor: Dona Deam, ddeam@ksu.edu

Date: 02/28/2007 (W)
Time: 6:30 PM to 9:30 PM
Fee: \$36.00
Location: UFM Conference Room

Scrapbooking for the Busy Person 07ACF81C

Instructor: Dona Deam, ddeam@ksu.edu

Date: 03/28/2007 (W)
Time: 6:30 PM to 9:30 PM
Fee: \$36.00
Location: UFM Conference Room

Beginning Crochet 07ACF84A

During this class you will learn how to chain, single crochet, double-crochet, change colors and read patterns while completing fun projects. Materials needed include a size G crochet hook, a plastic canvas needle and 2 colors of complementary acrylic yard (varigated yarn works well). These materials will be available for purchase at the first class.

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 01/18/2007 to 02/25/2007 (Th)
Time: 6:00 PM to 7:00 PM
Fee: \$30.00
Location: UFM Multipurpose Room

Beginning Crochet 07ACF84B

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 02/22/2007 to 03/29/2007 (Th)
(No class 03/22)
Time: 6:00 PM to 7:00 PM
Fee: \$30.00
Location: UFM Multipurpose Room

Beginning Crochet 07ACF84C

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 04/05/2007 to 05/03/2007 (Th)
Time: 6:00 PM to 7:00 PM
Fee: \$30.00
Location: UFM Multipurpose Room

Intermediate Crochet 07ACF85A

During this class you will learn more advanced stitches and techniques while completing fun projects. Materials for first project are size G crochet hook, a plastic canvas needle and acrylic yarn. These materials will be available for purchase at the first class. Must know how to single crochet and double crochet.
Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 02/22/2007 to 03/29/2007 (Th)
(No class 03/22)
Time: 7:30 PM to 8:30 PM
Fee: \$30.00
Location: UFM Multipurpose Room

Intermediate Crochet 07ACF85B

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 04/05/2007 to 05/03/2007 (Th)
Time: 7:30 PM to 8:30 PM
Fee: \$30.00
Location: UFM Fireplace Room



Creative Free Time Continued

Pattern Making 07ACF49A

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

Instructor: Florence Wang

Florence Wang has worked as a professional pattern making and professional designer in Taiwan. She was born into her family textile business that has given her over 12 years of pattern design experience.

Date: 03/03/2007 to 03/10/2007 (Sa)
Time: 10:00 AM to Noon
Fee: \$85.00
Location: UFM Banquet Room

Pattern Making 07ACF49B

Instructor: Florence Wang

Date: 03/24/2007 to 03/31/2007 (Sa)
Time: 10:00 AM to Noon
Fee: \$85.00
Location: UFM Banquet Room



Clothing Care 07ACF86A

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

Instructor: Florence Wang

Date: 04/14/2007 (Sa)
Time: 10:00 AM to Noon
Fee: \$25.00
Location: UFM Fireplace Room

Clothing Care 07ACF86B

Instructor: Florence Wang

Date: 04/21/2007 (Sa)
Time: 10:00 AM to Noon
Fee: \$25.00
Location: UFM Fireplace Room

Effective Window Shopping 07ACF100

Want to learn how to fatten that wallet? Learn easy 1-2-3 tips to save money! This class is for you, penny pincher!! This class is designed for those impulse buyers who just can't help themselves. Classes are centered around the bestseller, "Tight Wads: 10 Tips for Looking but not Touching". We will focus on unique techniques to keep you out of the stores and away the checkout line.

Instructor: Wanda Savabuck began her career as a motivational speaker sharing her own stories about compulsive purchase addiction, commonly known as CPA, a disorder that affects the mind's ability to reason whenever there is a department store sale.

Date: 01/11/2007 to 05/04/2007 (M-Sa)
Time: 8:00 AM to Noon
Fee: \$-1.00
Location: Manhattan Town Center



Enroll online at our website:

www.tryufm.org

*View class descriptions

*Times, dates and locations

*Get information about
UFM's other programs



www.prairielandfood.com

Prairie Land Food offers a nutritious grocery package which includes a wide assortment of frozen meats, fresh fruits and vegetables, just like you see in major grocery stores. Packages are offered at a low cost, helping *s-t-r-e-t-c-h* your food dollars. Prairie Land is funded through you -- the participant. The more people that participate, the greater the buying power, and the more communities will benefit through volunteer service.

A professional purchasing staff buys from growers, manufacturers and producers. The food is distributed from the Topeka warehouse to a network of community host sites. There is NO government funding. The program is open to all who wish to participate. Your time and your talent can benefit the community.

One Basic package costs \$20.00 plus two hours of community service. More than one package may be purchased and often these are monthly specials on meat items.

Meat only package: Add an extra serving of the meats in the Basic Package and \$12.00 plus 1 hour volunteer service

Specials: Prices for these packages vary, but usually cost \$11.00 to \$20.00 plus 1 additional hour of volunteer service.

Orders can be paid by cash, check or EBT/Food Stamps.



Everyone who participates in Prairie Land Food contributes volunteer time as their commitment to the not-for-profit organization. Any service freely given to non-household members counts as volunteer service. Examples include helping at your local host site, mowing lawns, house-sitting or pet sitting for someone that is on vacation or hospitalized. Visiting or calling the homebound. Volunteer involvement in community service organization such as: volunteer fire department, rescue squad, Hospice, church groups, Scouting, 4-H, picking up trash in the parks or along the roadways, coaching little league, organist for your church, teaching Sunday school, prayer chains and mentoring. Anything that you do out of the goodness of your heart is volunteer service.

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

Prairie Land Food: Good for You and Good for the Community

For more information, call UFM at 539-8763 or website: www.prairielandfood.com



Earth & Nature

Learn the Night Sky

07AEN02

Learn the major constellations and other features of the northern sky near the North star. Dean has all the constellations on slides and can help you learn to find your way around the night sky. We will discuss some of the mythology and understand what the zodiac is and what it means. Most of you should be able to locate YOUR zodiac sign in the sky after this class. The instructor also has simple maps that you can take home that will help you become familiar with the sky. If the night is clear after class, you can go outside to see some things you have learned.

Instructor: Dean Stramel

Dean teaches Earth Science at Manhattan High School and has taught the sky to many groups for many years.

Date: 03/09/2007 (F)
Time: 7:00 PM to 9:00 PM
Fee: \$12.00
Location: Manhattan High School West - Little Theater

Living Fossils and "Ghosts" of Extinction

07AEN03

Did you know K-State has a mature grove of ginkgos by the Beach Museum of Art in Manhattan? Living Fossils are the only remaining species of families that were widespread in the distant past, such as ginkgos. Ghosts of extinction are species, mostly plants, whose symbiotic animals that distributed the seeds, have become extinct. We'll have an informal discussion and share case studies together.


Instructor: Anne Collins, 532-3951, podkayn@ksu.edu

Anne is a "groupie" of evolution, having once spent several hundred dollars to fly to hear Stephen Jay Gould, author and director of American Natural History Museum in New York.

Date: 04/01/2007 (Su)
Time: 1:00 PM to 3:00 PM
Fee: \$12.00
Location: UFM Fireplace Room

SPRING PLANT SWAP


07AEN37



APRIL 29, 2007 10:00 am to Noon

DO YOU WISH YOU HAD LESS AND MORE OF SOMETHING ELSE?
REJUVENATE YOUR FLOWER GARDEN BY DIVIDING YOUR PERENNIALS
AND BRING THEM TO TRADE TO ENHANCE YOUR COLOR AND VARIETY!!

UFM Community Learning Center
1221 Thurston St.



For more information, visit our website at www.tryufm.org or call UFM at 539.8763

Fly Fishing

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

Instructor: Paul Sodamann

Date: 01/22/07 to 02/01/07 (M-TH)
Time: 6:00 PM to 8:00 PM
Fee: \$95.00
Location: MHS East Campus, 901 Poyntz, Rm 108



Fly Fishing

07AEN04BZ

Instructor: Paul Sodamann

Date: 02/12/2007 to 02/22/2007 (M-TH)
Time: 6:00 PM to 8:00 PM
Fee: \$95.00
Location: MHS East Campus, 901 Poyntz, Rm 108

Fly Fishing

07AEN04CZ

Instructor: Paul Sodamann

Date: 03/05/2007 to 03/15/2007 (M-TH)
Time: 6:00 PM to 8:00 PM
Fee: \$95.00
Location: MHS East Campus, 901 Poyntz, Rm 108

GARDENING 101: The Basics

07AEN05

Welcome to America's #1 hobby! You're eager to get started but have questions about site selection, soil types, what to plant when, pest control, and how to deal with the weather extremes in Kansas. We will answer all these questions no matter what type of garden you want.

Instructor: Colleen Hampton, 539-5934

Colleen Hampton is a seasoned Riley County Extension Master Gardener who has a passion for all types of gardening. She has taught UFM gardening classes for over 15 years. She is a member of the Manhattan Community Garden and several area garden clubs.

Date: 03/02/2007 (F)
Time: 5:30 PM to 7:30 PM
Fee: \$12.00
Location: UFM Greenhouse

COOL-SEASON PLANTINGS:

What Jack Frost Can't Hurt

07AEN06

Do you have spring fever? Many people can't resist the urge to get out and plant something! But before you waste time and money, find out what flowers and vegetables can be planted from late February to mid-April. You'll be rewarded with color in the yard and fresh vegetables for the table. And it just might be a great start to a rewarding gardening year!

Instructor: Colleen Hampton, 539-5934

Date: 03/09/2007 (F)
Time: 6:00 PM to 8:00 PM
Fee: \$12.00
Location: UFM Greenhouse

COLOR YOUR WORLD:

Annual & Perennial Flowers

07AEN07

You want great color, low maintenance, and season-long pizzazz. What should you plant? Come find out what grows best in our Kansas climate, from sun to shade, using research-based information from KSU. Then find out what you need to do to keep your flowers and plants looking great all season. Be the envy of your neighborhood with minimal effort!

Instructor: Colleen Hampton, 539-5934



Date: 04/05/2007 (Th)
Time: 6:30 PM to 8:30 PM
Fee: \$12.00
Location: UFM Greenhouse

WARM-SEASON PLANTINGS:

The Heat Lovers

07AEN20

The summer heat will soon be here! Which plants can take the hot temperatures and winds of Kansas, along with the inevitable dry spells? We'll discuss both vegetable and flowers that can stand up to our weather extremes and do well – producing bountiful harvests or continuous flowers. We'll give you information on what to plant when, and techniques and specific requirements to help you be successful with whatever you choose to plant!

Instructor: Colleen Hampton, 539-5934

Date: 04/13/2007 (F)
Time: 6:00 PM to 8:00 PM
Fee: \$12.00
Location: UFM Greenhouse

CONTAINERS: Great Versatility!

07AEN24

Container gardening is increasing in popularity because it is less physically demanding and gives us more places to put plants! Plus you can move them around as needed! This class will cover the science and art of growing plants in containers – the pots, soil, maintenance, plant selection (annuals & perennials) and design.

Instructor: Colleen Hampton, 539-5934

Date: 05/04/2007 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$12.00
Location: UFM Greenhouse

SHADE GARDENING:

Where the Sun Doesn't Shine

07AEN25

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

Instructor: Colleen Hampton, 539-5934

Date: 05/11/2007 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$12.00
Location: UFM Greenhouse

FUN FACT:

The pupil of an octopus' eye is rectangular.



Earth & Nature Continued

SPACE EFFICIENT GARDENING:

Get More in Less Space

07AEN29

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

Instructor: Colleen Hampton, 539-5934

Date: 03/16/2007 (F)
Time: 6:00 PM to 8:00 PM
Fee: \$12.00
Location: UFM Greenhouse



Home Landscape Design

07AEN08

Learn the basics of landscaping your home! Locally available resources will be presented. Property values can be increased by as much as 10-20% by smart landscape design. This course is a must for new residents to the Manhattan community or those of us with "brown thumbs." Single-home owner and/or couple are encouraged to enroll. Instructor: Gregg Eyestone

Date: 01/17/2007 to 01/31/2007 (W)
Time: 6:00 PM to 8:00 PM
Fee: \$21.00/Individual; \$30.00/Couple
location: 110 Courthouse Plaza, Extension Office

How to Build a Water Feature for your Yard or Patio

07AEN09

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

Date: 03/29/2007 (Th)
Time: 6:30 PM to 8:30 PM
Fee: \$12.00/Individual; \$16.00/Couple
Location: 1725 Sheffield Circle

Touring Kayak-Rescues and Recoveries

07AAQ37A

This class is perfect for those starting out in kayaking or just wishing to brush-up on their kayaking skills. After some brief instructions on land, we will work on being comfortable on the water with efficient stroke technique and boat control as well as being comfortable in the water with wet exits, assisted rescues, and self rescues. This class will give you the invaluable tools needed to practice and refine your strokes and rescues. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. This is a fun class and I guarantee you will paddle away knowing something new and feeling more confident. **EQUIPMENT REQUIRED:** touring kayak (clean), pfd, paddle, spray skirt, bilge pump, paddle float, towel, change of clothes.

Instructor: Larry Storer, (785) 292-4561
email: larrystorer@yahoo.com

Larry Storer 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: 01/21/2007 (Su)
Time: 8:30 AM to 12:30 PM
Fee: \$50.00
Location: Natatorium, KSU Campus

Touring Kayak-Rescues and Recoveries

07AAQ37B

Instructor: Larry Storer, (785) 292-4561

Date: 02/18/2007 (Su)
Time: 8:30 AM to 12:30 PM
Fee: \$50.00
Location: Natatorium, KSU Campus

Touring Kayak-Rescues and Recoveries

07AAQ37C

Instructor: Larry Storer, (785) 292-4561

Date: 03/11/2007 (Su)
Time: 8:30 AM to 12:30 PM
Fee: \$50.00
Location: Natatorium, KSU Campus

Touring Kayak-Rescues and Recoveries

07AAQ37D

Instructor: Larry Storer, (785) 292-4561

Date: 04/15/2007 (Su)
Time: 8:30 AM to 12:30 PM
Fee: \$50.00
Location: Natatorium, KSU Campus

Intermediate Kayak Chapter Workshop

07AAQ109A

This class is for experienced touring and white water kayakers only. Bring your boats to practice self and assisted rescues. **NOTE:** 1) Your boat(s) must be washed and cleaned inside and out prior to the class. Instructors & Instructor Aides will be on hand from the Kansas Canoe Association (KCA) Kayak Chapter.

Instructors will:

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

EQUIPMENT AND LOCATION NEEDS:

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

NOTE:

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

Park in west parking lot across the street from the Natatorium (off of Denison Ave.)

instructors: T.J. Hittle & Tim Stoecklein

T.J. is an avid whitewater and flatwater paddler. He was the first American Red Cross Canoe & Kayak Instructor-Trainer in Kansas, having taught well over 400 kayaking and canoeing students through UFM since 1979. T.J. has documented the greatest number of river miles in the 30 year history of the Kansas Canoe & Kayak Association. He is also the creator and webmaster for the KANSAS PADDLER Home Page: tjhittle@yahoo.com

Tim Stoecklein, tstoeklein@yahoo.com, is an outdoor enthusiast and an American Red Cross CPR/FIRST AID Instructor. He has paddled flatwater to whitewater and learns something new about paddling each time. He enjoys bringing new people into the sport by passing on the skills he learned as a beginner.

