

UFM Community Learning Center
 1221 Thurston St.
 Manhattan, KS 66502

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



or Current Resident



UFM Puts the Community in Education!

VOL. 49 EDITION 1

FALL 2009

Learn something
 new & fun with UFM!!
www.tryufm.org

- T-shirt Recycling
- Beginning Chinese Language
- Afro-Modern Dance
- Cactus & Succulent Survival Guide
- Twitter 101
- Healthy Cooking on a Budget
- Yoga Over 40
- Making a Leather Journal Cover
- The Vegetarian Lunchbox
- Eating for Life

What's Inside

UFM Community Learning Center

** Teaching * Learning * Growing **



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UFM's MISSION:

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. UFM Community Learning Center is a creative educational program serving Kansas State University, the Manhattan area and the state of Kansas.

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LAP SWIMMING

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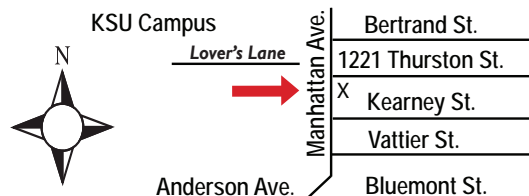
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UFM OFFICE HOURS

Monday - Friday | 8:30 am - 5 pm
(Closed Noon - 1 pm)
1221 Thurston St. | Manhattan, KS 66502
785.539.8763 | 785.539.9460 (fax)
info@tryufm.org

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



UFM STAFF

Executive Director | LINDA TEENER
Education Coordinator | MARCIA HORNUNG
State Outreach/KSU Credit Coordinator | CHARLENE BROWNSON
Special Projects Coordinator | VAL COLTHARP
Teen Mentoring Coordinator | AMBER REEVES
Registrar/Program Assistant | ANNETTE SWEET ROUTON

PLUS ALL THE TEACHERS WHO SHARE THEIR TALENTS!

BOARD OF DIRECTORS

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SPECIAL ASSISTANCE: A participant in a UFM non-credit program with a disability who needs accommodations should indicate this at the time of registration. Any class can be placed in a handicapped accessible room.

ENROLL ONLINE AT WWW.TRYUFM.ORG



www.tryufm.org

1221 Thurston St.
785.539.8763

UFM PROGRAMS

WWW.TRYUFM.ORG



Tae Kwon Do



Italian Cooking



Teen Mentoring



Swim Lessons



Lou Douglas Lectures

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 STUDENTS, MANHATTAN AREA RESIDENTS AND KSU FACULTY/STAFF.

CRA-STATE OUTREACH

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.

LOU DOUGLAS LECTURE SERIES

FOCUSES ON SOCIAL JUSTICE, HUMAN RIGHTS, WORLD PEACE AND INTERNATIONAL DEVELOPMENT.

TEEN MENTORING PROGRAM

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 AMBER AT 539.8763 OR AMBER@TRYUFM.ORG.

MANHATTAN COMMUNITY GARDEN

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

FLINT HILLS COMMUNITY RADIO

KONZ IS UFM'S NEWEST COLLABORATIVE PROJECT. IT WILL PROVIDE FORUMS FOR DISCUSSING PUBLIC ISSUES AND WILL OFFER UNDUPLICATED ENTERTAINMENT. STAY TUNED AS FLINT HILLS COMMUNITY RADIO BECOMES A REALITY! TO LEARN MORE AND GET INVOLVED, VISIT [HTTP://WWW.TRYUFM.ORG/KONZ.HTM](http://www.tryufm.org/konz.htm).



FOR MORE INFORMATION:

785.539.8763 | www.tryufm.org | info@tryufm.org

LEARN TO SWIM CLASSES

UFM proudly offers the American Red Cross Swim Lessons Levels 1 - 6, Parent and Child Aquatics, and Tot Transition. UFM also offers private and adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is reinforced with tips and practice each day. The first day of class each student is evaluated to assure that they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

LOCATION: KSU Natatorium - Ahearn Complex on Denison Ave. Lockers are available for use during class. Participants must supply towels and swimsuits. 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.

PARKING: Parking is available in the KSU student/faculty parking lot on Denison Ave. across the street west of Natatorium after 5 pm (M-F) or on side streets.

SWIM PROGRAM MAKE-UP & REFUND POLICY

When a class is cancelled due to severe weather, or other circumstances when a lesson cannot be provided by UFM, a make-up class will be scheduled OR a refund will be issued in the amount of the missed lesson.

When class participants are absent from class, UFM will not issue a refund or make-up session due to staff availability, budgeting and scheduling constraints.

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 (Levels I-VI, Adult Lessons and Lap Swimming) (*Except Where Noted):

Session A:	Monday, Sept. 14 to Nov. 9 *(No class 10/5)
Session B:	Tuesday, Sept. 15 to Nov. 3
Session C:	Wednesday, Sept. 16 to Nov. 4
Session D:	Thursday, Sept. 17 to Nov. 5
Session E:	Saturday, Nov. 7 to Dec. 5 *(No class 11/28)

Parent and Child Aquatics (12 mos-3 yrs)

Parent and Child Aquatics introduces basic pre-swimming skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children are introduced to basic skills that lay a foundation to help them learn to swim. Several water safety topics are also introduced that are directed to parents.

Fee: \$29.00 per session (4 lessons)

Monday	6:00 PM to 6:35 PM
AQ-01P1	Sept. 14 to Oct. 12 (No class 10/5)
AQ-01P2	Oct. 19 to Nov. 9
AQ-01P3	Nov. 16 to Dec. 7

Thursday	6:00 PM to 6:35 PM
AQ-04P1	Sept. 17 to Oct. 8
AQ-04P2	Oct. 15 to Nov. 5

Saturday	9:30 AM to 10:05 AM
AQ-05P1E	Nov. 7 to Dec. 5 (No class 11/28)



Tot Transition (3-4 yrs)

If your toddler is ready to try the water without a parent, but not ready for Level 1, this short class is for them. The primary objective of preschool aquatics is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children. Some of the skills to be introduced include: water entry and exit, breath control and submerging, buoyancy, changing direction and position, treading and swimming on front and back.

Fee: \$29.00 per session (4 lessons)

Tuesday	6:00 PM to 6:35 PM
AQ-01T1	Sept. 15 to Oct. 6
AQ-01T2	Oct. 13 to Nov. 3
AQ-01T3	Nov. 10 to Dec. 1

Wednesday	6:00 PM to 6:35 PM
AQ-03T1	Sept. 16 to Oct. 7
AQ-03T2	Oct. 14 to Nov. 4

Saturday	10:10 AM to 10:45 AM
AQ-05T1E	Nov. 7 to Dec. 5 (No class 11/28)

**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: Jeff Bullock at 785/317.4100 or Curtis Robinson at 916/813.4648



www.tryufm.org

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785.539.8763



Level I: Introduction to Water Skills

The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. At this level, participants start developing positive attitudes, good swimming habits and safe practices in and around the water.

Fee: \$54.00 per session (8 lessons)

AQ-01A	Monday	6:45 PM to 7:30 PM
AQ-01B	Tuesday	6:45 PM to 7:30 PM
AQ-01C	Wednesday	6:45 PM to 7:30 PM
AQ-01D	Thursday	6:45 PM to 7:30 PM

Level II: Fundamental Aquatic Skills

The objective of Level 2 is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on the front and back that lay the foundation for future strokes. As in all levels, safety skills will be presented to improve comprehension of previous knowledge.

Fee: \$54.00 per session (8 lessons)

AQ-02A	Monday	6:45 PM to 7:30 PM
AQ-02B	Tuesday	6:45 PM to 7:30 PM
AQ-02C	Wednesday	6:45 PM to 7:30 PM
AQ-02D	Thursday	6:45 PM to 7:30 PM

Level III: Stroke Development

The objective of Level 3 is to build on previously learned skills by providing additional guided practice. Participants will learn to survival float, swim the front crawl and elementary backstroke. Scissors and dolphin kicks, as well as the fundamentals of treading water will be introduced. Participants will also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside. As in all levels, safety skills and messages will be presented.

Fee: \$54.00 per session (8 lessons)

AQ-03A	Monday	6:45 PM to 7:30 PM
AQ-03B	Tuesday	6:45 PM to 7:30 PM
AQ-03C	Wednesday	6:45 PM to 7:30 PM
AQ-03D	Thursday	6:45 PM to 7:30 PM

Level IV: Stroke Improvement

The objectives of Level 4 are to develop participants' confidence in the strokes learned thus far and to improve other aquatic skills. In level 4, participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances. Participants add the arms to the scissors kick for the sidestroke. Participants also start to learn the back crawl, breaststroke and butterfly and the basics of turning at a wall.

Fee: \$54.00 per session (8 lessons)

AQ-04A	Monday	6:45 PM to 7:30 PM
AQ-04B	Tuesday	6:45 PM to 7:30 PM
AQ-04C	Wednesday	6:45 PM to 7:30 PM
AQ-04D	Thursday	6:45 PM to 7:30 PM

Level V: Stroke Refinement

The objectives of this level are coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.

Fee: \$54.00 per session (8 lessons)

AQ-05A	Monday	6:45 PM to 7:30 PM
AQ-05B	Tuesday	6:45 PM to 7:30 PM

Level VI: Swimming and Skill Proficiency

The objectives of this level are to refine strokes so participants can swim them with more ease, efficiency, power and smoothness and over greater distances. Level 6 also introduces other aquatic activities and offers three options - Personal Water Safety, Fundamentals of Diving and Fitness Swimmer. These options focus on preparing participants for more advanced courses, such as the Water Safety Instructor course, or other aquatics activities, such as competitive swimming or diving.

Fee: \$54.00 per session (8 lessons)

AQ-06A	Monday	6:45 PM to 7:30 PM
AQ-06B	Tuesday	6:45 PM to 7:30 PM



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.

Fee: \$42.00 per session (4 lessons for 40 minutes)

AQ-22E	Saturday	10:50 AM to 11:30 AM
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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.

Fee: \$19.00 per session (8 times)

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

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.

Fee: \$16.00 per session (8 times)

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

Shallow Water Aerobics: Water Exercise

This is a 50-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. ***NOTE: Students can choose from once to four times per week with fees listed below.

Session AQSHA: 09/14/2009 to 10/08/2009
Monday - Thursday (6:40pm to 7:30pm)
(No class 10/5)

Session AQSHB: 10/12/2009 to 11/05/2009
Monday - Thursday (6:40pm to 7:30pm)

Session AQSHC: 11/09/2009 to 12/10/2009
Monday - Thursday (6:40pm to 7:30pm)
(No classes 11/23-11/26)

Fee: \$20 for 1 time per week per session
\$24 for 2 times a week per session
\$29 for 3 times a week per session
\$33 for 4 times a week per session

Shallow Water Aerobics for the Entire Semester

Session AQSHE: 09/14/2009 to 12/10/2009
(No classes 10/5 or 11/23-11/26)
Monday - Thursday (6:40pm to 7:30pm)

Fee: \$36 for 1 time per week per session
\$48 for 2 times a week per session
\$54 for 3 times a week per session
\$62 for 4 times a week per session

Deep Water Aerobics

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.

Fee: \$29.00 per session

Session A: 09/15/2009 to 10/08/2009
AQ-100A 6:40 PM to 7:30 PM (Tu/Th)

Session B: 10/13/2009 to 11/05/2009
AQ-100B 6:40 PM to 7:30 PM (Tu/Th)

Session C: 11/10/2009 to 12/10/2009
AQ-100C 6:40 PM to 7:30 PM (Tu/Th)
(No class 11/24 or 11/26)

Deep Water Aerobics for the Entire Semester

Session E: 09/15/2009 to 12/10/2009
(No class 11/24 or 11/26)

AQ-100E 6:40 PM to 7:30 PM (Tu/Th)

Fee: \$62.00



Private Swim Lessons

AQ103

Private lessons provide one-on-one instruction for any level of swimmer. There are 4 lessons, 35 minutes each that occur once a week for 4 weeks. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. Due to time constraints, THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Private Lessons:

Session A1:	Monday	Sept. 14 to Oct. 12 *(No class 10/5)
Session A2:	Monday	Oct. 19 to Nov. 9
Session A3:	Monday	Nov. 16 to Dec. 7
Session B1:	Tuesday	Sept. 15 to Oct. 6
Session B2:	Tuesday	Oct. 13 to Nov. 3
Session B3:	Tuesday	Nov. 10 to Dec. 1
Session C1:	Wednesday	Sept. 16 to Oct. 7
Session C2:	Wednesday	Oct. 14 to Nov. 4
Session C3:	Wednesday	Nov. 11 to Dec. 9 *(No class 11/25)
Session D1:	Thursday	Sept. 17 to Oct. 8
Session D2:	Thursday	Oct. 15 to Nov. 5
Session D3:	Thursday	Nov. 12 to Dec. 10 *(No class 11/26)
Session E1-E3:	Saturday	Nov. 7 to Dec. 5 *(No class 11/28)

Times for Monday-Thursday sessions:

6:00 PM to 6:35 PM

Times for Saturday sessions:

E1: 9:30 AM to 10:05 AM
E2: 10:10 AM to 10:45 AM
E3: 10:50 AM to 11:25 AM

Fee: \$69 per session (4 THIRTY-FIVE MINUTE lessons)
\$55 per student for semi-private lessons:
(2 students per teacher) (4 thirty-five minute lessons)

Open Swim Appreciation

09CAQ31A

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: 10/18/2009 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Open Swim Appreciation

09CAQ31B

Date: 10/25/2009 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Sunday Family Swim

09CAQ32

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: 10/18/2009 to 11/08/2009 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$8.00/Individual; \$20.00/Family
Location: Natatorium, KSU Campus



Canoe Camping

09CRF53Z

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.

Instructor: Steve Spencer, quietwater@wildblue.net

Date: 10/31/2009 to 11/01/2009 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: \$101.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Scuba Diving

09CAQ105AZ

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 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, (785) 313-4231
wheatlan@kansas.net

Date: 09/14/2009 to 10/26/2009 (M)
(No class 10/5)
Time: 6:00 PM to 10:00 PM
Fee: \$257.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Scuba Diving

09CAQ105BZ

Instructor: Jeff Wilson, (785) 313-4231
wheatlan@kansas.net

Date: 11/02/2009 to 12/07/2009 (M)
Time: 6:00 PM to 10:00 PM
Fee: \$257.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Fitness Swimming

09CAQ108AZ

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: Melissa Copp

Date: 10/06/2009 to 11/19/2009 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: \$95.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Professional Certification Courses

UFM offers a wide variety of professional certification courses ranging from CPR and First Aid to *Lifeguard Instructor/Training, *Water Safety Instructor Training, *Responding to Emergencies and many others. To view the current class listings, visit www.tryufm.org, click on noncredit classes. Classes that can be taken for KSU credit are denoted with an asterisk (*). UFM also offers Lifeguard, CPR and First Aid review courses for those students who are already certified and about to expire.

Enroll at www.tryufm.org
or call 539.8763





career & finance

Gain Control of Your Money and Become Debt Free

09CFC01

Do you have too much money 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 questions to ask in order to better understand 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.

The investing section of class will cover important money management concepts with practical, easy-to-understand language. 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.

Instructor: Charlene Brownson, (785) 539-8763
cmb@ksu.edu

Charlene has worked with financial services for over 12 years and enjoys sharing her knowledge with others to help them develop money skills.

Date: 10/08/2009 to 10/15/2009 (Th)
Time: 7:00 PM to 8:30 PM
Fee: Individual-\$12.00/Couple-\$16.00
Location: UFM Conference Room, 1221 Thurston

GRE Prep Course

09CFC06

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: Calley Crisman

Date: 09/14/2009 to 10/26/2009 (M/W)
(No class 10/5)
Time: 7:00 PM to 9:00 PM
Fee: \$270.00
Location: UFM Conference Room, 1221 Thurston

LSAT Prep Course

09CFC24

Law School Admission Test Review Course. Comprehensive 28-hour review, in-class & at-home study materials, analytical lectures and test-taking strategies. On-campus practice test is included in the class fee (fall only). Deadline one week prior to class or \$20 extra class fee to order materials. Instructor: Kent Dennis

Date: 08/24/2009 to 09/14/2009 (M/W/Sa)
(No class 9/5, 9/7)
Time: 7:00 PM to 10:00 PM
Fee: \$270.00
Location: UFM Conference Room, 1221 Thurston

Coffee Cup Conversation

09CFC61A

Today there is no shortage of data and opinions for investors. Come and share your views and questions. Instructor: Kay Stewart, Ph.D, (785) 537-8844
stewartadvisory@sbcglobal.net

Dr. Kay Stewart, Investment Advisor Representative and President of Stewart Advisory Services, LLC, is a well-known financial educator in Manhattan. Her expertise is helping individuals avoid common, costly financial mistakes they may face during their retirement years.

Date: 09/16/2009 (W)
Time: 10:00 AM to 11:00 AM
Fee: \$12.00
Location: UFM Solar Addition, 1221 Thurston St.