Date: 01/28/2007 (Su)
Time: 8:30 AM to Noon
Fee: \$16.00
Location: Natatorium, KSU Campus

Kayak Workshop continued next column

Intermediate Kayak Chapter Workshop

07AAQ109B

Instructors: T.J. Hittle & Tim Stoecklein

Date: 02/11/2007 (Su)
Time: 8:30 AM to Noon
Fee: \$16.00
Location: Natatorium, KSU Campus

Canoe Camping

07ARF53Z

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

Instructor: Steve Spencer

Date: 02/24/2007 to 02/25/2007 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: \$101.00
Location: Natatorium, KSU Campus



15

April

Income Tax

Due

Free Tax Preparation Help!!

Free income tax preparation assistance for low-income workers will be available from February 6 to April 12 at the following location:

UFM Community Learning Center
1221 Thurston, Manhattan, 785/539.8763
Tues, Wed & Thurs: 3-7 pm
Super Tax Saturday, Feb. 10: 1-5 pm
**Appointments are encouraged

Bring this Tax information to complete your Income Tax forms:

1. A copy of your 2006 tax return.
2. Social Security numbers for the worker, spouse and any children in the household born before December 31, 2006. Bring the Social Security cards, if available, to ensure the necessary information is copied correctly onto the tax forms.
3. W-2 forms for all jobs held in 2006. Workers who did not get W-2's should still bring final pay stubs. Volunteers can assist in verifying income.
4. 1099-G form, if you received unemployment insurance benefits at any time in 2006.
5. 1009-INT, if you received bank interest in 2006.
6. Any statements received from a mortgage company during 2006.
7. Any notices sent to the worker by the IRS in 2006.
8. Workers with Individual Tax Payer Identification Numbers (ITINs) should bring the ITIN card sent to them by the IRS. Workers need either an ITIN or an SSN for the Child Tax Credit.
9. Form or copy of divorce decree for a noncustodial parent claiming a child.
10. Proof of account and routing numbers for the financial institution accepting a direct deposit.

UFM FACT:
UFM has helped nearly
100 Kansas communities
start their own community
education programs.



Fun Foods

The Legend of the Dancing Goats (Coffee) 07AFF13

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

Instructor: Wade Radina

Date: 02/06/2007 to 02/13/2007 (Tu)

Time: 6:00 PM to 8:00 PM

Fee: \$20.00

Location: Radina's Coffeehouse, Aggieville



Tea Tasting Around the Globe 07AFF19

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

Instructor: Stormy Kennedy

Date: 03/28/2007 (W)

Time: 7:00 PM to 9:00 PM

Fee: \$12.00

Location: UFM Kitchen

Wine 101: Wine Appreciation 07AFF20

Do you enjoy wine and want to know more about it? If so, this class is for you. Bob Campbell, owner of Candlewood Liquor, Grant Holthaus, wine sales for Standard Beverage and Jeff Mosburg, wine sales for Glazer's of Kansas will help demystify wine. They will discuss different grape varieties, major wine regions, proper tasting techniques and wine storage. Six wines will be sampled each evening. Food will be provided to showcase wine and food combinations. Participants must be 21 years of age to enroll in this class.

Instructor: Bob Campbell

Date: 04/04/2007 to 04/25/2007 (W)

Time: 7:00 PM to 9:00 PM

Fee: \$135.00

Location: UFM Lower Level, Kitchen/Banquet

Recipes from the "Garden of Eden"- Ancient Foods from Iraq and Syria 07AFF26

This class will cover the basics of how to cook several traditional foods, including dolma (stuffed grape leaves and vegetables), shish-kebab (beef and lamb), tabouli (salad), hummus (chick peas), baba ghanoush (egg plant) and baklava (dessert). Each evening will focus on a different dish. Course fee will cover cost of ingredients and instruction.

Instructor: Raad Al-Ani

Date: 01/31/2007 to 03/07/2007 (W)

Time: 6:30 PM to 8:30 PM

Fee: \$79.00

Location: UFM Kitchen

Indian Cooking 07AFF22A

If you savor the Indian food and in particular the 'tiffins', then this class is for you. 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: 02/16/2007 (F)

Time: 5:30 PM to 7:00 PM

Fee: \$22.00

Location: UFM Kitchen

Indian Cooking 07AFF22B

Instructor: Pradeep Malreddy

Date: 03/16/2007 (F)

Time: 5:30 PM to 7:00 PM

Fee: \$22.00

Location: UFM Kitchen

Indian Cooking 07AFF22C

Instructor: Pradeep Malreddy

Date: 04/20/2007 (F)

Time: 5:30 PM to 7:00 PM

Fee: \$22.00

Location: UFM Kitchen

Tortillas to Tamales (Latino cooking) 07AFF24

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 the fee. This class is open to all cooks beginning to advanced. Spice up your night and join me for food, fun and fantastic eats.

Instructor: David Espenoza, 341-3410
email: gablelewis@cox.net

David 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: 02/06/2007 to 03/06/2007 (Tu)

(No class 02/20)

Time: 6:30 PM to 9:00 PM

Fee: \$38.00

Location: UFM Kitchen

Tapas - Spanish "Treats" 07AFF27

Popular throughout Spain in bars and restaurants, Tapas are appetizers that usually accompany drinks. They can also be combined to make up full meals. This class is designed to introduce you to a new world of Spanish treats. Students will be encouraged to use toothpicks or their fingers when eating, no silverware necessary. All food and supplies are provided, with plenty of leftovers. These classic tapas dishes bring to one's plate the essence of Spanish life and culture. This class is open to all cooking levels.

Instructor: David Espenoza

Date: 03/05/2007 to 04/02/2007 (M)

(No class 03/19)

Time: 6:30 PM to 9:00 PM

Fee: \$43.00

Location: UFM Kitchen

Home Brewing 101 07AFF32

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

Instructors: Little Apple Brew Crew

Date: 02/12/07 to 02/26/07 (M)

Time: 7:00 PM to 9:00 PM

Fee: \$30.00

Location: UFM Kitchen

Home Brewing 102 07AFF33

This is a class for homebrewers who have used kits and are now ready to take the next step to all grain brewing. Prerequisite: Home Brewing 101 or previous extract brewing experience.

Instructors: Little Apple Brew Crew

Date: 04/7/2007 to 04/23/2007 (Sa/M)

Time: 9:00 AM to 4:00 PM; Mon. -TBA

Fee: \$30.00

Location: 2510 Tiana Terrace



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Manhattan's original coffeehouse.

Coffee in the European Tradition

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Soups, Salads, Sandwiches

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Health & Wellness

Sahaj Marg Meditation

07AHW02

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

Instructor: Gayathri Kambhampati

Date: 02/17/2007 to 05/05/2007 (Sa)
 Time: Sa from 10:00 AM to 12 N
 Fee: No Charge*
 Location: UFM Conference Room

*PLEASE NOTE: All classes offered at no charge have been sponsored by the instructor or an organization.

Beginning Yoga

07AHW15AZ

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, 537-8224 or 341-9908 email: yogaconnection@gmail.com

Ana has been teaching Yoga since 1984. She began her own practice of Yoga in the early 1970's. "My purpose is to give people a way that they can improve all areas of their lives-so that they become happier, healthier and more relaxed."

Date: 01/11/2007 to 03/06/2007 (Tu/Th)
 Time: 10:00 AM to 11:00 AM
 Fee: \$99.00
 Location: KSU, Ahearn Dance Studio, Room 301

Beginning Yoga continued on next column

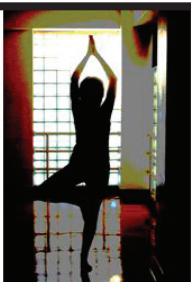


Yoga Connection
 321 Poyntz, Suite A
 Manhattan, Kansas
 785-537-8224 or 785-341-9908

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

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

"Stretching Body, Breath & Mind"



Beginning Yoga

07AHW15BZ

Instructor: Ana Franklin, 537-8224 or 341-9908

Date: 01/22/2007 to 03/14/2007 (M/W)
 Time: 11:00 AM to Noon
 Fee: \$99.00
 Location: KSU, Ahearn Dance Studio, Room 301

Beginning Yoga

07AHW15CZ

Instructor: Ana Franklin, 537-8224 or 341-9908

Date: 01/22/2007 to 03/14/2007 (M/W)
 Time: 7:00 PM to 8:00 PM
 Fee: \$99.00
 Location: KSU, Ahearn Dance Studio, Room 301

Intermediate Yoga

06CHW21Z

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

Instructor: Ana Franklin, 537-8224 or 341-9908

Date: 03/08/2007 to 05/08/2007 (Tu/Th)
 (No class 03/20, 03/22)
 Time: 11:00 AM to Noon
 Fee: \$99.00
 Location: KSU, Ahearn Dance Studio, Room 301

Responding to Emergencies

07AHW19AZ

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

Instructor: Carol Stites, clsswim@cox.net

Carol Stites has been teaching Fitness and Aquatic courses at K-State for 19 years.

Date: 01/23/2007 to 03/08/2007 (Tu/Th)
 Time: 3:00 PM to 5:00 PM
 Fee: \$138.00
 Location: UFM Conference Room



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Health & Wellness Continued

First Aid/CPR/AED Instructor 07AHW20Z

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

Instructor: Carol Stites, clsswim@cox.net

Carol has been teaching Fitness and Aquatic courses at K-State for 19 years.

Date: 01/29/2007 to 03/05/2007 (M)
Time: 4:00 PM to 8:30 PM
Fee: \$139.00
Location: UFM Conference Room

Chi Lel - Chi Gong 07AHW22

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

Instructor: Enell Foerster, 537-0977
email: foer@kansas.net

Enell Foerster has taught Chi-Lel-Chi Gong, Red Cross CPR & First Aid, Yoga, Aquatic exercises, Aerobic Dancing classes and is a certified Body Recall exercise instructor.

Date: 02/08/2007 to 03/01/2007 (Th)
Time: 5:30 PM to 6:15 PM
Fee: \$34.00
Location: UFM Conference Room

Community CPR & First Aid 07AHW25A

This is an 8 hour course that includes training in Adult, Child, and Infant CPR and First Aid. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; controlling bleeding; and many other useful skills. There will be a break for lunch. Students must pick up book at American Red Cross, 2601 Anderson Ave.; fee does not include materials. There will be a \$20 non-refundable deposit for this class.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/19/2007 to 01/20/2007 (F/Sa)
Time: 6:30 PM to 9:30 PM (F);
3:00 PM to 8:00 PM (Sa)
Fee: \$40.00
Location: UFM Conference Room

Community CPR & First Aid 07AHW25B

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/20/2007 (Sa)
Time: 8:30 PM to 4:30 PM
Fee: \$40.00
Location: UFM Conference Room

Community CPR & First Aid 06CHW25C

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/21/2007 (Su)
Time: 8:30 PM to 4:30 PM
Fee: \$40.00
Location: UFM Conference Room

Community CPR & First Aid 06CHW25D

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/02/2007 to 02/03/2007 (F/Sa)
Time: 6:30 PM to 9:30 PM (F);
3:00 PM to 8:00 PM (Sa)
Fee: \$40.00
Location: UFM Conference Room

Community CPR & First Aid 07AHW25G

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/23/2007 to 02/24/2007 (F/Sa)
Time: 8:30 AM to 4:30 PM
Fee: \$40.00
Location: UFM Conference Room

Community CPR & First Aid 07AHW25H

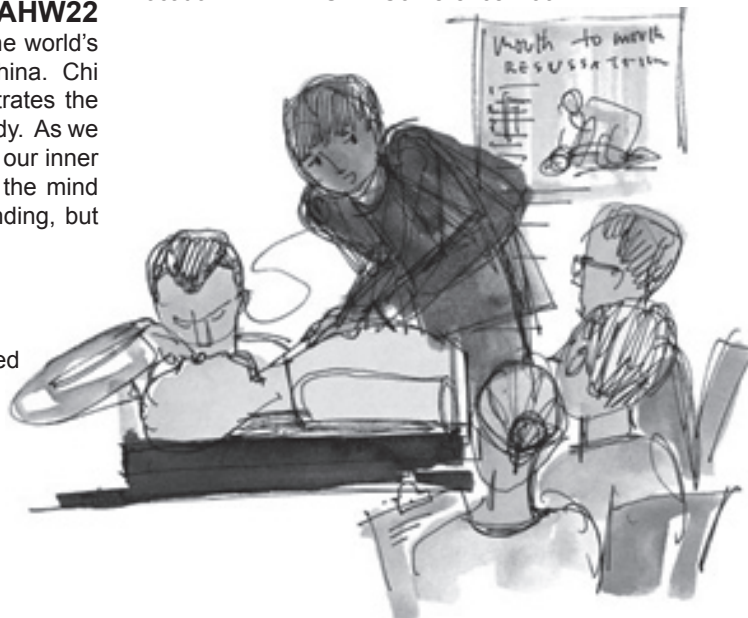
Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/24/2007 (Sa)
Time: 8:30 AM to 4:30 PM
Fee: \$40.00
Location: UFM Conference Room

Community CPR & First Aid 06CHW25I

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/25/2007 (Su)
Time: 8:30 PM to 4:30 PM
Fee: \$40.00
Location: UFM Conference Room



Chair Yoga 07AHW06

Chair Yoga is stretch movements all done in a seated position, slow-gentle stretching and range of motion exercises to help you strengthen the muscles and improve flexibility. It is an ideal class for people with balance problems and for those who have difficulty walking.

Instructor: Mei Hwa (Tina) Terhune, 539-4277

Mei Hwa Terhune 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: 01/24/2007 to 02/14/2007 (W)
Time: 5:30 PM to 6:00 PM
Fee: \$18.00
Location: UFM Banquet Room

Beginning Tai Chi Chaun 07AHW31

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, 539-4277

Date: 01/22/2007 to 02/19/2007 (M)
Time: 5:30 PM to 6:30 PM
Fee: \$45.00
Location: UFM Banquet Room

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347.9217



Health & Wellness Continued

Tai Chi Chaun II

07AHW53

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

Instructor: Mei Hwa (Tina) Terhune, 539-4277

Date: 03/28/2007 to 04/18/2007 (W)

Time: 5:30 PM to 6:30 PM

Fee: \$43.00

Location: UFM Banquet Room

Yoga Lite

07AHW65

This is for people beginning their yoga practice. In this class you will learn gentle yoga poses, connecting transition and breathing meditation. This will help strengthen the muscles and improve flexibility. Please wear comfortable clothes, bring yoga mat or large towel.