Coffee Cup Conversation

09CFC61B

Instructor: Kay Stewart, Ph.D, (785) 537-8844
stewartadvisory@sbcglobal.net

Date: 10/08/2009 (Th)
Time: 7:00 PM to 8:00 PM
Fee: \$12.00
Location: UFM Fireplace Room, 1221 Thurston St.

Coffee Cup Conversation

09CFC61C

Instructor: Kay Stewart, Ph.D, (785) 537-8844
stewartadvisory@sbcglobal.net

Date: 10/20/2009 (Tu)
Time: 7:00 PM to 8:00 PM
Fee: \$12.00
Location: UFM Fireplace Room, 1221 Thurston St.

Financial F.A.C.T.S

09CFC62A

Financial F.A.C.T.S looks at issues relevant to the individual investor. Topics include fiduciary responsibility vs. suitability, fees (including hidden) in brokerage accounts and mutual funds, allocations, taxes and strategies. The "hype" surrounding Exchange Rated Funds (ETF's) will be discussed.

Instructor: Kay Stewart, Ph.D, (785) 537-8844
stewartadvisory@sbcglobal.net

Date: 09/14/2009 (M)
Time: 6:00 PM to 8:00 PM
Fee: \$12.00
Location: UFM Multipurpose Room, 1221 Thurston

Financial F.A.C.T.S

09CFC62B

Instructor: Kay Stewart, Ph.D, (785) 537-8844
stewartadvisory@sbcglobal.net

Date: 10/06/2009 (Tu)
Time: 6:00 PM to 8:00 PM
Fee: \$12.00
Location: UFM Multipurpose Room, 1221 Thurston

Financial F.A.C.T.S

09CFC62C

Instructor: Kay Stewart, Ph.D, (785) 537-8844
stewartadvisory@sbcglobal.net

Date: 10/22/2009 (Th)
Time: 2:00 PM to 4:00 PM
Fee: \$12.00
Location: UFM Multipurpose Room, 1221 Thurston



Twitter 101

09CFC63

Do you tweet? Want to find out what all the hype is about? It is more than just updates on your friends. It is about being up to date on news, breaking stories, and being aware of the world around you. It is micro-blogging at its best. Learn about what news organizations have twitter accounts, how to follow them and how to micro-blog your life in 140 characters or less. Participants will have access to the KSComputerHelp twitter page even after class is over. Registration deadline is August 25. Open to ages 13+. Instructor: Amy Trujillo, amyellen@me.com

Amy Trujillo works for USD-475 as an English Language Learner (ELL) teacher, writes technology articles for a national publication, and is certified to teach Microsoft Office. She has taught computer classes from kindergarten to the community college level. Amy has maintained various websites and blogs for personal and professional use. She teaches a variety of computer classes through UFM and hopes to offer more. There is a website that is updated with questions and tips that go along with the classes.

Date: 08/29/2009 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave.

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Facebook/MySpace 09CFC64

Feeling a little overwhelmed with social networking? In this class, you will learn how to manage Facebook and MySpace accounts. Some of the features you will learn to use are: bulletins, classifieds, blogs, friends, profiles, search, pictures, and privacy options. Registration deadline is September 15. Open to ages 13+.

Instructor: Amy Trujillo, amyellen@me.com

Date: 09/19/2009 (Sa)
 Time: 10:00 AM to 11:00 AM
 Fee: \$12.00
 Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.

Bloggers Are Us 09CFC65

Do you need a central location to jott down your notes, thoughts, and feelings? LiveJournal, Blogger, and other online blogs are a perfect place to keep these thoughts and ideas. Learn how to set up the account, maintain your privacy settings, and search for blogs that might interest you (both professionally and personally). Registration deadline is October 13.

Instructor: Amy Trujillo, amyellen@me.com

Date: 10/17/2009 (Sa)
 Time: 10:00 AM to 11:00 AM
 Fee: \$12.00
 Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave

iCompute with My iPod 09CFC66

Did you get an iPod Touch and want to expand your iKnowledge? This class has a relaxed atmosphere for you to learn how to manage your applications, discover new ones, and share tips with other iUsers. In order to access the iPod App Store, you must have your library card in order to use the wireless internet. Registration deadline is November 17. Open to ages 13+.

Instructor: Amy Trujillo, amyellen@me.com

Date: 11/21/2009 (Sa)
 Time: 10:00 AM to 11:00 AM
 Fee: \$12.00
 Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.

Does Google Really Do That? 09CFC67

Why not learn about what is free and already available to you? Google has numerous FREE programs that can make your life more efficient. These programs are web-based and do not take up room on your computer. Some of the programs that will be covered are: alerts, blog search, books, earth, finance, iGoogle, Talk, gmail, maps, news, video, blogger, calendar, docs, groups, Picassa, SketchUp, Mobile, and Translate. Registration deadline is December 8. Open to ages 13+.

Instructor: Amy Trujillo, amyellen@me.com

Date: 12/12/2009 (Sa)
 Time: 10:00 AM to 11:00 AM
 Fee: \$12.00
 Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.



The Many Dimensions of Volunteering in America 09CFC68

How do nonprofit leaders define volunteering? Learn about the history of volunteering and trends since 1974, including volunteer management as a profession, volunteer motivations, expectations, wishes and demands.

Date: 09/29/2009 (Tu)
 Time: 7:00 PM to 9:00 PM
 Fee: No Charge
 Location: UFM Conference Room, 1221 Thurston

America's "New Volunteer" in Manhattan 09CFC69

Understand and apply community volunteer assessment. Determine organizational readiness for volunteers. Fit volunteer motivations, expectations, wishes, and demands to organizational needs and mission, vision, values, and ethical standards.

Date: 10/06/2009 (Tu)
 Time: 7:00 PM to 9:00 PM
 Fee: No Charge
 Location: UFM Conference Room, 1221 Thurston

The Volunteer Management Process 09CFC70

A new way to identify and manage volunteers: the multi-paradigm model of volunteering. The volunteer management and program cycle is planning, recruitment, orientation and training, supervision and evaluation and recognition.

Date: 10/13/2009 (Tu)
 Time: 7:00 PM to 9:00 PM
 Fee: No Charge
 Location: UFM Conference Room, 1221 Thurston

The People Approach to Working with Volunteers 09CFC71

Design creative and clear volunteer roles and job descriptions, including where volunteers can/may be placed. Prepare persuasive recruitment appeals and application materials appropriate for potential community volunteers (includes internet tools). Interview and screen potential volunteers (includes liability and risk management).

Date: 10/20/2009 (Tu)
 Time: 7:00 PM to 9:00 PM
 Fee: No Charge
 Location: UFM Conference Room, 1221 Thurston

Implementing a Volunteer Program with High Impact 09CFC72

Orient and train volunteers for the organization and for the roles they are to fill (includes using a personal style inventory such as "True Colors" to facilitate effective volunteer-staff relations). Create connectedness with volunteers for high-level retention (includes basic conflict resolution techniques) with Internet tools for orientation, training, and mentoring of volunteers.

Date: 10/27/2009 (Tu)
 Time: 7:00 PM to 9:00 PM
 Fee: No Charge
 Location: UFM Conference Room, 1221 Thurston

Recognizing and Evaluating Volunteers and the Volunteer Program 09CFC73

Coach, mentor, and thank volunteers (on-going performance evaluation) with measuring volunteer program effectiveness through evaluation. Analyze and deal with problem situations.

Date: 11/03/2009 (Tu)
 Time: 7:00 PM to 9:00 PM
 Fee: No Charge
 Location: UFM Conference Room, 1221 Thurston

Connecting Campus and Community Through Volunteer Leadership 09CFC74

This is a six-session series includes 09CFC68-73. Participants completing all six sessions will receive a certificate of completion awarded by the sponsoring organizations. This will include documentation of 12 contact hours of professional development education. For more information, please contact Olivia Collins, ocollins@k-state.edu.

Date: 09/29/2009 to 11/03/2009 (Tu)
 Time: 7:00 PM to 9:00 PM
 Fee: No Charge
 Location: UFM Conference Room, 1221 Thurston

Volunteer Leadership Series sponsored by:
 School of Leadership Studies American Humanics Program
 K-State Volunteer Center of Manhattan
 UFM Community Learning Center



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 Campus and Community
 Through Volunteer Leadership”**

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 7-9pm
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creative free time

Beginning Knitting 09CCF05A

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 needle and a light colored bulky weight smooth yarn. These materials will be available for purchase at the first class. A materials list for the second project will be given in the first class.