Instructor: Mei Hwa (Tina) Terhune, 539-4277

Date: 01/24/2007 to 2/14/2007 (W)

Time: 6:00 PM to 6:30 PM

Fee: \$18.00

Location: UFM Banquet Room



Emotional Eating

07AHW51A

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, 410-0033 & Kate Cashman, 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: 01/10/2007 to 01/24/2007 (M)

Time: 6:30 PM to 8:00 PM

Fee: \$39.00

Location: 1421 Colorado Street

Emotional Eating

07AHW51B

Instructors: Kelley Casey, 410-0033 & Kate Cashman, 537-1911

Date: 04/11/2007 to 04/25/2007 (M)

Time: 6:30 PM to 8:00 PM

Fee: \$39.00

Location: 1421 Colorado Street

Living the Art: Jin Shin Jyutsu 07AHW08

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 Cashman, 537-1911

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: 02/12/2007 to 02/26/2007 (M)

Time: 7:00 PM to 9:00 PM

Fee: \$28.00

Location: 1421 Colorado St.

Jin Shin Jyutsu and Numerology 07AHW83

"Numbers are the language of God" according to Pythagoras. Thinking of numbers as having a vibration and meaning is what we will be doing in this class! We will play with our personal numerology as this relates to Jin Shin Jyutsu, the art of harmonizing man and creator. It will be helpful if you have taken self help Jin Shin Jyutsu class.

Instructor: Kate Cashman

Date: 01/20/07 (Sa)

Time: 1:00 PM to 3:00 PM

Fee: \$18.00

Location: 1421 Colorado St.

FUN FACT:

Chimps are the only animals that can recognize themselves in a mirror.

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Health & Wellness Continued

More Jin Shin Jyutsu

07AHW84

If you have taken a Jin Shin Jyutsu self help class and are interested in learning more about this beautiful art, please come. We will be studying the art in an in-depth manner, as well as looking at self help for specific projects. Jin Shin Jyutsu, the art of harmonizing man and creator, is a wonderful way to get to know and help ourselves.
Instructor: Kate Cashman

Date: 03/10/2007 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: \$18.00
Location: 1421 Colorado St.

Meditation & Relaxation: Creating Peace

07AHW55

This class offers an opportunity to utilize guided meditation, affirmations, music and spiritual readings as a way of promoting peace within ourselves, the environment, and globally. Great for beginners and anyone wanting to consciously shift awareness to a more peaceful reality.
Instructor: Palma Holden, 539-1183

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

Date: 02/21/2007 to 03/14/2007 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$44.00
Location: 103 S. 4th St. Suite 28, Ulrich Building (upstairs)

FUN FACT:

Most people blink about 17,000 times a day.



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Meditation & Relaxation:

Animal Communication

07AHW60A

The instructor will lead discussions and exercises (guided mediation, journaling, etc.) to promote greater awareness of participants' own intuitive blocks and abilities and a deepening of the human-animal communication bond.
Instructor: Palma Holden, 539-1183

Date: 01/17/2007 to 02/07/2007 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$38.00
Location: 103 S. 4th St. Suite 28, Ulrich Building (upstairs)

Meditation & Relaxation:

Animal Communication

07AHW60B

Instructor: Palma Holden, 539-1183

Date: 04/11/2007 to 05/02/2007 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$38.00
Location: 103 S. 4th St. Suite 28, Ulrich Building (upstairs)

Aromatherapy for Your Health

07AHW82

We will discuss several essential oils and their healing purposes.
Instructor: Barbara Ouellette, 776-4396

Barbara has used Aromatherapy extensively in her own family for 10 years. She has also studied herbal applications for many years.

Date: 03/28/2007 (Tu)
Time: 6:30 PM to 8:00 PM
Fee: \$27.00
Location: UFM Conference Room

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Health & Wellness Continued

Lifeguard Training

07AAQ35AZ

The American Red Cross Lifeguarding program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Enrollment requirements for this class listed at www.tryufm.org. Books are available for purchase at Red Cross, 2601 Anderson Ave.
Instructor: Carol Russell, iteach@ksu.edu

Precourse: 03/28/2007- 6:00 PM to 7:30 PM (W)

Date: 04/04/2007 to 04/13/2007 (M/W/F/Sa)
Time: 4/04/07 to 4/13/07; 4:00 PM to 8:00 PM (M/W/F);
04/07/07 from 9:00 AM to 5:00 PM (Sa)
Fee: \$149.00
Location: Natatorium, KSU Campus

Lifeguard Training

07AAQ35A

Instructor: Abby Thrash, abbythrash@gmail.com

Dates: 04/27/2007 to 04/29/2007 (Fri-Sun)
Time: 6:30 PM to 9:30 PM (F)
8:00 AM to 8:00 PM (Sa)
Lunch & Dinner breaks
8:00 AM to 3:00 PM (Su)
Fee: \$149.00

Location: Natatorium, KSU Campus
Books are available for purchase at American Red Cross.

Lifeguard Training

07AAQ35B

Instructor:

Dates: 05/20/2007 to 05/26/2007 (Su, M-Th, S)
Time: 5:00 PM to 6:00 (Su);
5:00 PM to 10:00 PM (M-Th);
9:00 AM to Noon (Sa)

Fee: \$149.00
Location: Natatorium, KSU Campus
Books are available for purchase at American Red Cross.

Lifeguard Challenge

07AAQ106

A challenge for those who are already certified Lifeguards, but their certification is coming due or is within 30 days of expiration. Participants will demonstrate all rescue skills, plus a prerequisite swim. Books available for purchase at the American Red Cross.
Instructor:

Date: 05/26/2007 (Sa)
Time: 1:00 PM to 4:00 PM
Fee: \$46.00
Location: Natatorium, KSU Campus

Lifeguard Instructor

07AAQ122Z

This class will provide candidates with the knowledge and skills necessary to teach Lifeguarding (including First Aid), Lifeguard Management, CPR for the Professional Rescuer, AED Essentials, Oxygen Administration for the Professional Rescuer, Community Water Safety, and Basic Water Rescue. With additional training and for those meeting the prerequisites, interested candidates would also be able to teach Safety Training for Swim Coaches and/or Waterfront Lifeguarding. Enrollment and certification requirements for this class listed at www.tryufm.org. Concerns/questions may be directed to the instructor. Books available for purchase at the Red Cross Office, 2601 Anderson Ave.
Instructor: Carol Russell, iteach@ksu.edu

Precourse: 03/10/07 - 9:00 AM to 5:00 PM (Sa)

Date: 03/12/07 to 04/16/07 (M/W/F/Sa)
Time: 03/12/07 to 03/16/07 from
4:00 PM to 8:30 PM (M/W/F);
03/28/07 from 6:00 PM to 7:30 PM (W);
4/02/07 to 04/16/07 from
4:00 PM to 8:00 PM (M/W/F);
04/07/07 from 9:00 AM to 5:00 PM (Sa)

Fee: \$149.00
Location: Natatorium, KSU Campus

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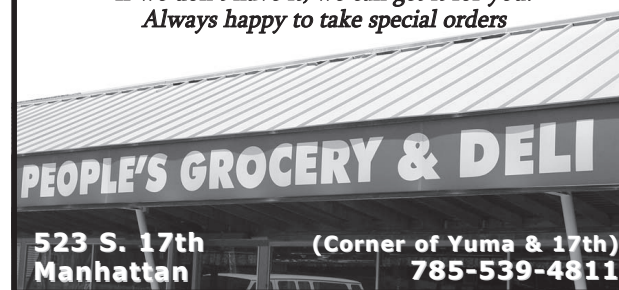
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The K-State Campaign for Nonviolence is working in many, varied ways to apply the principles of active nonviolence to problems associated with discrimination, harassment, violence and other abuses of power on our campus and in our community. The overall goal is to promote a community that is safe, respectful and equitable for all citizens. We are working to reduce violence and change the environment surrounding conflict by learning to practice and teach nonviolence.

2007 Season For Nonviolence Events

February:

02/06/07 February Movie: Iraq For Sale
02/13/07 February Movie: Virus of Violence
02/20/07 February Movie: Atenco Mexico
02/27/07 February Movie: The Ground Truth

March:

03/05/07 Meditation with Ana Franklin
03/06/07 Fair Trade Movie: Inconvient Truth
03/08/07 Benefit Concert
03/12/07 Meditation with Ana Franklin
03/13/07 Fair Trade Movie
03/27/07 Fair Trade Movie
03/29/07 Global Exchange Speaker:
Medea Benjamin
03/24/07 If Truth Be Told
03/31/07 Mural Unveiling
03/31/07 Camping For Nonviolence

April:

04/10/07 Guest Speaker:
Zita Suprenant, M.D, M.PH
04/13/07 Take Back the Night
04/19/07 Empty Bowls

May:

05/12/07 Date with Hate

Events yet to be decided:

TBD SafeZone Trainings
TBD Inner Peace Rally
TBD Peace Pole
TBD San Sart Forum
TBD Peace Walk
TBD Art of Rape
TBD Field Experience for Nonviolent Studies Class
TBD Art Exhibit
TBD Remembrance Exhibit
TBD Community Bridge w/ Christopher Renner

.....
Contact information:
K-State Women's Center
206 Holton Hall
785/532.6444

www.k-state.edu/womenscenter
nonviolence@ksu.edu
.....

Language

Beginning Spanish for Adults 07ALA02

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: Maria Coscia

Date: 02/01/2007 to 02/20/2007 (Tu/Th)
 Time: 7:00 PM to 7:45 PM
 Fee: \$35.00
 Location: UFM Multipurpose Room

French Language 07ALA04A

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

Instructor: Emilie Rabbat, 587-9036

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

Date: 01/17/2007 to 02/09/2007 (W/F)
 Time: 10:00 AM to 11:00 AM
 Fee: \$46.00
 Location: UFM Fireplace Room

Japanese Language 07ALA22A

This class is intended for students who have basic knowledge of Japanese, emphasizing all aspects of Japanese language, reading and writing hiragana, katakana and kanji, and listening and speaking in Japanese. Japanese culture such as origami craft will be introduced as part of this class.

Instructor: Mariko Price, mariko@ksu.edu

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

Date: 02/03/2007 to 02/24/2007 (Sa)
 Time: 9:00 AM to 10:00 AM
 Fee: \$43.00
 Location: UFM Multipurpose Room

Japanese Language 07ALA22B

This class is intended for students who have basic knowledge of Japanese, emphasizing all aspects of Japanese language, reading and writing hiragana, katakana and kanji, and listening and speaking in Japanese. Japanese culture such as origami craft will be introduced as part of this class.

Instructor: Mariko Price, mariko@ksu.edu

Date: 03/03/2007 to 04/07/2007 (Sa)
 (No class 03/17, 03/24)
 Time: 9:00 AM to 10:00 AM
 Fee: \$43.00
 Location: UFM Multipurpose Room

Japanese Language continued on next column

Japanese Language 07ALA22C

This class is intended for students who have basic knowledge of Japanese, emphasizing all aspects of Japanese language, reading and writing hiragana, katakana and kanji, and listening and speaking in Japanese. Japanese culture such as origami craft will be introduced as part of this class.

Instructor: Mariko Price, mariko@ksu.edu

Date: 04/14/2007 to 05/05/2007 (Sa)
 Time: 9:00 AM to 10:00 AM
 Fee: \$43.00
 Location: UFM Multipurpose Room

Beginning Sign Language 07ALA23

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, 313-5555

Date: View website for updated information
 Time: TBA
 Fee: TBA
 Location: TBA

Basic Arabic Language 07ALA51

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, iasaleh@ksu.edu

Ibrahim is a GTA in Mathematics at KSU. He is Egyptian and a native Arabic speaker.

Date: 01/12/2007 to 04/06/2007 (F)
 (No class 03/23)
 Time: 5:30 PM to 6:30 PM
 Fee: \$74.00
 Location: UFM Conference Room





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FUN FACT:
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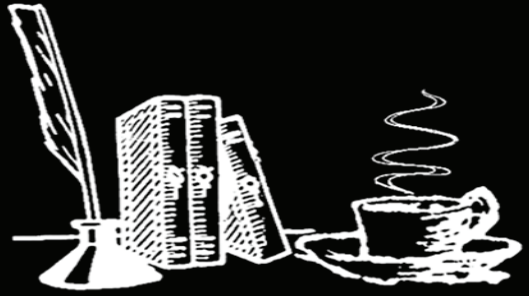
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Martial Arts

Tae Kwon Do I

07AMA01Z

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 one-on-one with the instructor.

Instructor: David Moore

Date: 01/11/2007 to 05/03/2007 (Th/Tu)
(No class 03/20, 03/22)
Time: 6:30 PM to 7:30 PM
Fee: \$72.00
Location: KSU, Ahearn Fieldhouse

Tae Kwon Do II

07AMA02Z

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: 01/11/2007 to 05/03/2007 (Th/Tu)
(No class 03/20, 03/22)
Time: 7:30 PM to 8:30 PM
Fee: \$72.00
Location: KSU, Ahearn Fieldhouse

Judo I

07AMA08Z

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

Instructor: Isaac Wakabayashi

Date: 01/11/2007 to 05/03/2007 (Th/Tu)
(No class 03/20, 03/22)
Time: 8:00 PM to 9:00 PM
Fee: \$75.00
Location: KSU Ahearn, Room 301

Judo II

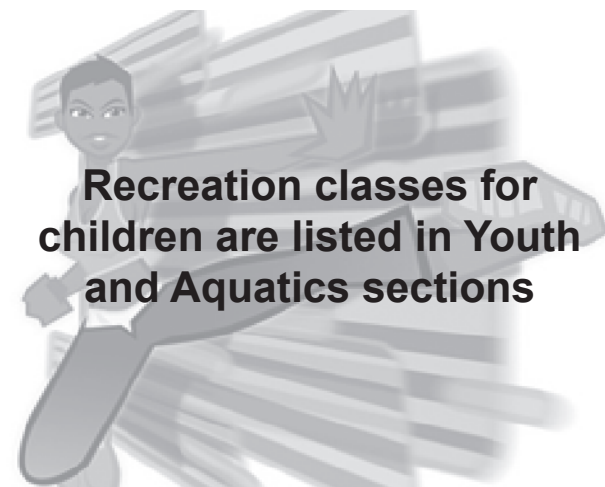
07AMA09Z

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

Instructor: Isaac Wakabayashi

Date: 01/11/2007 to 05/03/2007 (Th/Tu)
(No class 03/20, 03/22)
Time: 9:00 PM to 10:00 PM
Fee: \$75.00
Location: KSU Ahearn, Room 301

Recreation classes for children are listed in Youth and Aquatics sections



Lao Hu Pai Kung Fu

07AMA05

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, mtrandpm@hotmail.com

Dr. Michael Tran has participated in martial arts for 20 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: 01/17/2007 to 05/02/2007 (W)
(No class 03/21)
Time: 6:00 PM to 8:00 PM
Fee: \$62.00
Location: KSU, Ahearn Fieldhouse



Karate & Self-Defense

07AMA10

Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion ("Kihon") with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combat principles and sparring ("Kumite"). No matter your current situation, you will be guided step-by-step and will be shown exactly how to achieve Karate success.

Instructor: Habib Diop, hdiop@ksu.edu

As a martial art instructor, Habib is a champion and member of the Karate National team in Senegal. He has also won awards from the National Federation of Karate in Senegal. He has worked with the Japanese most known "Sensei", Sensei Ayashi, Sensei Yoshinao Nambu.

Date: 01/22/2007 to 02/15/2007 (M/Th)
Time: 7:30 PM to 9:00 PM
Fee: \$51.00
Location: KSU, Ahearn Fieldhouse

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Personal Interest

Dog Obedience 101

07API11A

This class is designed to build the relationship between you and your dog with positive, respectful training methods to teach the behaviors your dog needs to become a good family pet. Your pet will learn commands: sit, down, stay, come, off, drop it, leave it, leash walking and polite greeting. For dogs over 5 months old. Fee includes the book, "Beginning Family Dog Training" by Patricia B. McConnell, Ph.D.

Instructor: Mary Foster, maryhenryfoster@aim.com

Mary has been teaching pet obedience classes since 2003. She will teach you to use reward-based methods to modify your pet's behavior to meet your needs. Her philosophy is that an animal trained in a positive way will become a willing partner who is eager to please.

Date: 01/23/2007 to 02/27/2007 (Tu)
Time: 6:30 PM to 7:30 PM
Fee: \$75.00
Location: UFM Greenhouse

Dog Obedience 101

07API11B

Instructor: Mary Foster, maryhenryfoster@aim.com

Date: 03/27/2007 to 05/01/2007 (Tu)
Time: 6:30 PM to 7:30 PM
Fee: \$75.00
Location: UFM Greenhouse

Clutter Clearing

07API22

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

Instructors: Kate Cashman, 537-1911 & Elizabeth Jankord

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

Date: 04/09/2007 to 04/23/2007 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$35.00
Location: 1421 Colorado St.

Living Fossils and "Ghosts" of Extinction

07AEN03

Did you know K-State has a mature grove of ginkgos by the Beach Museum of Art in Manhattan? Living Fossils are the only remaining species of families that were widespread in the distant past, such as ginkgos. Ghosts of extinction are species, mostly plants, whose symbiotic animals that distributed the seeds, have gone extinct. We'll have an informal discussion and share cases together.

Instructor: Anne Collins, 532-3951, podkayn@ksu.edu

Anne is a "groupie" of evolution, having once spent several hundred dollars to fly to hear Stephen Jay Gould, author and director of American Natural History Museum in New York.

Date: 04/01/2007 (Su)
Time: 1:00 PM to 3:00 PM
Fee: \$12.00
Location: UFM Fireplace Room



Parenting the Second Time Around

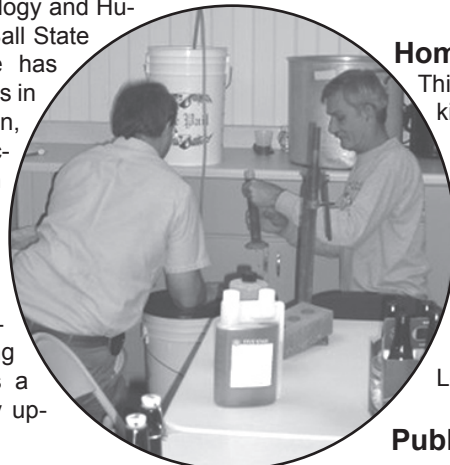
07API42

These workshops are geared to Grandparents and Kinship caregivers who are responsible for providing the day-to-day care of children. The workshops will focus on issues such as:

- . Confusing feelings about the new parenting role
- . Getting to know the children
- . Rebuilding the family
- . Disciplining in the modern world
- . Planning the child's future
- . Standing up for grandparents' and other kinship caregivers' rights
- . Nutritional, physical and emotional health issues
- . How to work with the school system
- . How to discuss family concerns with your children

Instructor: Brandy James, 537-4232, bdmonge@ksu.edu

Brandy's education is in Psychology and Human Development, B.S., from Ball State University in Muncie, IN. She has since added to her vita, a Masters in Counseling and Higher Education, from Chapman University, in Sacramento, CA, with specialization certificate in Gerontology, from the University of Missouri, St. Louis. She is working on her doctorate in Family Life Education and Consultation. She is interested in Grandparents Raising Grandchildren, because she is a product of this wonderful family upbringing.



Date: 01/23/2007 to 02/20/2007 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$20.00
Location: UFM Fireplace Room

Enroll online at our website:

www.tryufm.org

- *View class descriptions
- *Times, dates and locations
- *Get information about UFM's other programs

Dances of Universal Peace

07API45

Enter a sacred space with us. In this sacred space we dedicate ourselves to peace within and without. The dances are meditative movements sometimes described as "body prayers," the movements are simple. Dances are done in a circle as we sing and chant sacred phrases from the world's spiritual and religious traditions. Join us for a sense of flight and freedom. More information about the Dances of Universal Peace, begun in 1971 in San Francisco by Samuel Lewis, can be found at www.dancesofuniversalpeace.org/about.htm. **Class meets one Friday per month.**

Instructors: Kathleen Erickson, (785) 271-2378 & Paul Zehr

Kathleen Erickson has been leading the Dances of Universal Peace for over 15 years, in Wichita, Lawrence, Topeka and Manhattan. She will be joined by her husband, Paul Zehr, who will be accompanying the Dances on guitar. Both Kathleen and Paul are supervised dance leaders studying with Allaudin Ottinger from Kansas City.

Date: 01/12/2007 to 05/04/2007 (F)
Time: 7:30 PM to 9:00 PM
Fee: \$25.00
Location: International Student Center, KSU Campus, Corner of Midcampus Dr. and Clalfin Rd.

Home Brewing 101

07AFF32

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

Instructors: Little Apple Brew Crew

Date: 02/12/07 to 02/26/07 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$30.00
Location: UFM Kitchen

Home Brewing 102

07AFF33

This is a class for homebrewers who have used kits and are now ready to take the next step to all grain brewing. Prerequisite: Home Brewing 101 or previous extract brewing experience.

Instructors: Little Apple Brew Crew

Date: 04/7/2007 to 04/23/2007 (Sa/M)
Time: 9:00 AM to 4:00 PM; Mon. -TBA
Fee: \$30.00
Location: 2510 Tiana Terrace

Public Speaking Workshop

07API46

In this workshop, you will develop presentation skills, overcome fears of public speaking, and build confidence in communication skills. Develop workplace skills, such as customer relations skills and improve communications skills for any setting.

Instructor: Marcus Cooper, philly@ksu.edu

Marcus has a B.A. from Kansas State University. He is a member of Toastmasters International, a recognized Competent Toastmaster for completion of the Communication and Leadership Program, and has received many awards in various speech contests.

Date: 02/05/2007 to 03/12/2007 (M)
Time: 7:00 PM to 8:30 PM
Fee: \$40.00
Location: UFM Fireplace Room



Recreation & Fitness

Ballroom Dance

07ARF13A

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 and it is advisable to register early. Instructor: Michael Bennett, dance599@yahoo.com

Michael has trained in Ballroom Dance at U.C. Berkeley, Mandela 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. For more information visit www-personal.ksu.edu/~costa. He choreographed and performed in Ballroom Suite, Winter Dance 1998, KSU. He is a member of the United States Amateur Ballroom Dancers Association.

Date: 01/26/07 to 03/02/07 (F)
 Time: 7:15 PM to 8:15 PM
 Fee: \$36.00/Individual,
 \$58.00 /Couple
 Location: Cross Roads, ECM
 1021 Denison

Ballroom Dance

07ARF13B

Instructor: Michael Bennett, dance599@yahoo.com

Date: 03/09/07 to 04/20/07 (F)
 (No class 03/23)
 Time: 7:15 PM to 8:15 PM
 Fee: \$36.00/Individual,
 \$58.00 /Couple
 Location: Cross Roads, ECM
 1021 Denison

Swing and Salsa Dance

07ARF27AZ

This is an intermediate course on swing dancing that emphasizes technique and style of Jitterbug, Lindy, and West Coast swing. The emphasis will be on partnering and rhythmic articulation. Demonstrations, performances, and videos will supplement the course. Prerequisites: Ballroom Dance I or a minimum of 6 months of social level dance classes or significant training in Ballet, Jazz, or Modern dance is strongly recommended before entering this swing and salsa dance course.

Instructor: Michael Bennett, dance599@yahoo.com

Date: 01/17/07 to 05/02/07 (W)
 (No class 03/21)
 Time: 7:00 PM to 8:00 PM
 Fee: \$64.00
 Location: Cross Roads, ECM
 1021 Denison

Swing and Salsa Dance

07ARF27A

Instructor: Michael Bennett, dance599@yahoo.com

Date: 01/26/2007 to 03/02/2007 (F)
 Time: 8:30 PM to 9:30 PM
 Fee: \$36.00 /Individual;
 \$58.00/Couple
 Location: Cross Roads, ECM
 1021 Denison

Swing & Salsa Dancing

07ARF27B

Instructor: Michael Bennett, dance599@yahoo.com

Date: 03/09/2007 to 04/20/2007 (F)
 (No class 03/23)
 Time: 8:30 PM to 9:30 PM
 Fee: \$36.00 /Individual;
 \$58.00/Couple
 Location: Cross Roads, ECM
 1021 Denison

Beginning Dance for Couples

07ARF38A

"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, dance599@yahoo.com

Date: 01/26/2007 to 03/02/2007 (F)
 Time: 6:00 PM to 7:00 PM
 Fee: \$52.00/ Couple
 Location: Cross Roads, ECM
 1021 Denison

Beginning Dance for Couples

07ARF38B

Instructor: Michael Bennett, dance599@yahoo.com

Date: 03/09/2007 to 04/20/2007 (F)
 (No class 03/23)
 Time: 6:00 PM to 7:00 PM
 Fee: \$52.00/ Couple
 Location: Cross Roads, ECM
 1021 Denison

Ballroom Dance for Singles

07ARF64

Like to dance? Well, you don't need a partner in this class!!! You will learn Nightclub Two-Step, Chacha, and Swing. Learn to lead or follow so that you will be able to move comfortably on the floor with ANY partner! Class fills quickly so sign up now and begin to enjoy dancing!!!

Instructor: Michael Bennett, dance599@yahoo.com

Date: 02/04/2007 to 02/25/2007 (Su)
 Time: 3:30 PM to 4:30 PM
 Fee: \$24.00
 Location: International Student Center, KSU



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~Salina Classes~

Ballroom Dance in Salina 07ARF23Z
Introduction to the principles of ballroom dancing. Includes dance terminology, dance position, correct body alignment and positions and partnering. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught. Partners are not necessary. Class is co-sponsored with KSU at Salina Recreation Center.
Instructor: Audrey Umekudo

Date: 01/16/2007 to 05/01/2007 (Tu)
(No class 03/20)
Time: 7:00 PM to 8:00 PM
Fee: \$82.00
Location: 3142 Scanlan Avenue,
KSU at Salina, Rec Center

Golf in Salina 07ARF06AZ
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: 03/05/2007 to 04/30/2007 (M)
(No class 03/19)
Time: 2:00 PM to 4:00 PM
Fee: \$140.00
Location: 3142 Scanlan Avenue,
KSU at Salina, Rec Center

Golf in Salina 07ARF06BZ
Instructor: Ronda Green

Date: 03/07/2007 to 05/02/2007 (W)
(No class 03/21)
Time: 5:30 PM to 7:30 PM
Fee: \$140.00
Location: 3142 Scanlan Avenue,
KSU at Salina, Rec Center

Intermediate/Advanced Golf in Salina 07ARF31Z

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

Date: 03/01/2007 to 04/26/2007 (Th)
(No class 03/22)
Time: 5:30 PM to 7:30 PM
Fee: \$140.00
Location: 3142 Scanlan Avenue, Salina Rec Ctr

Scuba Diving in Salina 07AAQ107Z
Instructor: Jeff Wilson

Date: 01/25/2007 to 03/08/2007 (Th)
Time: 6:30 PM to 10:00 PM
Fee: \$265.00
Location: 507 YMCA Drive, Salina

Introduction to Golf 07ARF04A
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, 539-1041

Jim Gregory a PGA professional at the Stagg Hill Golf Course.

Date: 04/05/2007 to 04/26/2007 (Th)
Time: 6:00 PM to 7:00 PM
Fee: \$41.00
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Introduction to Golf 07ARF04B
Instructor: Jim Gregory, 539-1041

Date: 05/03/2007 to 05/24/2007 (Th)
Time: 6:30 PM to 7:30 PM
Fee: \$41.00
Location: Stagg Hill Golf Club
4441 Ft. Riley Blvd.

Golf in Junction City 07ARF30AZ
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 Peterson

Date: 03/06/2007 to 05/01/2007 (Tu)
(No class 03/20)
Time: 5:00 PM to 7:00 PM
Fee: \$132.00
Location: Rolling Meadows Golf Course,
7550 Old Milford Road





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- Home of Issac Goodnow (founder of KSU and Manhattan)
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Manhattan City Park

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

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Sunday 2:00-5:00
and by appointment

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630 Fremont

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- 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



Recreation & Fitness Continued

Golf in Junction City

07ARF30BZ

Instructor: Jim Peterson

Date: 03/07/2007 to 05/02/2007 (W)
(No class 03/21)
Time: 5:00 PM to 7:00 PM
Fee: \$132.00
Location: Rolling Meadows Golf Course,
7550 Old Milford Road

Beginning Belly Dance

07ARF09A

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: Cathia Bailey

Cathia has enjoyed studying many forms of dance during her life. She studied tap dance as a child, and again in college. In college she also learned many international folk dances, from English to Russian to Turkish. She later studied ballroom and swing dancing. From 2001 to 2003 Cathia lived in rural West Africa, where she had the opportunity to participate in village dances. After her return to the U.S. she searched for ways to stay active with dance, and discovered belly dance. Cathia loves how belly dance is not only so much fun to do, but is also great exercise. She enjoys introducing new students to this beautiful and entertaining dance style.

Date: 01/16/2007 to 02/20/2007 (Tu)
Time: 6:35 PM to 7:35 PM
Fee: \$54.00
Location: International Student Center, KSU

Beginning Belly Dance

07ARF09B

Instructor: Cathia Bailey

Date: 03/06/2007 to 04/17/2007 (Tu)
(No class 03/20)
Time: 6:35 PM to 7:35 PM
Fee: \$54.00
Location: International Student Center, KSU



FUN FACT:
Sound travels about 4 times
faster in water than air.

Intermediate Belly Dance

07ARF10A

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: Lisa "Gaitri" Zecha
email: bellydancerbarbie@hotmail.com

Gaitri 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.