Instructor: Kennita Tully, (785) 537-1826

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

Date: 08/18/2009 to 09/08/2009 (Tu)
 Time: 7:00 PM to 8:30 PM
 Fee: \$31.00
 Location: 300 Poyntz Ave.
 Wildflower Yarns and Knitwear

Beginning Knitting 09CCF05B

Instructor: Kennita Tully, (785) 537-1826

Date: 10/20/2009 to 11/10/2009 (Tu)
 Time: 7:00 PM to 8:30 PM
 Fee: \$31.00
 Location: 300 Poyntz Ave.
 Wildflower Yarns and Knitwear



Beginning Knitting 09CCF05C

Instructor: Kennita Tully, (785) 537-1826

Date: 09/23/2009 to 10/14/2009 (W)
 Time: 7:00 PM to 8:30 PM
 Fee: \$31.00
 Location: 300 Poyntz Ave.
 Wildflower Yarns and Knitwear

Beginning Knitting 09CCF05D

Instructor: Kennita Tully, (785) 537-1826

Date: 11/18/2009 to 12/16/2009 (W)
 Time: 7:00 PM to 8:30 PM
 Fee: \$31.00
 Location: 300 Poyntz Ave.
 Wildflower Yarns and Knitwear



Basic Jewelry Making 09CCF11

In this class, 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 set with a genuine semi-precious gem and pierced earrings. Techniques learned will include sawing, bending, soldering, forming, filing, sanding, polishing, furnishing, piercing (metal, not ears), etc. Children under 15 must be accompanied by an adult or have parent registered. NOTE: Fee covers materials for all projects including silver and gemstones. Recommended tools list will be sent to all participants and can be purchased at cost through the instructor.

Instructor: Daniel Bostrom
 daniel_j_bostrom@sbcglobal.net

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

Date: 09/12/2009 to 10/24/2009 (Sa)
 Time: 9:00 AM to Noon
 Fee: \$125.00
 Location: UFM Solar Addition, 1221 Thurston St.

Learning to Write and Sell Fiction 09CCF36

A workshop where students learn through participation, this class will introduce the fundamentals of writing and selling novels, stories, and teleplays, especially those in the genres of science fiction, fantasy, mystery, and horror (although the principles taught apply to all genre fiction). General topics will be covered as well as specific issues related to the students' manuscripts. Please bring a sample of a work in progress or begin a project after the first class session. Work will be critiqued by the instructor and by other members of the class.

Instructor: Glenn Sixbury, (785) 587-9561 Ext. 2003

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

Date: 10/19/2009 to 11/02/2009 (M)
 Time: 7:30 PM to 9:30 PM
 Fee: \$16.00
 Location: UFM Multipurpose Room, 1221 Thurston



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The Digital Darkroom for Photographers: Introduction to Photoshop, Image Processing & Printing **09CCF65**

The first part of this class will cover some basics of getting started in the "digital darkroom" and will cover the idea of a "workflow" for processing digital images, image file types, image size and resolution and how they are related. The class will also cover an introduction to image processing using Photoshop Elements 5 and basic adjustments such as cropping and resizing images, adjusting the tonality using levels, color correction, image cleanup using the healing brush and clone stamp tools, an introduction to layers and how to use them in your workflow, black and white conversions, putting panoramas together, high dynamic range photography and an introduction to camera RAW. Issues such as color management, file management, and backing up your work will also be covered. Students will have the opportunity to work on photos in class and are encouraged to bring their own laptops (not required though) and photos to the class.

Instructor: Scott Bean, (785) 776-2725, srbean@ksu.edu

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

Date: 12/01/2009 to 12/10/2009 (Tu/Th)
 Time: 7:00 PM to 9:00 PM
 Fee: \$48.00
 Location: UFM Computer Lab, 1221 Thurston St.

Introduction to Photography **09CCF78**

This class will focus on basic concepts of photography. 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, and choosing and using different lenses. The class will also cover an introduction to exposure, metering and controlling light, composition and learning to see creatively. Discussion of issues relevant to digital photography such as white balance and image resolution will also be covered. The class will emphasize landscape and nature photography, but anyone interested in photography will benefit. The class will include 5 classroom meetings and 4 field trips. Exact times of the field trips will be discussed at the first class, but will be on Saturday evenings a couple of hours before sunset. Participants will be responsible for their own film and development costs if applicable.

Instructor: Scott Bean, (785) 776-2725, srbean@ksu.edu

Date: 09/03/2009 to 10/01/2009 (Th/Sa)
 Time: 7:00 PM to 9:00 PM
 Fee: \$68.00
 Location: UFM Conference Room, 1221 Thurston

Recycled Rolled Paper Beads **09CCF72**

Don't toss out your old magazines! Get creative and learn how to make your own unique jewelry for next-to-nothing with recycled paper. Please bring magazines, wrapping paper or other colorful recycled paper of your choice along with a bottle of white glue and scissors (Thinner paper will roll more easily.) This is a beginning class for youth and older individuals. Everyone will take home a necklace or bracelet that they have created in class. They also make great gifts! Sign up and receive a UFM eco-bag at class! Instructor: Charlene Brownson, (785) 539-8763 cmb@ksu.edu

Date: 11/11/2009 (W)
 Time: 3:30 PM to 5:00 PM
 Fee: \$5.00
 Location: UFM Conference Room, 1221 Thurston



Scrapbook Album in a Box **09CCF94**

Think inside the box and make a darling scrapbook album in the shape of a box. Please bring about 20 small pictures to add in this little square scrapbook that takes about an hour to make.

Instructor: Donna Wilkins, (785) 317-0981 sgtmomz@juno.com

Donna Wilkins is a Close to My Heart consultant and loves to scrapbook family events as well as make cards and gifts. Please visit www.donnawilkins.myctmh.com for more of Donna's work.

Date: 10/20/2009 (Tu)
 Time: 6:00 PM to 8:00 PM
 Fee: \$10.00
 Location: UFM Multipurpose Room, 1221 Thurston

Name in a Frame **09CCF95**

Create a family heirloom from someone's name. We'll design a lovely background, then add your name's letters to your design and frame it in a matching wooden frame. It's a perfect gift for newlyweds or nice addition to a child's room after you have personalized.

Instructor: Donna Wilkins, (785) 317-0981 sgtmomz@juno.com

Date: 08/31/2009 (M)
 Time: 6:00 PM to 8:00 PM
 Fee: \$10.00
 Location: UFM Multipurpose Room, 1221 Thurston

Greeting Card Workshop **09CCF96**

Learn to design and make your own greeting cards from minimal supplies. We'll use stamp sets and stickers to decorate several greeting cards that you'll be able to take with you after the class for your upcoming special events and seasons.

Instructor: Donna Wilkins, (785) 317-0981 sgtmomz@juno.com

Date: 11/19/2009 (Th)
 Time: 6:00 PM to 8:00 PM
 Fee: \$10.00
 Location: UFM Conference Room, 1221 Thurston



Beginning Guitar Class **09CCF104**

This class is designed to give beginning guitar players the tools and references to be able to perform at a level they can play songs they have heard, like, or would like to play. A portion of the class will be about music theory, but most will be focused on performance skills in class and individual basis. This will allow the student to be comfortable playing simple songs to friends and family. Hopefully it will inspire students to continue their studies at their leisure and be proficient and knowledgeable to play with other people of similar talents.

Instructor: Mark Vacca, vaccamark@hotmail.com

Mark Vacca has been playing the guitar and bass for over 40 years. He has played solo on 6-string guitar and harmonica for over 20 years and has experience with a multiplicity of musical organizations (workshops, bands, teaching, "jamparties").

Date: 10/12/2009 to 11/04/2009 (M/W)
 Time: 5:30 PM to 6:30 PM
 Fee: \$26.00
 Location: UFM Multipurpose Room, 1221 Thurston

Fearless Creative Writing **09CCF105**

Expository writing has its place, but here's a class for the writer who wants to put more life and uniqueness into his or her ideas, fiction or non-fiction, through self-expression, imagination, and emotion.

The workshop atmosphere will feature lecture elements, in-class readings of appropriate published examples, and class discussion of creativity and how to kick-start it. Class will include handouts. Bring pen and paper and be prepared to work on in-class exercises. Deadline registration is September 7.

Instructor: Linda Madl, lsmadl@att.net

Linda Madl's work includes novels, short stories, and numerous nonfiction articles. She is a charter member and past president of Kansas Writers Inc., which meets monthly at the Topeka-Shawnee County Library. Check them out at <http://kswritersinc.com/>. She has presented programs and workshops at numerous regional and national conferences. For more information about her and her work go to www.lindamadl.com.

Date: 09/10/2009 (Th)
 Time: 7:00 PM to 9:00 PM
 Fee: \$22.00
 Location: UFM Multipurpose Room, 1221 Thurston





Creating a Story From Characters 09CCF106

Make your story characters become as alive on paper as they are in your head. It's as easy as starting with three words and going from there. Learn how to develop background and motivation for your characters. In addition point of view, dialogue, and conflict will be discussed.