Date: 01/16/2007 to 02/20/2007 (Tu)
Time: 5:30 PM to 6:30 PM
Fee: \$54.00
Location: International Student Center, KSU

Intermediate Belly Dance

07ARF10B

Instructor: Lisa "Gaitri" Zecha
email: bellydancerbarbie@hotmail.com

Date: 03/06/2007 to 04/17/2007 (Tu)
(No class 03/20)
Time: 5:30 PM to 6:30 PM
Fee: \$54.00
Location: International Student Center, KSU

Advanced/Troupe Combo Class

07ARF11A

This class is for students who have taken at least two sessions of Beginning Belly Dance I or equivalent. In this class, we'll cover intermediate and advanced topics such as finger cymbals, veil dancing, drum solos, folkloric dance, gypsy belly dance, floorwork, stage dynamics, and more. We'll also learn how to work with props such as tambourines, canes, swords, baskets, and candles.

Required materials: hip scarf, veil, and finger cymbals. Performance opportunities are provided, but not required. Middle Eastern Dance Choreography will be taught and rehearsed in preparation for a variety of public performances. 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. Prerequisite: Advanced Belly Dance
Instructor: Lisa "Gaitri" Zecha
email: bellydancerbarbie@hotmail.com

Date: 01/18/2007 to 02/22/2007 (Th)
Time: 7:45 PM to 8:45 PM
Fee: \$54.00
Location: International Student Center, KSU

Advanced/Troupe Combo Class

07ARF11B

Instructor: Lisa "Gaitri" Zecha
email: bellydancerbarbie@hotmail.com

Date: 03/08/2007 to 04/19/2007 (Th)
(No class 03/22)
Time: 7:45 PM to 8:45 PM
Fee: \$54.00
Location: International Student Center, KSU



Belly Dance Conditioning Workout

07ARF12A

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

Instructor: Michele Janette, (785) 979-4681
email: michele@mayazahira.com

Michele studied tap, ballet, and jazz dance when she was growing up. As an adult, she switched to swimming as her primary exercise, but rediscovered dance in 2005 when she began to study bellydancing with The Maya Zahira School. She enjoys the combination of flexibility and strength that comes with bellydancing. For her, bellydancing is philosophically satisfying in encouraging women to love and appreciate their bodies in all their wonderful variety, and is also just plain fun to do!

Date: 01/16/2007 to 02/20/2007 (Tu)
Time: 7:40 PM to 8:40 PM
Fee: \$54.00
Location: International Student Center, KSU

Belly Dance Conditioning Workout

07ARF12B

Instructor: Michele Janette, (785) 979-4681
email: michele@mayazahira.com

Date: 03/06/2007 to 04/17/2007 (Tu)
(No class 03/20)
Time: 7:40 PM to 8:40 PM
Fee: \$54.00
Location: International Student Center, KSU

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register and receive \$1 off your
registration for one class.**



Recreation & Fitness Continued

KO Boxing for Women and Men 07ARF14A

Intro to K.O. Boxing for Women & Men--Ages 17 and up. This 4 week introductory course will introduce you to the K.O. Boxing Training Program. The program is designed to create athletes in the sport of boxing and is a representation of USA Olympic Style Boxing. It is diverse in boxing techniques allowing boxers to train under the training methods of several Professional Boxers and well-known Professional Boxing Trainers, along with K.O. owner and trainer, Lorissa Ridley-Fink's 20 plus years experience training athletes. Whether you are interested in losing weight, getting in shape, stress relief, self-protection, gaining boxing knowledge, or wish to become an amateur boxer, K.O.'s Boxing Training Program will fit your needs. You are encouraged to train at your own level. This is a no-contact class. Boxing training will include use of the heavy bag, speed bag, reflex bag, double-end bag, shadow boxing and catch mitts.

Instructor: Lorissa Ridley, 341-1708

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: 01/08/2007 to 02/05/2007 (M/W)
(No class 01/15)
Time: 6:30 PM to 7:30 PM
Fee: \$58.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

KO Boxing for Women and Men 07ARF14B

Instructor: Lorissa Ridley, 341-1708

Date: 02/05/2007 to 02/28/2007 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: \$58.00
Location: K.O. Boxing,
2303 Tuttle Creek Blvd.

KO Boxing for Women and Men 07ARF14C

Instructor: Lorissa Ridley, 341-1708

Date: 03/05/2007 to 04/04/2007 (M/W)
(No class 03/19, 03/21)
Time: 6:30 PM to 7:30 PM
Fee: \$58.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

KO Boxing for Women and Men 07ARF14D

Instructor: Lorissa Ridley, 341-1708

Date: 04/09/2007 to 05/02/2007 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: \$58.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

No Contact Boxing for Men 07ARF49AZ

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

Instructor: Lorissa Ridley, 341-1708

Date: 01/17/2007 to 03/07/2007 (W/M)
Time: 2:00 PM to 3:10 PM
Fee: \$129.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

No Contact Boxing for Men 07ARF49BZ

Instructor: Lorissa Ridley, 341-1708

Date: 03/12/2007 to 05/02/2007 (M/W)
(No class 03/19, 03/21)
Time: 10:30 AM to 11:40 AM
Fee: \$129.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

No Contact Boxing for Men 07ARF49CZ

Instructor: Lorissa Ridley, 341-1708

Date: 03/06/2007 to 05/03/2007 (Tu/Th)
(No class 03/20, 03/22)
Time: 6:30 PM to 7:30 PM
Fee: \$129.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.



Intermediate Boxing 07ARF54AZ

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. The 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, 341-1708

Date: 01/17/2007 to 03/07/2007 (W/M)
Time: 7:30 PM to 8:40 PM
Fee: \$129.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

Intermediate Boxing 07ARF54BZ

Instructor: Lorissa Ridley, 341-1708

Date: 03/12/2007 to 05/02/2007 (M/W)
(No class 03/19, 03/21)
Time: 7:30 PM to 8:40 PM
Fee: \$129.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

Intermediate Boxing 07ARF54CZ

Instructor: Lorissa Ridley, 341-1708

Date: 01/11/2007 to 03/01/2007 (Tu/Th)
Time: 10:30 AM to 11:40 AM
Fee: \$129.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

Intermediate Boxing 07ARF54DZ

Instructor: Lorissa Ridley, 341-1708

Date: 03/06/2007 to 05/03/2007 (Tu/Th)
(No class 03/20, 03/22)
Time: 10:30 AM to 11:30 AM
Fee: \$129.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.



Recreation & Fitness Continued

Yogilates

07ARF142AZ

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 advanced poses. Pilates is a series of 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, (785) 564-3663
email: dknox@ksu.edu

Diana Knox 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 KSU.

Date: 01/11/2007 to 03/01/2007 (Th/Tu)
Time: Noon to 1:00 PM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level

Yogilates

07ARF142BZ

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

Date: 01/17/2007 to 03/07/2007 (W/M)
Time: 10:30 AM to 11:30 AM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level

Yogilates

07ARF142CZ

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

Date: 03/06/2007 to 05/03/2007 (Tu/Th)
(No class 03/20, 03/22)
Time: Noon to 1:00 PM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level

Yogilates

07ARF142DZ

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

Date: 03/12/2007 to 05/02/2007 (M/W)
(No class 03/19, 03/21)
Time: 10:30 AM to 11:30 AM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level

Yogilates

07ARF142EZ

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

Date: 01/11/2007 to 03/01/2007 (Th/Tu)
Time: 7:00 PM to 8:00 PM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level

Yogilates

07ARF142FZ

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

Date: 03/06/2007 to 05/03/2007 (Tu/Th)
(No class 03/20, 03/22)
Time: 7:00 PM to 8:00 PM
Fee: \$72.00
Location: 1125 Laramie St., Lower Level

Tennis

07ARF19AZ

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

Instructor: Bill Fraley

Date: 01/23/2007 to 04/10/2007 (Tu)
(No class 03/20)
Time: 1:30 PM to 3:00 PM
Fee: \$82.00
Location: CottonWood Racquet Club,
3615 Claflin Road

Tennis

07ARF19BZ

Instructor: Bill Fraley

Date: 01/24/2007 to 04/11/2007 (W)
(No class 03/21)
Time: 1:30 PM to 3:00 PM
Fee: \$82.00
Location: CottonWood Racquet Club,
3615 Claflin Road

Beginning Fencing

07ARF21Z

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

Instructor: Jeff Gwartz

Date: 01/29/2007 to 04/30/2007 (M)
(No class 03/19)
Time: 6:00 PM to 7:30 PM
Fee: \$44.00/Has equipment,
\$74.00 /Use instructors
Location: KSU, Ahearn Fieldhouse

Intermediate Fencing

07ARF22Z

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

Instructor: Jeff Gwartz

Date: 01/29/2007 to 04/30/2007 (M)
(No class 03/19)
Time: 7:30 PM to 9:00 PM
Fee: \$44.00/Has equipment,
\$74.00 /Use instructors
Location: KSU, Ahearn Fieldhouse

FUN FACT:

The ears of a cricket are located on the front legs, just below the knee.



Recreation & Fitness Continued

Archery Instructor Training & Certification 07ARF37Z

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

Instructor: Tom Korte, (785) 494-8889

Date: 01/22/2007 to 03/12/2007 (M)
Time: 7:00 PM to 8:45 PM
Fee: \$96.00
Location: 1125 Laramie Plaza, upstairs

Canoe Camping 07ARF53Z

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

Instructor: Steve Spencer

Date: 02/24/2007 to 02/25/2007 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: \$101.00
Location: Natatorium, KSU campus



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INCLUDED IN THIS CATALOG!
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REGISTRATION FOR ONE CLASS.**

Flamenco (Spanish) Dance 07ARF58A

This class is intended for beginning students who have never learned Spanish dance. In this class, we will learn basic rhythm of music, Sevillanas, with hand-clapping (palmas), basic steps, arm movement, and most importantly, the timing to cheer up on other dancers (jaleo). We will also learn how to work with castanets. Required materials: flamenco practice skirt, flamenco shoes and castanets. (You might have to order on-line. I will recommend a couple of internet shops before/on the first day.)

Instructor: Mariko Price, mariko@ksu.edu

Mariko Price started her dancing experience when she was attending Sophia University, Tokyo, Japan. Mariko joined Modern Dance Club, and upon graduation, she started to learn Jazz dance, and then moved on to Flamenco, Spanish dance. She served her apprenticeship with Arte Flamenco, Tokyo, Japan for six years. She performed on various occasions, places, including organizational parties, commercial events, tablao-style restaurants, and the U.S. Navy Ball. Most recently, Mariko performed at World Dance Festival at K-State.

Date: 02/01/2007 to 02/22/2007 (Th)
Time: 7:00 PM to 8:00 PM
Fee: \$50.00
Location: UFM Lower Level, Banquet Room

Flamenco (Spanish) Dance 07ARF58B

Instructor: Mariko Price, mariko@ksu.edu

Date: 03/01/2007 to 03/29/2007 (Th)
(No class 03/22)
Time: 7:00 PM to 8:00 PM
Fee: \$50.00
Location: UFM Lower Level, Banquet Room

Flamenco (Spanish) Dance 07ARF58C

Instructor: Mariko Price, mariko@ksu.edu

Date: 04/05/2007 to 04/26/2007 (Th)
Time: 7:00 PM to 8:00 PM
Fee: \$50.00
Location: UFM Lower Level, Banquet Room

Irish Ceili Dance 07ARF65

A beginning level social dance course suitable for all ages with or without previous dance experience. Fundamentals steps and regional variations provide instruction in not only Irish dance but in culture, music, folklore and history. Irish Ceili or "party" dancing is fun, safe and great exercise! Safe warm-up/cool down practice, cardiovascular fitness and flexibility are emphasized. NOTE: This is not competitive Irish dance

Instructor: Amanda Barr, (816) 341-2992
email: ambarr@ksu.edu

Amanda has been dancing for several years, but she has been Irish all her life! In 2004 she joined up with the Truman State University Ceili dancers while getting her bachelor's degree in Spanish. In her time as an Irish Ceili dancer, she's choreographed recital pieces, danced at parties and receptions, taught at numerous Ceilis and even was put to work at this summer's KC Irish Festival Slainte.

Date: 01/30/2007 to 04/17/2007 (Tu)
(No class 03/21)
Time: 5:30 PM to 6:00 PM
Fee: \$42.00
Location: UFM Lower Level, Banquet Room

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Missoula Children's Theatre

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Let them Eat Cake fundraiser

BirdHouse acoustic music:

January 12 Darcię Deaville

February 9 Jeff Black

March 30 Carrie Newcomer

April 20 TBA

Find more information and order your tickets online at www.manhattanarts.org

Manhattan Arts Center * 1520 Poyntz * 537-4420 *

MAAHC

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.

THE MANHATTAN
KANSAS



Youth

Montessori In The Home

07AYO02A

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. Please register one week prior to class date. "The education of even a very small child...does not aim at preparing him for school, but for life." - Maria Montessori
Instructor: Julie Miller, (785) 840-5471
email: jdjewels@hotmail.com

Julie Miller has a degree in Early Childhood Education, Masters hours and a Certification of Montessori Education Primary (3 to 6 year olds), work experience teaching pre-school and kindergarten in a Montessori setting since 1998 and other preschool work since 1995.

Date: 01/29/2007 (M)
Time: 12:00 PM to 4:00 PM
Fee: \$62.00
Location: UFM Fireplace Room

Montessori In The Home

07AYO02B

Instructor: Julie Miller, (785) 840-5471
Please register one week prior to class date.

Date: 02/26/2007 (M)
Time: 12:00 PM to 4:00 PM
Fee: \$62.00
Location: UFM Fireplace Room

Montessori In The Home

07AYO02C

Instructor: Julie Miller, (785) 840-5471
Please register one week prior to class date.

Date: 03/26/2007 (M)
Time: 12:00 PM to 4:00 PM
Fee: \$62.00
Location: UFM Fireplace Room

Montessori In The Home

07AYO02D

Instructor: Julie Miller, (785) 840-5471
Please register one week prior to class date.

Date: 04/23/2007 (M)
Time: 12:00 PM to 4:00 PM
Fee: \$62.00
Location: UFM Fireplace Room

Montessori In The Home

07AYO02E

Instructor: Julie Miller, (785) 840-5471
Please register one week prior to class date.

Date: 05/28/2007 (M)
Time: 12:00 PM to 4:00 PM
Fee: \$62.00
Location: UFM Fireplace Room

Kids Hip Hop for Ages 6 to 12

07AYO18

Choreography is suited for kids ages 6-12 and parents are welcome to dance too! Dance is a great way to release some of that abundant energy, give kids a focus and a chance to make some new friends.
Instructor: Kelly Marshall

Kelly has been teaching dance for 2 years and preschool for over 3 years. She loves working with youth and takes this opportunity to combine her teaching skills and bring kids together using dance as her tool.

Date: 02/06/2007 to 03/13/2007 (Tu)
Time: 4:30 PM to 5:00 PM
Fee: \$47.00
Location: UFM Banquet Room

Jazz and Tap Dancing (Ages 4-13)

07AYO19

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, 539-5767

Randi Dale has taught dance for 45 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Master's Degree in Education. May 2006 her regular students performed the story ballet "Sleeping Beauty". This spring her dance students are performing Cinderella. In the past her dancers have performed Coppelia, Alice in Wonderland and Swan Lake. Her original choreography is designed for children.

Date: 01/11/2007 to 01/25/2007 (Th)
Time: 6:30 PM to 7:00 PM
Fee: \$14.00
Location: 2416 Rogers Blvd.

Ballet

07AYO22

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, 539-5767

Date: 01/08/2007 to 01/29/2007 (M)
Time: 5:15 PM to 5:45 PM
Fee: \$14.00
Location: 2416 Rogers Blvd.

Intro. to Cinderella Ballet and Tap Dancing

07AYO32

This beginning class is designed to teach students basic ballet steps and a dance from the Cinderella Ballet. The second half of the class introduces basic tap steps. No dance experience or formal dance attire necessary. If students wish to continue, they will be part of the ballet Cinderella. For girls and boys ages 4-12.
Instructor: Randi Dale, 539-5767

Date: 01/16/2007 to 01/30/2007 (Tu)
Time: 6:00 PM to 6:40 PM
Fee: \$14.00
Location: 2416 Rogers Blvd.

Karate & Self-Defense (Youth)

07AYO31

Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion("Kihon") with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combat principles and sparring("Kumite"). No matter your current situation, you will be guided by the hand step-by-step and shown exactly how to achieve Karate success.

Note: I promise remarkable progress for children in a short period of time.

Instructor: Habib Diop, hdiop@ksu.edu

As a martial art instructor, Habib has spent 9 years teaching people how to control their environment, properly breathe and to relax as you breathe and to overcome stress. He is a champion and member of the Karate National team in Senegal. He has also won awards from the National Federation of Karate in Senegal. He has worked with the Japanese most known "Sensei", Sensei Ayashi, Sensei Yoshinao Nambu. His own Sensei was directly formed by Sensei Eiji Ogasahara.

Date: 02/03/2007 to 03/10/2007 (Sa)
Time: 11:00 AM to Noon
Fee: \$47.00
Location: UFM Lower Level, Banquet Room



Youth Continued

Youth Boxing Ages 7-16 07AYO29A

This is no contact, no sparring boxing class. Youth will glove up and hit the heavy bags and the K.O. trainers catch mitts using proper form and showing respect for a boxer's workout. Youth will get in shape while learning boxing basics including the basic punches, combinations, defense, footwork, proper training techniques and great ab workouts. Instructor: Lorissa Ridley, 341-1708

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. For Lorissa's detailed bio and more class information, call Lorissa.

Date: 01/09/2007 to 02/01/2007 (Tu/Th)
Time: 4:00 PM to 4:45 PM
Fee: \$58.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

Youth Boxing Ages 7-16 07AYO29B

Instructor: Lorissa Ridley, 341-1708

Date: 02/06/2007 to 03/01/2007 (Tu/Th)
Time: 4:00 PM to 4:45 PM
Fee: \$58.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

Youth Boxing Ages 7-16 07AYO29C

Instructor: Lorissa Ridley, 341-1708

Date: 03/06/2007 to 04/05/2007 (Tu/Th)
(No class 03/20, 03/22)
Time: 4:00 PM to 4:45 PM
Fee: \$58.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

Youth Boxing Ages 7-16 07AYO29D

Instructor: Lorissa Ridley, 341-1708

Date: 04/10/2007 to 05/03/2007 (Tu/Th)
Time: 4:00 PM to 4:45 PM
Fee: \$58.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd.



Crochet for Kids 07AYO33A

During this class you will learn how to chain, single crochet and how to read patterns while completing fun projects. Materials needed include a size G crochet hook, a plastic canvas needle and acrylic yarn (varigated colors work well). These materials will be available for purchase at first class.

Instructor: Jocelyn Bishop, bishopj@ksu.edu
Date: 01/16/2007 to 02/06/2007 (Tu)
Time: 4:00 PM to 5:00 PM
Fee: \$28.00
Location: UFM Multipurpose Room

Crochet for Kids 07AYO33B

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 02/13/2007 to 03/06/2007 (Tu)
Time: 4:00 PM to 5:00 PM
Fee: \$28.00
Location: UFM Multipurpose Room

Crochet for Kids 07AYO33C

Instructor: Jocelyn Bishop, bishopj@ksu.edu

Date: 03/27/2007 to 04/17/2007 (Tu)
Time: 4:00 PM to 5:00 PM
Fee: \$28.00
Location: UFM Multipurpose Room

Introduction to Spanish for Kids 07AYO42

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: Maria Coscia

Date: 02/03/2007 to 02/24/2007 (Sa)
Time: 2:00 PM to 2:45 PM
Fee: \$26.00
Location: UFM Multipurpose Room



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MS meets Wed. 3:00-5:00
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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

Ballroom Dance

DANCE-599

Enjoy an introduction to the principles of ballroom dancing. Class activities include 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, fox-trot, and Latin steps will be taught.
Instructor: Michael Bennett

Reference Number: 92400

Date: 01/17/07 to 05/02/07 (W)
(No class 03/21)

Time: 8:00 PM to 9:00 PM

Fee: \$261 (Available for non-credit partner through UFM RF26AZ)

Location: ECM Crossroads, 1021 Denison

Reference Number: 92401

Date: 01/17/07 to 05/02/07 (W)
(No class 3/21)

Time: 9:00 PM to 10:00 PM

Fee: \$261 (Available for non-credit partner through UFM RF26AZ)

Location: ECM Crossroads, 1021 Denison

Swing and Salsa Dance

DANCE-599

This is an intermediate course on swing dancing that emphasizes technique and style of Jitterbug, Lindy, and West Coast Swing. The emphasis will be on partnering and rhythmic articulation. Demonstrations, performances, and videos will supplement the course. Prerequisites: Ballroom Dance I or a minimum of 6 months of social level dance classes or significant training in Ballet, Jazz, or Modern dance is strongly recommended before entering this swing and salsa dance course.
Instructor: Michael Bennett

Reference Number: 92402

Date: 01/17/07 to 05/02/07 (W)
(No class 3/21)

Time: 7:00 PM to 8:00 PM

Fee: \$261 (Available for non-credit partner through UFM RF27AZ)

Location: ECM Crossroads, 1021 Denison

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: 92404

Date: 01/11/07 to 03/06/07 (Tu/Th)

Time: 10:00 AM to 11:00 AM

Fee: \$239.50 (Available for non-credit, HW15AZ)

Location: KSU Ahearn Dance Studio, Room 301

Reference Number: 92405

Date: 01/22/07 to 03/14/07 (M/W)

Time: 10:00 AM to 11:00 AM

Fee: \$239.50 (Available for non-credit, HW15BZ)

Location: KSU Ahearn Dance Studio, Room 301

Reference Number: 92406

Date: 01/22/07 to 03/14/07 (M/W)

Time: 7:00 PM to 8:00 PM

Fee: \$239.50 (Available for non-credit, HW15CZ)

Location: KSU Ahearn Dance Studio, Room 301

Intermediate Yoga

DANCE-599

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

Reference Number: 92407

Date: 03/08/07 to 05/03/07 (Tu/Th)
(No class 03-20, 22, 27, 29)

Time: 10:00 AM to 11:10 AM

Fee: \$239.50
(Available for non-credit, HW21Z)

Location: KSU Ahearn Dance Studio, Room 301

Beginning Middle Eastern Dance (Belly Dance)

DANCE-599

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

Reference Number: 92403

Date: 02/01/07 to 04/19/07 (Th)
(No class 03/22)

Time: 6:00 PM to 7:30 PM

Fee: \$239.50

Location: KSU Ahearn Dance Studio, Room 301

Beginning Bowling

RRES-200

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

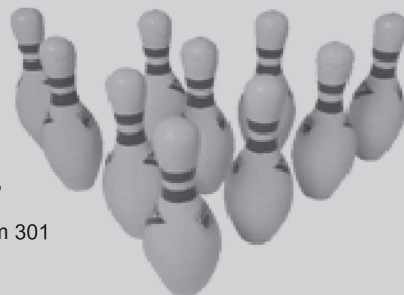
Reference Number: 92410

Date: 01/11/07 to 05/03/07 (Th) (No class 03/22)

Time: 10:30 AM to 11:20 AM

Fee: \$219.50

Location: K-State Union Recreation Center



Reference Number: 92411
Date: 01/22/07 to 04/30/07 (M)
(No class 03/19)
Time: 8:30 AM to 9:20 AM
Fee: \$219.50
Location: K-State Union Recreation Center

Beginning Fencing

RRES-200

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

Reference Number: 92412

Date: 01/29/07 to 04/30/07 (M)
(No class 03/19)

Time: 6:00 PM to 7:30 PM

Fee: \$221.50

(Available for non-credit, RF21Z)

Location: KSU Ahearn Fieldhouse

Intermediate Fencing

RRES-200

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

Reference Number: 92413

Date: 01/29/07 to 04/30/07 (M) (No class 03/19)

Time: 7:30 PM to 9:00 PM

Fee: \$221.50

(Available for non-credit, RF22Z)

Location: KSU Ahearn Fieldhouse

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: 92428

Date: 02/27/07 to 04/24/07 (Tu) (No class 03/20)

Time: 2:30 PM to 4:30 PM

Fee: \$280

Location: Stagg Hill Golf Club, 4441 Fort Riley Blvd.

Reference Number: 92429

Date: 02/28/07 to 04/25/07 (W) (No class 03/21)

Time: 1:30 PM to 3:30 PM

Fee: \$280

Location: Stagg Hill Golf Club, 4441 Fort Riley Blvd.

Reference Number: 92430

Date: 02/28/07 to 04/25/07 (W) (No class 03/21)

Time: 5:30 PM to 7:30 PM

Fee: \$280

Location: Stagg Hill Golf Club, 4441 Fort Riley Blvd.

Reference Number: 92431

Date: 03/01/07 to 04/26/07 (Th) (No class 03/22)

Time: 9:30 AM to 11:30 AM

Fee: \$280

Location: Stagg Hill Golf Club, 4441 Fort Riley Blvd.

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



KSU Credit Courses Continued

Golf in Junction City

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 Peterson

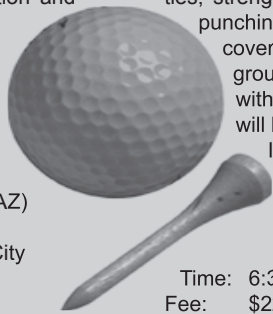
Reference Number: 92432

Date: 03/06/07 to 05/01/07 (Tu)
(No class 03/20)

Time: 5:00 PM to 7:00 PM

Fee: \$280 (Also for non-credit, RF30AZ)

Location: Rolling Meadows Golf Course,
7550 Old Milford Rd., Junction City



Reference Number: 92433

Date: 03/07/07 to 05/02/07 (W)
(No class 03/21)

Time: 5:00 PM to 7:00 PM

Fee: \$280 (Also for non-credit, RF30BZ)

Location: Rolling Meadows Golf Course,
7550 Old Milford Rd., Junction City

Archery

RRES-200

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

Instructor: Tom Korte

Reference Number: 92408

Date: 01/22/07 to 03/12/07 (M)

Time: 8:00 PM to 9:45 PM

Fee: \$261

Location: 1125 Laramie Plaza, upstairs

Archery Instructor Training and Certification Level I

RRES-200

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

Instructor: Tom Korte

Reference Number: 92409

Date: 01/22/07 to 03/12/07 (M)

Time: 7:00 PM to 8:45 PM

Fee: \$261 (Also for non-credit, RF37Z)

Location: 1125 Laramie Plaza, upstairs

Tennis

RRES-200

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

Instructor: Bill Fraley

Reference Number: 92441

Date: 01/23/07 to 04/10/07 (Tu)
(No class 03/20)

Time: 1:30 PM to 3:00 PM

Fee: \$237 (Also for non-credit, RF19AZ)

Location: Cottonwood Racket Club, 3615 Claflin Rd

Reference Number: 92442

Date: 01/24/07 to 04/11/07 (W)
(No class 03/21)

Time: 1:30 PM to 3:00 PM

Fee: \$237 (Also for non-credit, RF19BZ)

Location: Cottonwood Racket Club, 3615 Claflin Rd

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 one-on-one with the instructor. At the end of the semester, students will have the option to be tested for their orange belt.

Instructor: David Moore

Reference Number: 92439

Date: 01/11/07 to 05/03/07 (Tu/Th)
(No class 03/20, 03/22)

Time: 6:30 PM to 7:30 PM

Fee: \$225.50 (Available for non-credit, MA01Z)

Location: KSU Ahearn Fieldhouse

Tae Kwon Do II

RRES-200

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: 92440

Date: 01/11/07 to 05/03/07 (Tu/Th)
(No class 03/20, 03/22)

Time: 7:30 PM to 8:30 PM

Fee: \$225.50 (Available for non-credit, MA02Z)

Location: KSU Ahearn Fieldhouse

Judo I

RRES-200

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

Instructor: Isaac Wakabayashi

Reference Number: 92434

Date: 01/11/07 to 05/03/07 (Tu/Th)
(No class 03/20, 03/22)

Time: 8:00 PM to 9:00 PM

Fee: \$200.50 (Available for non-credit, MA08Z)

Location: KSU Ahearn Room 301

Judo II

RRES-200

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

Instructor: Isaac Wakabayashi

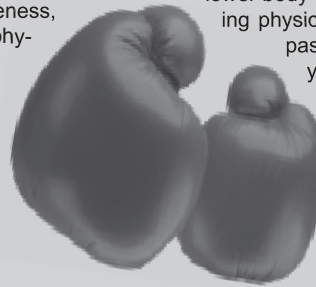
Reference Number: 92435

Date: 01/11/07 to 05/03/07 (Tu/Th)
(No class 03/20, 03/22)

Time: 9:00 PM to 10:00 PM

Fee: \$200.50 (Available for non-credit, MA09Z)

Location: KSU Ahearn Room 301



Boxing for Women

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 catchmats will also be covered. These moves will give students an ab workout for the entire body core. Advanced punching including haymakers, body shots and combos will be covered in class along with how to put together your own combos. Students will workout 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: 92414

Date: 01/17/07 to 03/07/07 (M/W)

Time: 10:30 AM to 11:40 AM

Fee: \$259

Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

Boxing for Women Continued

Reference Number: 92415

Date: 01/11/07 to 03/01/07 (Tu/Th)

Time: 6:30 PM to 7:40 PM

Fee: \$259

Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

Reference Number: 92416

Date: 03/12/07 to 05/02/07 (M/W)
(No class 03/19, 03/21)

Time: 2:00 PM to 3:10 PM

Fee: \$259

Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

No Contact Boxing for Men

RRES-200

There will be no physical contact. Everyone is welcome to take this class.