The class will feature lecture elements, in-class readings of appropriate characterization passages from published stories, in-class discussion about memorable fiction characters. Class will include handouts and in-class writing exercises. Bring pen and paper. Deadline registration is September 14.

Instructor: Linda Madl, lsmadl@att.net

Date: 09/17/2009 (Th)
 Time: 7:00 PM to 9:00 PM
 Fee: \$22.00
 Location: UFM Multipurpose Room, 1221 Thurston

Plot Your Novel/Story 09CCF107

Stumped by what happens next in your story? This class will outline the basics of the Beginning, Middle, and Ending of fiction stories and explore the elements that keep a reader reading and makes them satisfied with the last page.

The class will feature lecture elements, in-class readings of memorable openings and endings. Class will also include handouts and in-class writing exercises. Bring pen and paper. Deadline registration is September 21.

Instructor: Linda Madl, lsmadl@att.net

Date: 09/24/2009 (Th)
 Time: 7:00 PM to 9:00 PM
 Fee: \$22.00
 Location: UFM Multipurpose Room, 1221 Thurston

Food for Thought 09CCF108

During the past few years many wonderful books on food, sustainability and local preference have been written. We will explore 3 books. On September 10, Food Matters by Mark Bittman. On October 8, Manifestos on the Future of Food & Seed by Vandana Shiva. On November 12, In Defense of Food by Michael Pollan. Please read the book(s) prior to the discussion. The books are available at the Manhattan Public Library and from local book sellers. Come to one or more of the sessions! Enrollment fee of \$5 will cover the cost of the UFM eco-bag that you will receive at class. *Peoples Grocery Cooperative is sponsoring this book discussion series.

Instructor: Carla Barta, (785) 410-8608
 snowsage54@hotmail.com

Carol Barta loves books and food. She is a librarian with the North Central Kansas Libraries System and serves on the board of the Peoples Grocery Cooperative.

Date: 09/10/2009 to 11/12/2009 (Th)
 Time: 7:00 PM to 9:00 PM
 Fee: \$5.00
 Location: UFM Fireplace Room, 1221 Thurston St.

T-Shirt Recycling 09CCF109A

Learn how to create new clothes from old t-shirts. Bring old t-shirts and a pair of scissors. We'll make a halter top, head band, no-sew skirt and wrist warmers. If you have a sewing machine, bring it along.

Instructor: April Hart, (785) 313-4099, fourharts@cox.net

April Hart is an avid recycler, t-shirt lover, and looks forward to sharing all she's learned about this wildly popular, ever-growing reuse method.

Date: 09/19/2009 (Sa)
 Time: 10:00 AM to 11:30 AM
 Fee: \$10.00
 Location: UFM Multipurpose Room, 1221 Thurston

T-Shirt Recycling 09CCF109B

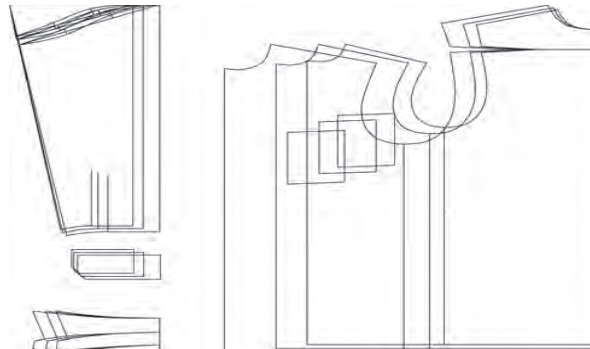
Instructor: April Hart, (785) 313-4099, fourharts@cox.net

Date: 10/10/2009 (Sa)
 Time: 10:00 AM to 11:30 AM
 Fee: \$10.00
 Location: UFM Multipurpose Room, 1221 Thurston

T-Shirt Recycling 09CCF109C

Instructor: April Hart, (785) 313-4099, fourharts@cox.net

Date: 11/14/2009 (Sa)
 Time: 10:00 AM to 11:30 AM
 Fee: \$10.00
 Location: UFM Multipurpose Room, 1221 Thurston



Sonar, So Good 09CCF002

Are your energy bills driving you batty? UFM is not only going solar, we are also going sonar! Go green by learning to use echolocation as a way to conserve home energy. Tapping into our on-site assets, local batologist, Roger Belfry will instruct a course involving observation, case studies, and home visits with our friendly flying mammals as a way to educate participants in home navigation without accessing the grid. This is one time where being left in the dark is a good thing!

Instructor: Roger Belfry

Time: Dusk to Dawn
 Date: Autumn Thursdays
 Fee: \$119.00 (completely refundable after Go Green Sonar Tax Credits)
 Location: UFM Nocturnal Observatory

Making a Leather Journal Cover 09CCF110

Learn some basic leather working techniques by making a very attractive and durable hand tooled and stitched leather journal cover. Add a rich, personal touch to your own journal or sketchbook, or make a Christmas gift that will be treasured. Students can choose from 3 different designs, and a variety of tooling/art patterns.

The course fee covers the project materials and instruction booklet. All tools will be provided for the class. Tool kits will also be available for optional purchase for students to want to have their own tools. Enrollment deadline is October 9th.

Instructor: Kate Dubiel, (785) 532-9768, kdubiel@cox.net

Kate Dubiel has been designing, making and selling leather-topped game boards and other items since 2002. In 2008, she wrote the book, "Complete Photo Guide to Leather Crafting", which is due to be released in 2010. She was first introduced to leather craft by her father during the early 70's.

Date: 10/24/2009 (Sa)
 Time: 1:00 PM to 4:00 PM
 Fee: \$48.50
 Location: UFM Solar Addition, 1221 Thurston

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 blog: http://peopleseducation.blogspot.com

Upcoming Fall Classes:

Seasonal Eating for Health- Mon, Aug 3, Mon, Oct 5 & Oct 6, 6-7:30 PM

Stress Management Art Rathbun - Wed, Sept 16, 6:30-8 pm

The Light Side of Fats and Oils - Nov, Date/Time TBA

What Candida Can Do - Dec, Date/Time TBA

Solar Dying - TBA

These classes are FREE to the public and will be held at Peoples Grocery, 17th and Yuma



earth & nature



Fly Fishing

09CEN04AZ

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, (785) 494-2340

Date: 10/12/2009 to 10/22/2009 (M-Th)
 Time: 6:00 PM to 8:00 PM
 Fee: \$95.00
 Location: KSU Durland Hall Room 1061

Home Landscape Design

09CEN08

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 couples are encouraged to enroll.

Instructor: Gregg Eyestone

Date: 09/16/2009 to 09/30/2009 (W)
 Time: 7:00 PM to 9:00 PM
 Fee: \$21.00-Individual/ \$30.00-Couple
 Location: Cico Park-Pottorf Hall



Young Earth Creationist

09CEN27

Pick a Saturday and visit the Konza and other prairies. Discuss how to bring quail and prairie chickens back to the Flint Hills area. You will also learn about wildflowers and prairie grasses. Upland bird hunters are welcome. Contact UFM or instructor for directions to class and which Saturday you would like to attend. Class meets only once on Saturday.

Instructor: Carroll A. Lange, CWB, (785) 776-3944
 mclange@kansas.net

Carroll Lange is a Certified Wildlife Biologist, with a Master's Degree in Range Management. He has nearly 25 years experience in the field of Wildlife Biology. Much of his time has been spent studying Kansas Prairies.

Date: 09/12/2009 to 12/05/2009 (Sa)
 (No class 11/28)
 Time: Noon to 4:00 PM
 Fee: \$12.00
 Location: 7102 Abbott Drive, Cedar Creek Ranch



**RECYCLE
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Cactus & Succulent

Survival Guide

09CEN63

Cacti and succulents are commonly described as thriving on neglect, but no plant thrives on neglect. A more accurate description is as a result of their unique ability to store water. These plants have very specific requirements for soil, light, and especially water that do not match those of tropical, annuals or perennials. Spend two hours and learn how to keep your cacti and succulents alive and thriving plus propagation and flowering techniques, grooming essentials, and how to create decorative plantings for enjoyment and/or to exhibit in plant shows.

Instructor: Gail Selfridge, (785) 537-0263, gls@ksu.edu

Gail Selfridge is Vice President of the Kansas City Cactus and Succulent Society, a member of both the Cactus and Succulent Society of America and the American Society of Botanical Artists, and a contributor to the CSSA Journal. She manages to keep most of her plants alive and thriving, and consistently exhibits/wins awards for her cactus and succulent specimen plants and botanical art/illustrations.