Instructor: Lorissa Ridley

Reference Number: 92417

Date: 01/17/07 to 03/07/07 (M/W)

Time: 2:00 PM to 3:10 PM

Fee: \$259 (Available for non-credit, RF49AZ)

Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

Reference Number: 92418

Date: 03/12/07 to 05/02/07 (M/W)
(No class 03/19, 03/21)

Time: 10:30 AM to 11:40 AM

Fee: \$259 (Available for non-credit, RF49BZ)

Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

Reference Number: 92419

Date: 03/06/07 to 05/03/07 (Tu/Th)
(No class 03/20, 03/22)

Time: 6:30 PM to 7:30 PM

Fee: \$259 (Available for non-credit, RF49CZ)

Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

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. The 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: 92420

Date: 01/17/07 to 03/07/07 (M/W)

Time: 7:30 PM to 8:40 PM

Fee: \$259 (Available for non-credit, RF54AZ)

Location: K.O. Boxing,
2303 Tuttle Creek Blvd.

Reference Number: 92421

Date: 03/12/07 to 05/02/07 (M/W)
(No class 03/19, 03/21)

Time: 7:30 PM to 8:40 PM

Fee: \$259 (Available for non-credit, RF54BZ)

Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

Reference Number: 92422

Date: 01/11/07 to 03/01/07 (Tu/Th)

Time: 10:30 AM to 11:40 AM

Fee: \$259 (Available for non-credit, RF54CZ)

Location: K.O. Boxing, 2303 Tuttle Creek Blvd.

Reference Number: 92423

Date: 03/06/07 to 05/03/07 (Tu/Th)
(No class 03/20, 03/22)

Time: 10:30 AM to 11:30 AM

Fee: \$259 (Available for non-credit, RF54DZ)

Location: K.O. Boxing, 2303 Tuttle Creek Blvd.



First Aid/CPR/AED Instructor RRES-200

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

Instructor: Carol Stites, clsswim@cox.net

Reference Number: 92456

Date: 01/29/07 to 03/05/07 (M)
 Time: 4:00 PM to 8:30 PM
 Fee: \$460 for 2 hours credit
 (Available for non-credit, HW20Z)
 Location: UFM, 1221 Thurston

First Aid/CPR/AED RRES-200

American Red Cross First Aid/CPR/AED/Bloodborne Pathogen: Preventing Disease Transmission Course This course is designed to give individuals the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator(AED)for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over. Certification requirements include: 1)attend all course sessions; 2)demonstrate competency in all skill sessions in the course and pass all written examinations with a score of 80% or better in each section. Certificates include "First Aid Basics", "Adult, Child, and Infant CPR", "AED Essentials for Adult and Child", and "Bloodborne Pathogens: Preventing Disease Transmission". There are no prerequisites for this course. Books are available to purchase at the Red Cross office.

Instructor: Carol Stites, clsswim@cox.net

Reference Number: 92461

Date: 02/06/07 to 03/08/07 (Tu/Th)
 Time: 1:30 PM to 3:00 PM
 Fee: \$229
 Location: UFM, 1221 Thurston

Responding to Emergencies RRES-200

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

Instructor: Carol Stites, clsswim@cox.net

Reference Number: 92455

Date: 01/23/07 to 03/08/07 (Tu/Th)
 Time: 3:00 PM to 5:00 PM
 Fee: \$460 for 2 Hours Credit
 (Available for non-credit, HW19AZ)
 Location: UFM, 1221 Thurston

Fitness Swimming RRES-200

Students will learn how to apply principles of physical fitness, hydrodynamics, and training techniques to design goal-based personal workouts. Emphasis will be on refining stroke technique for the four competitive strokes, addressing turns; improving endurance, strength, efficiency, and flexibility; exploring various types of aquatic workouts; and, using a weekly point system, understanding the role of activity in maintaining lifetime wellness. Enrollment requirements for this class listed at www.tryufm.org.

Instructor: Carol Stites, clsswim@cox.net

Reference Number: 92452

Date: 01/23/07 to 03/08/07 (Tu/Th)
 Time: 6:00 PM to 7:30 PM
 Fee: \$225.50 (Available for non-credit, AQ108AZ)
 Location: Natatorium, KSU Campus

Water Polo Conditioning RRES-200

Water Polo Conditioning will offer beginning participants an opportunity to learn the basics of this popular water sport, while providing those already familiar with this fun and often times demanding activity, a chance to hone their skills and get a workout as well! Students will learn and apply the rules and regulations of the game during practice and build and improve technique through drills, exercises and scrimmages. General principles of fitness and conditioning will also be addressed through written material, lecture and assignments. Enrollment requirements for this class are listed at www.tryufm.org. This course is not for the inexperienced or beginner swimmer!

Instructors: Carol Stites, clsswim@cox.net & Scott Smith

Reference Number: 92451

Date: 01/23/07 to 03/08/07 (Tu/Th)
 Time: 9:30 AM to 11:00 AM
 (Available for non-credit, AQ123Z)
 Fee: \$225.50
 Location: Natatorium, KSU Campus

Water Safety Instructor RRES-200

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach Swimming and Water Safety Program courses, including the Basic Water Rescue course, the six levels of Learn-to-Swim, WSI-aide, Water Safety Outreach presentations, and Parent and Child Aquatics. Please Note: The WSI course is NOT designed to teach you the required strokes and skills. Paired practice, coaching and drills are used to refine skills. Be prepared for reading, homework and presentations. Enrollment and certification requirements for this class are listed at www.tryufm.org. Concerns/questions may be directed to the instructor. Books available for purchase at the Red Cross Office, 2601 Anderson Ave.

Instructor: Carol Russell, iteach@ksu.edu

Reference Number: 92457

Date: 02/26/07 to 03/09/07 (M/W/F/Sa)
 Time: 4:00 PM to 8:30 PM (M/W/F);
 03/03; 9:00 AM to 5:00 PM (Sa)
 Fee: \$379.00 for 2 hours credit
 (Available for non-credit, AQ121Z)
 Location: Natatorium, KSU Campus

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 \$75.00 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 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: 92436

Date: 01/22/07 to 02/26/07 (M)
 Time: 6:00 PM to 10:00 PM
 Fee: \$352.50
 (Available for noncredit, AQ105AZ)
 Location: Natatorium, KSU Campus

Reference Number: 92437

Date: 01/27/07 to 03/10/07 (Sa)
 (No class 02/03)
 Time: 9:30 AM to 1:30 PM
 Fee: \$352.50 (Available for non-credit, AQ105BZ)
 Location: Natatorium, KSU Campus

Reference Number: 92438

Date: 03/26/07 to 04/30/07 (M)
 Time: 6:00 AM to 10:00 AM
 Fee: \$352.50 (Available for non-credit, AQ105CZ)
 Location: Natatorium, KSU Campus

Water Exercise/Fitness Instructor RRES-200

Exercise and enjoy it! This is a new course intended for students interested in becoming familiar with and participating in various types of water exercise for fitness and conditioning, with an optional training format for those individuals who want to become nationally certified aquatic instructors.

Lecture/lab twice weekly. Enrollment requirements, topics to be addressed and instructor certification option for this class are listed at www.tryufm.org.

Instructor: Carol Stites, clsswim@cox.net

Reference Number: 92462

Date: 01/22/07 to 03/07/07 (M/W)
 Time: 9:30 AM to 11:00 AM
 Fee: \$235.50 (Available for non-credit, AQ104Z)
 Location: Natatorium, KSU Campus

Lifeguard Instructor RRES-200

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

Enrollment and certification requirements for this class are listed at www.tryufm.org. Concerns/questions may be directed to the instructor. Books available for purchase at the Red Cross Office, 2601 Anderson Ave.

Instructor: Carol Russell, iteach@ksu.edu

Reference Number: 92453

Precourse: 03/10/07 from 9:00 AM to 5:00 PM (Sa)
 Date: 03/12/07 to 04/16/07 (M/W/F/Sa)
 Time: 03/12/07 to 03/16/07 from 4:00 PM to 8:30 PM (M/W/F);
 03/28/07 from 6:00 PM to 7:30 PM (W);
 4/02/07 to 04/16/07 from 4:00 PM to 8:00 PM (M/W/F);
 04/07/07 from 9:00 AM to 5:00 PM (Sa)
 Fee: \$458.00 for 2 hours Credit
 (Available for non-credit, AQ122Z)
 Location: Natatorium, KSU Campus

Lifeguard Training RRES-200

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

Enrollment and certification requirements for this class are listed at www.tryufm.org. Books available for purchase at the Red Cross Office, 2601 Anderson Ave.

Instructor: Carol Russell, iteach@ksu.edu

Reference Number: 92454

Precourse: 03/28/2007- 6:00 PM to 7:30 PM (W)
 Date: 04/04/2007 to 04/13/2007 (M/W/F/Sa)
 Time: 4/04/07 to 4/13/07; 4:00 PM to 8:00 PM (M/W/F);
 04/07/07 from 9:00 AM to 5:00 PM (Sa)
 Fee: \$149.00 for 2 hours credit
 (Available for non-credit, AQ35AZ)
 Location: Natatorium, KSU Campus

Fly Fishing RRES-200

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

Instructor: Paul Sodamann

Reference Number: 92458

Date: 01/22/07 to 02/01/07 (M-TH)
 Time: 6:00 PM to 8:00 PM
 Fee: \$271 (Limited non-credit space, EN04AZ)
 Location: Manhattan High School East Campus, 901 Poyntz, Room 108

Fly Fishing Continued next page



KSU Credit Courses Continued

Fly Fishing Continued

Reference Number: 92459

Date: 02/12/07 to 02/22/07 (M-TH)

Time: 6:00 PM to 8:00 PM

Fee: \$271

(Limited non-credit space, EN04BZ)

Location: Manhattan High School East
Campus, 901 Poyntz, Room 108

Reference Number: 92460

Date: 03/05/07 to 03/15/07 (M-TH)

Time: 6:00 PM to 8:00 PM

Fee: \$271

(Limited non-credit space, EN04CZ)

Location: Manhattan High School East
Campus, 901 Poyntz, Room 108

Canoe Camping RRES-200

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

Instructor: Steve Spencer

Reference Number: 92424

Date: 02/24/07 to 02/25/07 (Sa/Su)

Time: 8:00 AM to 5:00 PM

Fee: \$254.50 (Available for non-credit, RF53Z)

Location: Natatorium, KSU Campus

Fundamentals of Canoeing

RRES-200

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

Reference Number: 92426

Date: 04/14/07 to 04/15/07 (Sa/Su)

Time: 8:00 AM to 5:00 PM

Fee: \$261

Location: UFM, 1221 Thurston

Reference Number: 92427

Date: 04/21/07 to 04/22/07 (Sa/Su)

Time: 8:00 AM to 5:00 PM

Fee: \$261

Location: UFM, 1221 Thurston



Essentials to River Canoeing

RRES-200

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

Reference Number: 92425

Date: 04/28/07 to 04/29/07 (Sa/Su)

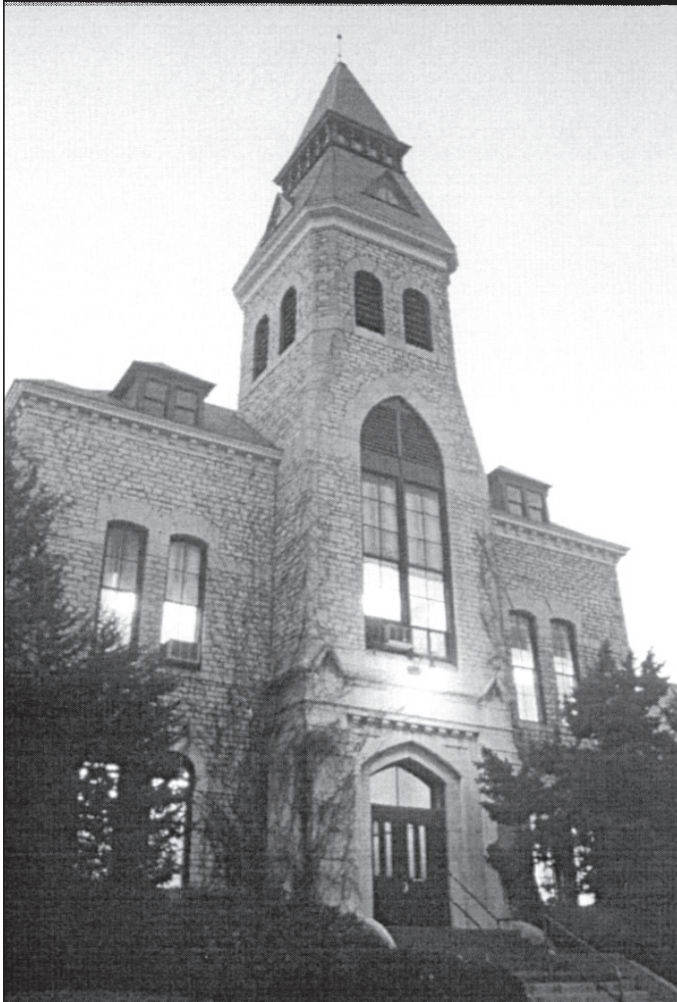
Time: 8:00 AM to 5:00 PM

Fee: \$265

Location: UFM, 1221 Thurston



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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 advanced poses. Pilates is a series of 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: 92447
Date: 01/11/07 to 03/01/07 (Tu/Th)
Time: 12:00 PM to 1:00 PM
Fee: \$261 (Available for non-credit, RF142AZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92448
Date: 01/17/07 to 03/07/07 (M/W)
Time: 10:30 AM to 11:30 AM
Fee: \$261 (Available for non-credit, RF142BZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92449
Date: 03/06/07 to 05/03/07 (Tu/Th)
(No class 03/20, 03/22)
Time: Noon to 1:00 PM
Fee: \$261 (Available for non-credit, RF142CZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92450
Date: 03/12/07 to 05/02/07 (M/W)
(No class 03/19, 03/21)
Time: 10:30 AM to 11:30 AM
Fee: \$261 (Available for non-credit, RF142DZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92463
Date: 01/11/07 to 03/01/07 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: \$261 (Available for non-credit, RF142EZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92464
Date: 03/06/07 to 05/03/07 (Tu/Th)
(No class 03/20, 03/22)
Time: 7:00 PM to 8:00 PM
Fee: \$261 (Available for non-credit, RF142FZ)
Location: Pro Fitness, 1125 Laramie St.