Date: 12/05/2009 (Sa)
 Time: 10:00 AM to Noon
 Fee: \$12.00
 Location: UFM Solar Addition, 1221 Thurston

Let's Make Hypertufa!

09CEN64

What's a hypertufa pot? Well, if you purchase one of these pots, it can be very expensive. If you make it yourself, it's a very affordable pot that resembles the stone troughs and pots that are common in England. Hypertufa is actually a mixture of cement, peat moss, perlite, and fiber mesh that you then make into a round or square pot or a longer trough (materials included). After curing, you'll be able to use it as a planter! Participants will need to wear clothes that they don't mind getting dirty (muddy is more like it) and they will need a pair of rubber gloves (like the Playtex ones used for washing dishes). They also have to be able to cart this pot/trough home that day.

Instructor: Colleen and Kent Hampton, (785) 539-5934
 cmhampton314@sbcglobal.net

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

Date: 09/19/2009 (Sa)
 Time: 10:00 AM to Noon
 Fee: \$30.00
 Location: UFM House, 1221 Thurston St.



Energy Efficient Homes

09CEN65

Join us for a discussion session on sustainable housing - types, affordability, adaptations and innovations. Topics to be discussed will be a follow up for the Movies on the Grass movie, "Garbage Warrior." shown on September 13. Get ideas on what you can do to make your home more energy efficient.

Instructor: Bill Dorsett, (785) 539-1956
 wmdorsett@sbcglobal.net

Bill Dorsett has been working in solar energy since 1975, both in passive and active thermal systems and in solar electric applications.

Date: 09/19/2009 (Sa)
 Time: 10:30 AM to Noon
 Fee: No Charge
 Location: UFM Fireplace Room, 1221 Thurston St.

fun foods



Thai Noodles **09CFF12A**

This class will introduce three simple kinds of Thai noodle dishes generally prepared in Thailand. Popular dishes include Pad Thai, Drunken Noodles and Soy Sauce Noodles and will be demonstrated in class. The instructor will provide all food ingredients and the students will have a chance to taste the dishes. Registration deadline is two days prior to class.

Instructor: Chulee Yaeger, ccyaege@hotmail.com

Chulee Yaeger is a Thai lady, originally from Thai-Chinese family in China town, Bangkok, Thailand. She enjoys cooking foods for her family and friends. She also loves to introduce her home town foods and cultures to interested people.

Date: 08/29/2009 to 09/12/2009 (Sa)
 Time: 10:30 AM to 11:30 AM
 Fee: \$68.00
 Location: UFM Kitchen, 1221 Thurston St.

Thai Noodles **09CFF12B**

Registration deadline is two days prior to class.
 Instructor: Chulee Yaeger, ccyaege@hotmail.com

Date: 09/19/2009 to 10/03/2009 (Sa)
 Time: 10:30 AM to 11:30 AM
 Fee: \$68.00
 Location: UFM Kitchen, 1221 Thurston St.

Thai Noodles **09CFF12C**

Registration deadline is two days prior to class.
 Instructor: Chulee Yaeger, ccyaege@hotmail.com

Date: 10/10/2009 to 10/24/2009 (Sa)
 Time: 10:30 AM to 11:30 AM
 Fee: \$68.00
 Location: UFM Kitchen, 1221 Thurston St.



Evening of Southern Italian Cooking **09CFF35**

With the arrival of the Fall harvest, Italian cooking traditionally changes in taste and aroma. Join us for an evening exploring some traditional recipes from southern Italy. Wine will also be provided for participants age 21 and older.

Instructor: Christopher Renner, (785) 341-9459
 rennerchristopher@yahoo.com

Date: 10/02/2009 (F)
 Time: 6:30 PM to 8:30 PM
 Fee: \$25.00
 Location: UFM Banquet Room, 1221 Thurston St.

Beer Tasting **09CFF39**

Tallgrass Brewing Company's Brewmaster will guide students during a beer tasting of various beer styles from around the world. Students will learn about the influence of barley, wheat, hops, water, and yeast on the flavor of beer, and how to recognize those flavors in fine beers. Class will be held at Tallgrass Brewing Company. Participants must be 21 years and older.

Instructor: Jeff Gill

Date: 10/23/2009 (F)
 Time: 6:30 PM to 8:30 PM
 Fee: \$12.00
 Location: Tallgrass Brewing Company
 Directions: 8845 Quail Lane, Suite 1. East on US-24, Left on Dempsey Road, Continue on Green Valley Road then turn right on Quail Lane.

Tastes of Korea **09CFF50A**

This workshop allows students to prepare whole course meals in class and they are encouraged to do everything hands on. Participants will learn about basic ingredients, cooking, storing, cleaning and marinating methods, presentation, and a little background history. Dishes include: fermented vegetables and other side dishes, barbeque, soups/ stews, tofu, noodles and more. Students are encouraged to bring Tupperware to take home samples or stay after class to relax and share their meal.

Instructor: Pei Liu

Pei Liu is currently a Hospitality and Dietetics student at K-State. She has volunteered at catering events, and worked in both American restaurants and Korean restaurants. She is an expert in both Korean cooking and Chinese cooking.

Date: 08/28/2009 (F)
 Time: 6:00 PM to 8:00 PM
 Fee: \$22.00
 Location: UFM Banquet Room, 1221 Thurston St.

Tastes of Korea **09CFF50B**

Instructor: Pei Liu

Date: 09/18/2009 (F)
 Time: 6:00 PM to 8:00 PM
 Fee: \$22.00
 Location: UFM Banquet Room, 1221 Thurston St.



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Lebanese Cuisine

09CFF51

The Lebanese Cuisine class will teach you how to make authentic Lebanese foods such as Tabouli and Hummus. You will be chopping and mixing while listening to exciting Lebanese music. You will be provided with the recipes made during class as well as some you can try at home. Please bring your favorite chopping knife with you. Instructor: Tina Khalil, (860) 481-9171, cdf0413@ksu.edu

Tina Khalil is part American and part Lebanese. Her Lebanese grandmother taught her mom how to cook Lebanese food, then Tina's mom taught her. She moved to the U.S. in 2005, received her Bachelor's of Science in Dietetics and is now working on her Master's in Food Service.

Date: 09/11/2009 (F)
 Time: 6:30 PM to 8:30 PM
 Fee: \$24.00
 Location: UFM Kitchen, 1221 Thurston St.

Healthy Cooking on a Budget

09CFF52

Come to Peoples Grocery to learn how to cook with healthy foods, including bulk grains, organic produce and specialty herbs & spices on a budget. Enrollment fee of \$5 will cover the cost of the UFM eco-bag that you will receive at class. Co-instructors are David Buck and Sylvia Beeman.

Date: 09/12/2009 (Sa)
 Time: 3:00 PM to 5:00 PM
 Fee: \$5.00
 Location: People's Grocery, 17th & Yuma

The Vegetarian Lunchbox

09CFF53

Preparing quick and healthy vegetarian lunches and snacks for ourselves and/or our families can be quite a challenge in the midst of our busy lives. Please join us for a pleasant afternoon where a variety of surprising, box friendly vegetarian dishes that even children are sure to love will be demonstrated. This class will also include copies of all featured recipes, a bevy of vegetarian resources, nutrition information and cooking techniques with samples too! Deadline for registration is September 1. Instructor: Dominique Saunders dominique.saunders@gmail.com

Dominique Sanders has been enjoying cooking for over 25 years. Likewise, Dominique has been an ovo-lacto vegetarian for approximately 14 years and is a mother to an 11 year old child, whom is also a vegetarian.

Date: 09/04/2009 (F)
 Time: 6:30 PM to 8:00 PM
 Fee: \$29.00
 Location: UFM Kitchen, 1221 Thurston St.

The Vegetarian Fete

09CFF54

Please join us for a hands-on demonstration of distinctive recipes for vegetarian entertaining. A variety of delectable savory and sweet vegetarian hors d'oeuvres, certain to delight all your guests, will be prepared and served. This class will also include copies of all featured recipes, a plethora of resources, nutrition information, tips on entertaining and more! Deadline for registration is November 2. Instructor: Dominique Saunders dominique.saunders@gmail.com

Date: 11/06/2009 (F)
 Time: 6:30 PM to 8:00 PM
 Fee: \$29.00
 Location: UFM Kitchen, 1221 Thurston St.

The Vegetarian Soup Bowl

09CFF55

As winter approaches what is more pleasing than a rich, warm bowl of soup? Join us as for a variety of inviting soup recipes, sure to keep you cozy throughout the wintry season are demonstrated. This class will also include copies of all featured recipes, vegetarian resources, nutrition information and cooking techniques with bread accompaniment and soup sampling too! Deadline for registration is December 7.