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: 92443
Date: 01/11/07 to 03/01/07 (Tu/Th)
Time: 10:30 AM to 11:30 AM
Fee: \$261
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92444
Date: 01/17/07 to 03/07/07 (M/W)
Time: 12:00 PM to 1:00 PM
Fee: \$261
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92445
Date: 03/06/07 to 05/03/07 (Tu/Th)
(No class 03/20, 03/22)
Time: 10:30 AM to 11:30 AM
Fee: \$261
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 92446
Date: 03/12/07 to 05/02/07 (M/W)
(No class 03/19, 03/21)
Time: 12:00 PM to 1:00 PM
Fee: \$261
Location: Pro Fitness, 1125 Laramie St.

~Salina Classes~

Golf in Salina RRES-200

This course is designed for the beginning golfer. It will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching and sand shots; mental aspects, rules of play, course etiquette, selection and use of equipment. Time is 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: 89042
Date: 03/05/07 to 04/30/07 (M) (No class 03/19)
Time: 2:00 PM to 4:00 PM
Fee: \$271.15 (Available for non-credit, RF06AZ)
Location: The K-State at Salina Rec Center, 3142 Scanlan Ave.

Reference Number: 89041
Date: 03/07/07 to 05/02/07 (W)
(No class 03/21)
Time: 5:30 PM to 7:30 PM
Fee: \$271.15 (Available for non-credit, RF06BZ)
Location: The K-State at Salina Rec Center, 3142 Scanlan Ave.

Intermediate/Advanced Golf in Salina RRES-200

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

Reference Number: 89051
Date: 03/01/07 to 04/26/07 (Th) (No class 03/22)
Time: 5:30 PM to 7:30 PM
Fee: \$271.15 (Available for non-credit, RF31Z)
Location: The K-State at Salina Rec Center, 3142 Scanlan Ave.

Fundamentals of Canoeing in Salina RRES-200

This class will help students learn to travel safely and efficiently by canoe. The class provides an in-depth introduction to the sport of touring canoeing (not whitewater or sprint canoeing). This class will emphasize tandem canoeing with an exposure to solo paddling. The students will have a chance to paddle a variety of canoes. The course includes a strong emphasis on stroke and paddle mechanics and a complex stroke/maneuver list. This is a participation-based class. Full attendance required to pass class.
Instructor: Steve Spencer

Reference Number: 89011
Date: 04/10/07 to 04/26/07 (Tu/Th)
Time: 6:00 PM to 9:00 PM
Fee: \$266
Location: This course will meet at the College Center building parking lot on the south side of the building, then students will car pool to Lakeside Recreation Park, 1288 East Lapsley Rd., Assaria, KS.

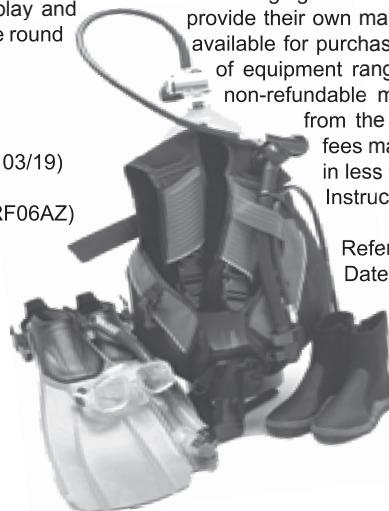
Ballroom Dance in Salina DANCE-599

This introduction to the principles of ballroom dancing includes dance terminology, dance position, correct body alignment and positions, and partnering. Techniques such as open and close positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught. Partners are not necessary.
Instructor: Audrey Umekudo

Reference Number: 89021
Date: 01/16/07 to 05/01/07 (Tu) (No class 03/20)
Time: 7:00 PM to 8:00 PM
Fee: \$225 (Available for non-credit, RF23Z)
Location: The K-State at Salina Rec Center, 3142 Scanlan Ave.

Scuba Diving in Salina 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 \$75.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from \$100 to \$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day. Additional fees may be assessed if student is enrolled in less than 12 hours.
Instructor: Jeff Wilson



Reference Number: 89031
Date: 01/25/07 to 03/08/07 (Th)
Time: 6:30 PM to 10:00 PM
Fee: \$395 (Available for non-credit, AQ107Z)
Location: Salina YMCA, 570 YMCA Dr.



Larry Schweiger
 "Global Warming:
 Good Planets are Hard to Find"
 Thursday, February 8th, 2007
 7:00 PM, K-State Forum Hall



Larry Schweiger became President and Chief Executive Officer of the National Wildlife Federation (NWF) in March 2004 with a commitment to confront global warming to protect wildlife and our children's future. Previously, he served for eight years as President and CEO of the Western Pennsylvania Conservancy (WPC) where he pioneered and promoted a number of programs including expanded ecological research. He increased visibility for WPC through public advocacy and community garden and greening projects. Larry also currently serves as Co-Chair of the Governing Council, Alliance for Climate Protection along with Theodore Roosevelt IV.

For more information about www.tryufm.org
 Lou Douglas Lectures 539.8763



Professional Development Workshops

Sustaining Progress - A Change Model

07AFC49

This class introduces the change model to the participants. The model helps explain why some organized efforts succeed and others fail. The class will have three to four sessions depending on the wishes of the participants. First, the model will be introduced. Other change models will be reviewed. Then the participants will choose an organized effort to apply the model.
 Instructor: David Darling

Date: 02/05/2007 to 02/26/2007 (M)
 Time: Noon to 1:00 PM
 Fee: \$24.00
 Location: UFM Conference Room

Not-for-Profit Financial Management Workshop

07AFC50

This workshop will address financial management issues specific to nonprofit organizations, such as accountability, fraud, and responsibilities of not-for-profit staff and board members. The workshop will offer interactive discussions, handouts and time for questions from the participants.

Instructor: Patricia L. Parker, 537-9700, Pat is a CPA and the Audit Director for Pottberg, Gassman & Hoffman, Chartered, in Manhattan. She specializes in not-for-profits, including the areas of tax, audit reporting, fraud and internal control documentation issues.

*Jointly sponsored by UFM, American Humanics Student Association (AHSa) and United Way of Riley County.

Date: 02/20/2007 (Tu)
 Time: 7:00 PM to 9:30 PM
 Fee: \$10.00
 Location: UFM Banquet Room

TEST PREPARATION COURSES BE PREPARED & BE CONFIDENT

GRE Prep Course

07AFC06

Graduate Record Exam Preparation Course. Review and practice the three GRE subject areas of Math, logic and verbal skills, learn strategies for successful test taking and analyze the reason for correct responses. Deadline one week prior to class or \$20 extra fee to order materials.

Date: 02/01/2007 to 03/13/2007 (Th/Tu)
 Time: 7:30 PM to 9:30 PM
 Fee: \$270.00
 Location: KSU, Justin Hall, Room 341

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

LSAT Prep Course

07AFC24

Law School Admission Test Review Course. Comprehensive 28-hour review, in-class & at-home study materials, analytical lectures and test-taking strategies. Deadline one week prior to class or \$20 extra fee to order materials.

Date: 03/27/2007 to 04/28/2007 (Tu/Th)
 Time: 7:00 PM to 10:00 PM
 Fee: \$270.00
 Location: KSU, Justin Hall, Room 341

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



THANKS FOR YOUR SUPPORT!!

We wish to thank the following contributors to UFM and to the Lou Douglas Lecture Series for their financial contributions during 2006. These donations help underwrite general operating costs, lecture expenses and scholarships that make UFM program services and the Lou Douglas Lectures possible.

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The Yoga Connection
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UFM Can Accept Donations in Many Forms

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

- **Teach a Class** -- Donating your time to teach a UFM class can be deducted from your taxes at a dollar value.
- **Community Foundation Account** -- UFM has an account at The Manhattan Community Foundation that can accept accept endowed donations.
- **Put Us in Your Will** for future assistance. UFM has an endowment account at the Manhattan Community Foundation.
- **Equipment, Supplies or Services** -- UFM often has need for carpentry, yard care, miscellaneous equipment and specialty supplies. A donation in this area is also tax deductible.

What Will Your Donation Buy?

Gifts to UFM may be designated in several ways.

- **General Operations** -- Keeps the catalog coming with a wide array of class choices and supports service projects.
- **Endowment Fund** -- Supports long-term program success.
- **Scholarship Fund** -- Provides scholarships to adults and children with financial challenges.
- **Program/Series Sponsorship** -- Sponsor a class, a series, or an entire section of the catalog that interests you.
- **Program/Series Endowment** -- A gift of \$5000 or more can ensure a regular series of classes or lectures around a topic of interest.

Call Linda at 785.539.8763 for details and to discuss options.



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

_____ I would like to be billed in _____ installments.

_____ Call me regarding a gift to UFM.

Name: _____ (H) _____

Address: _____ (W) _____

City: _____ State: _____ Zip code: _____

It's not too late to become a UFM Sponsor. Fill out the coupon and send to: UFM, 1221 Thurston Manhattan, KS, 66502. Your contribution is tax deductible.



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We are fortunate to have so many talented and knowledgeable individuals who are willing to share with others through a UFM class. I would like to acknowledge and applaud the UFM instructors. ~Marcia Hornung~

ON CAMPUS REGISTRATIONS

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

DATE: January 23 & 24 (Tues/Wed)
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

UFM's website is updated frequently. For the most current information, please visit website, www.tryufm.org, and click on Non-credit classes.

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 Community Learning Center is committed to nondiscrimination on the basis of race, gender, national origin, disability, religion, age, sexual orientation, political beliefs or other non merit reasons, in admissions, educational programs or activities and employment (including employment of disabled veterans and veterans of the Vietnam Era) as required by applicable laws and regulations. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions or may require instructor permission. Please call (785-539-8763) to make arrangements for classroom accessibility.

Got an idea for an UFM class?
Call UFM at 539.8763 or email ufm@ksu.edu



REGISTER NOW!!



Visit our secure website:

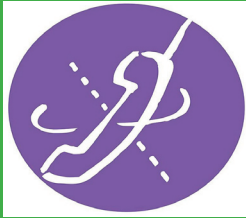
www.tryufm.org

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

Registration Form

1221 Thurston Manhattan, KS 66502 539-8763

Student Name _____ Day Phone _____

Address _____ Evening Phone _____

City _____ State KS Zip _____ Email _____

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

Parent's Name if Student is Under Age 18 _____

CLASS # Session TITLE FEE LOCATION DATE TIME

Tax Deductible Donation

Total

I hereby authorize the use of my Visa MasterCard Discover

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

Where did you obtain your catalog? _____

A class I would like offered _____

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

Signature** _____ Date _____

**Signature of Parent or Guardian required for minors.

Office Use Only	Date Received	_____	Amount	Check _____	Total Paid	_____
	Entered	_____	Cash _____	_____		
	Computer	_____	Visa _____	_____	Date	_____
			M/C _____	_____		
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UFM Community Learning Center

Registration Form

1221 Thurston Manhattan, KS 66502 539-8763

Student Name _____ Day Phone _____

Address _____ Evening Phone _____

City _____ State KS Zip _____ Email _____

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

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Total

I hereby authorize the use of my Visa MasterCard Discover

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

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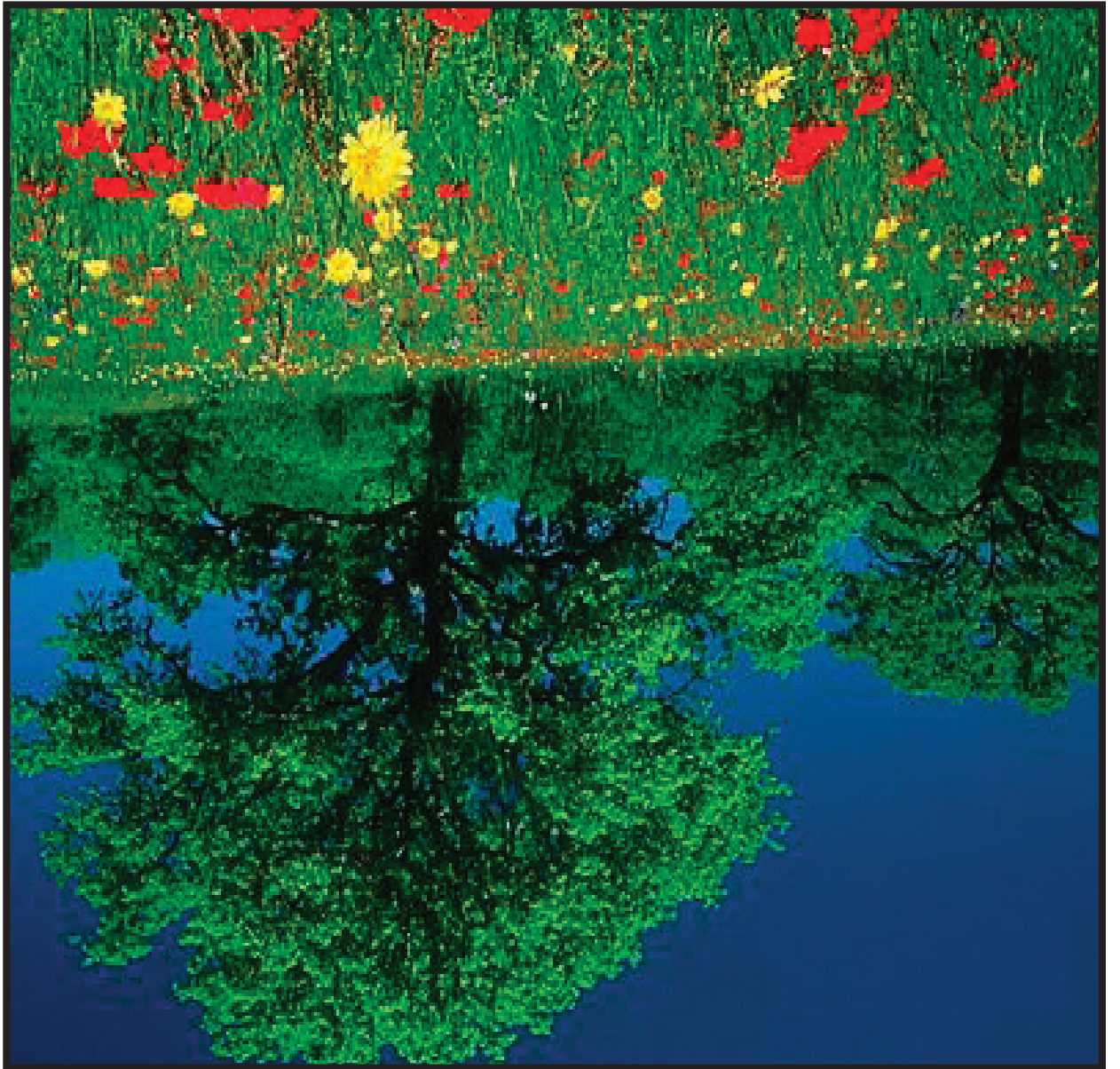
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Signature** _____ Date _____

**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 _____	_____		



Spring Classes
 Basic Jewelry Making
 Learn the Night Sky
 Tapas - Spanish "Treats"

January - May 2007
 Beginning Juggling
 Beginning Crochet
 Chair Yoga

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