Instructor: Dominique Saunders dominique.saunders@gmail.com

Date: 12/11/2009 (F)
 Time: 6:30 PM to 8:00 PM
 Fee: \$29.00
 Location: UFM Kitchen, 1221 Thurston St.



Enroll online at our website:

www.tryufm.org

*View class descriptions
 *Times, dates and locations

Decadent Desserts

09CFF56

Taught by Chef Dave, learn how to create delicious, easy desserts that make you look like a star! You'll learn new versions of old classics such as Creme Brulee, chocolate mousse and sugar sculptures. These desserts will look stunning and make it appear like you spent hours to impress your guests. Drinks to accompany the desserts will be served for those participants 21 and over.

Instructor: David Espenoza, (785) 341-3410 gablelewis@cox.net

Chef David Espenoza is the Executive Chef at the Clarion Hotel. He has over 20 years of culinary experience and catering to all types of food. David has a passion for cooking and would love to share his culinary skills with you.

Date: 09/16/2009 (W)
 Time: 6:00 PM to 9:00 PM
 Fee: \$30.00
 Location: Clarion Hotel, 530 Richards Dr.



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health & wellness

Sahaj Marg Meditation 09CHW02

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 one's self. 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. The first class will be an overview of the system and involves one-on-one training sessions followed by weekly group meditation sessions. *PLEASE NOTE: All classes offered at no charge have been sponsored by the instructor or an organization.

Instructor: Gayathri Kambhampati

Date: 09/20/2009 to 12/06/2009 (Su)
 Time: 7:30 AM to 9:30 AM
 Fee: *No Charge
 Location: UFM Solar Addition, 1221 Thurston St.

Living the Art: Jin Shin Jyutsu 09CHW08

Jin Shin Jyutsu is the art of harmonizing ourselves with the creator. It is simple, powerful and profound. The body intuitively works toward balance and always communicates its needs. Jin Shin Jyutsu is a way for us to interpret those messages and help ourselves. Healing is often a side effect of the art. Almost all of our class time will be spent practicing self-help. Wear comfortable clothes and bring a smile. Please bring a sack lunch.

Instructor: Kate Cashman, (785) 537-1911

Kate Cashman was introduced to Jin Shin Jyutsu when she took a self-help class from UFM in 1998! She continues to study the art and loves sharing it. Kate is a certified Jin Shin Jyutsu practitioner and self-help instructor.

Date: 09/14/2009 to 09/28/2009 (M)
 Time: 7:00 PM to 9:00 PM
 Fee: \$26.00
 Location: 1421 Colorado Street

Beginning Yoga 09CHW15AZ

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, (785) 537-8224
 yogaconnection@gmail.com

Ana has been teaching Yoga since 1984. She began her own practice of Yoga in the early 1970's. She believes yoga is a commitment and a love affair. One must practice this discipline daily to feel your best every day.

Date: 08/24/2009 to 10/19/2009 (M/W)
 (No class 9/7, 9/28, 10/5)
 Time: 10:30 AM to 11:40 AM
 Fee: \$99.00
 Location: KSU Ahearn Room 302
 Located on 3rd floor in Mike Ahearn Gym on College Heights St on campus.

Beginning Yoga 09CHW15BZ

Instructor: Ana Franklin, (785) 537-8224
 yogaconnection@gmail.com

Date: 08/24/2009 to 10/19/2009 (M/W)
 (No class 9/7, 9/28, 10/5)
 Time: 7:00 PM to 8:10 PM
 Fee: \$99.00
 Location: KSU Ahearn Room 302
 Located on 3rd floor in Mike Ahearn Gym on College Heights St on campus.

Beginning Yoga 09CHW15CZ

Instructor: Ana Franklin, (785) 537-8224
 yogaconnection@gmail.com

Date: 08/25/2009 to 10/15/2009 (Tu/Th)
 (No class 9/7, 9/28, 10/5)
 Time: 10:30 AM to 11:30 AM
 Fee: \$99.00
 Location: KSU Ahearn Room 302
 Located on 3rd floor in Mike Ahearn Gym on College Heights St on campus.

Beginning Yoga 09CHW15DZ

Instructor: Ana Franklin, (785) 537-8224
 yogaconnection@gmail.com

Date: 10/21/2009 to 12/09/2009 (W/M)
 (No class 11/25)
 Time: 10:30 AM to 11:40 AM
 Fee: \$99.00
 Location: KSU Ahearn Room 302
 Located on 3rd floor in Mike Ahearn Gym on College Heights St on campus.

Beginning Yoga 09CHW15EZ

Instructor: Ana Franklin, (785) 537-8224
 yogaconnection@gmail.com

Date: 10/21/2009 to 12/09/2009 (W/M)
 (No class 11/25)
 Time: 7:00 PM to 8:10 PM
 Fee: \$99.00
 Location: KSU Ahearn Room 302
 Located on 3rd floor in Mike Ahearn Gym on College Heights St on campus.

Intermediate Yoga 09CHW21Z

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 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: Eligibility for this course requires a personal interview with Ana Franklin. Students must make arrangements to meet with Ana to receive permission to enroll for this course. Please call or email her at 785-341-9908 or yogaconnection@gmail.com.

Instructor: Ana Franklin, (785) 537-8224
 yogaconnection@gmail.com

Date: 10/20/2009 to 12/10/2009 (Tu/Th)
 (No class 11/26)
 Time: 10:30 AM to 11:30 AM
 Fee: \$99.00
 Location: KSU Ahearn Room 302
 Located on 3rd floor in Mike Ahearn Gym on College Heights St on campus.

Yoga Over Forty 09CHW99

This class will heal your body, heart and mind. All you have to do is arrive at each class with an empty stomach, a willingness to relax and listen to your body's messages. Yoga can help you in all areas of your life - heart health, weight and stress reduction, emotional health and mental focus. Yoga means integration of the whole person. Hormone balance is also gained from regular practice.

Instructor: Ana Franklin, (785) 537-8224
 yogaconnection@gmail.com

Date: 09/01/2009 to 10/27/2009 (Tu)
 (No class 9/22)
 Time: 5:30 PM to 6:30 PM
 Fee: \$80.00
 Location: UFM Banquet Room, 1221 Thurston St.

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"Stretching Body, Breath & Mind"



Responding to Emergencies 09CHW19AZ

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). Materials not included in fee; need to buy book and mask at UFM, 1221 Thurston St. before class.

Instructor: Henry Brown

Date: 09/06/2009 to 09/27/2009 (Su/Sa)
 Time: Noon to 6:30 PM
 Fee: \$148.00
 Location: UFM Banquet Room, 1221 Thurston St.

Community CPR, First Aid/AED 09CHW25A

This course includes training in Adult, Child, Infant CPR, First Aid and AED. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; control bleeding; and many other useful skills. Fee does not include book for \$16. Please pick up book at UFM, 1221 Thurston St. before class. There will be a \$20 non-refundable deposit for this class. Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/04/2009 to 09/05/2009 (F/Sa)
 Time: F from 6:30 PM to 9:30 PM;
 Sa from 8:00 AM to Noon
 Fee: \$43.00
 Location: UFM Conference Room, 1221 Thurston

Community CPR, First Aid/AED 09CHW25B

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/05/2009 to 09/06/2009 (Sa/Su)
 Time: Sa from Noon to 3:00 PM;
 Su from 8:00 AM to Noon
 Fee: \$43.00
 Location: UFM Conference Room, 1221 Thurston

Community CPR, First Aid/AED 09CHW25C

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/06/2009 (Su)
 Time: 12:00 PM to 7:00 PM
 Fee: \$43.00
 Location: UFM Conference Room, 1221 Thurston

Community CPR, First Aid/AED 09CHW25D

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/11/2009 to 09/12/2009 (F/Sa)
 Time: F from 6:30 PM to 9:30 PM;
 Sa from 8:00 AM to Noon
 Fee: \$43.00
 Location: UFM Conference Room, 1221 Thurston

Community CPR, First Aid/AED 09CHW25E

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/12/2009 (Sa)
 Time: 12:00 PM to 7:00 PM
 Fee: \$43.00
 Location: UFM Conference Room, 1221 Thurston

Community CPR, First Aid/AED 09CHW25F

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/12/2009 to 09/13/2009 (Sa/Su)
 Time: Sa from 7:00 PM to 10:00 PM;
 Su from 8:00 AM to 12
 Fee: \$43.00
 Location: UFM Conference Room, 1221 Thurston

Community CPR, First Aid/AED 09CHW25G

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/25/2009 to 09/26/2009 (F/Sa)
 Time: F from 6:30 PM to 9:30 PM;
 Sa from 8:00 AM to Noon
 Fee: \$43.00
 Location: UFM Conference Room, 1221 Thurston

Community CPR, First Aid/AED 09CHW25H

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/20/2009 (Sa)
 Time: 12:00 PM to 7:00 PM
 Fee: \$43.00
 Location: UFM Conference Room, 1221 Thurston

Community CPR, First Aid/AED 09CHW25I

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/26/2009 to 09/27/2009 (Sa/Su)
 Time: Sa from 7:00 PM to 10:00 PM;
 Su from 8:00 AM to Noon
 Fee: \$43.00
 Location: UFM Conference Room, 1221 Thurston

Beginning Tai Chi Chaun 09CHW31

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 offer 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, (785) 539-4277

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

Date: 09/02/2009 to 09/30/2009 (W)
 Time: 5:30 PM to 6:30 PM
 Fee: \$45.00
 Location: UFM Banquet Room, 1221 Thurston St.

Guided Meditation:

Journey to the Seven Directions 09CHW66

The instructor will lead participants first through relaxation and grounding exercises then into a taped guided meditation by a Native American shaman. Bring pen and paper to record your experiences of meeting spirit guides (animals, ancestors, angels) at each of the seven directions. Instructor: Palma Holden, (785) 539-1183

Palma Holden is a spiritual intuitive consultant, Lightworker and animal communicator who has been providing spiritual guidance for others for 10 years.

Date: 10/03/2009 (Sa)
 Time: 1:00 PM to 3:00 PM
 Fee: \$28.00
 Location: UFM Solar Addition, 1221 Thurston St.

Peace Meditations:

Global Prayer Project 09CHW71

Bi-weekly* guided meditations (8 sessions) focused on creating peace in our lives and the world. Featuring James & Salle Redfield and the global prayer project (www.celestinevision.com). Sponsored by Unity Church of Manhattan.

Date: 09/01/2009 to 12/08/2009* (Tu)
 Time: 6:45 PM to 8:00 PM
 Fee: No Charge
 Location: UFM Solar Addition, 1221 Thurston St.

Sacred Movement, Sacred Sound 09CHW100

Using high vibrational music, gentle movements, and the breath, we'll open the energy centers of the four bodies (physical, mental, emotional, spiritual), allowing the chance for stagnant energy to release and vitality to increase. These exercises can be duplicated at home! Instructor: Palma Holden, (785) 539-1183

Date: 09/17/2009 to 09/24/2009 (Th)
 Time: 7:00 PM to 8:30 PM
 Fee: \$32.00
 Location: UFM Fireplace Room, 1221 Thurston St.



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Spiritual Networking:**Calling All Lightworkers!****09CHW101**

Being on a spiritual path can be exciting, and somewhat isolating. There are times when you'd like to share what you feel or know, but you don't. This gathering is an opportunity to feel empowered through the sharing of unique spiritual experiences; books (new age, metaphysical, etc.); meditation teachers; healing modalities; mentors; websites, etc., perhaps even creating an ongoing spiritual support system.

Instructor: Palma Holden, (785) 539-1183

Date: 10/10/2009 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: \$28.00
Location: UFM Solar Addition, 1221 Thurston St.

Evening Yoga**09CHW88A**

Close your day with gentle yogic movements and breath practices to help you relax, rejuvenate and restore your energy! No experience necessary. Yoga is for everybody.

Instructor: Debbie Newton, (785) 539-8973
dnewton@flintheills.com

Debbie is a certified yoga teacher (CYT) and has been teaching yoga for two years.

Date: 08/17/2009 to 09/14/2009 (M)
(No class 9/7)
Time: 7:15 PM to 8:45 PM
Fee: \$27.00
Location: UFM Banquet Room, 1221 Thurston St.

Evening Yoga**09CHW88B**Instructor: Debbie Newton, (785) 539-8973
dnewton@flintheills.com

Date: 09/21/2009 to 10/12/2009 (M)
Time: 7:15 PM to 8:45 PM
Fee: \$27.00
Location: UFM Banquet Room, 1221 Thurston St.

Evening Yoga**09CHW88C**Instructor: Debbie Newton, (785) 539-8973
dnewton@flintheills.com

Date: 10/19/2009 to 11/09/2009 (M)
Time: 7:15 PM to 8:45 PM
Fee: \$27.00
Location: UFM Banquet Room, 1221 Thurston St.

Evening Yoga**09CHW88D**Instructor: Debbie Newton, (785) 539-8973
dnewton@flintheills.com

Date: 11/16/2009 to 12/07/2009 (M)
Time: 7:15 PM to 8:45 PM
Fee: \$27.00
Location: UFM Banquet Room, 1221 Thurston St.

Morning Yoga**09CHW89A**

Greet the new day with breath and body-opening, stretching and energizing through yoga. No experience necessary. Yoga is for everybody.

Instructor: Debbie Newton, (785) 539-8973
dnewton@flintheills.com

Date: 08/15/2009 to 09/12/2009 (Sa)
(No class 9/5)
Time: 9:30 AM to 11:00 AM
Fee: \$27.00
Location: KSU Ahearn Room 302
Located on 3rd floor in Mike Ahearn Complex on College Heights St.

Morning Yoga**09CHW89B**Instructor: Debbie Newton, (785) 539-8973
dnewton@flintheills.com

Date: 09/19/2009 to 10/10/2009 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$27.00
Location: KSU Ahearn Room 302
Located on 3rd floor in Mike Ahearn Complex on College Heights St.

Morning Yoga**09CHW89C**Instructor: Debbie Newton, (785) 539-8973
dnewton@flintheills.com

Date: 10/17/2009 to 11/07/2009 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$27.00
Location: KSU Ahearn Room 302
Located on 3rd floor in Mike Ahearn Complex on College Heights St.

Morning Yoga**09CHW89D**

Greet the new day with breath and body-opening, stretching and energizing through yoga. No experience necessary. Yoga is for everybody.

Instructor: Debbie Newton, (785) 539-8973
dnewton@flintheills.com

Date: 11/14/2009 to 12/12/2009 (Sa)
(No class 11/28)
Time: 9:30 AM to 11:00 AM
Fee: \$27.00
Location: KSU Ahearn Room 302
Located on 3rd floor in Mike Ahearn Complex on College Heights St.

Awareness-Based**Stress Reduction****09CHW95**

Please come once and see for yourself how wonderful life can be with less stress and more awareness.

Instructor: Matthew Cobb

Dr. Matthew Cobb, is a board certified chaplain and spiritual director. He experienced a healing shortly after beginning to practice the art of awareness. By offering courses that cultivate awareness, Dr. Cobb is offering skillful means and service to K-State and our community to increase wholeness of life.

Date: 08/17/2009 to 12/07/2009 (M)
Time: 5:15 PM to 6:00 PM
Fee: No Charge
Location: UFM Solar Addition, 1221 Thurston St.


Eating for Life**09CHW98**

Eating for life is a non-diet approach to weight loss. If you have been riding the dieting roller coaster this is the class for you. The class focuses on eating behaviors, not food restriction. A physical assessment will be taken pre and post-program. The program will consist of weekly goal setting, group support and weekly education topics. For a listing of all class topics, please visit www.tryufm.org. Fee includes a weight loss book and other information.

Instructor: Carrie Snyder, (785) 776-0670
wholesomebodies@yahoo.com


Carrie Snyder is a Registered Dietitian specializing in weight loss, disease prevention, and women's health. She obtained her Master of Public Health from K-State and is currently working on her Ph.D in Nutrition. Carrie has lived in Manhattan for the last 10 years. During her free time she enjoys gardening, reading and many outdoor activities.

Date: 08/24/2009 to 10/19/2009 (M)
(No class 9/7)
Time: 7:00 PM to 8:00 PM
Fee: \$97.00
Location: Maximum Performance Physical Therapy and Fitness Center
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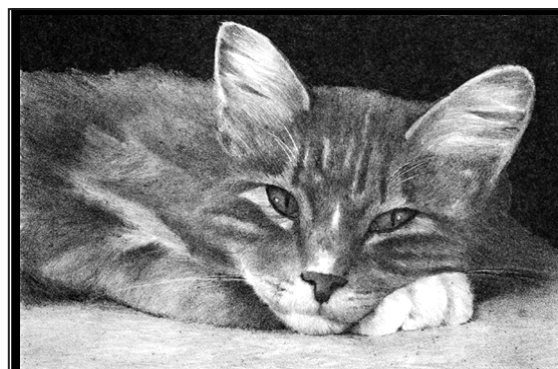
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LECTURES
2009

**FOCUSING ON SOCIAL JUSTICE,
HUMAN RIGHTS, WORLD PEACE
AND INTERNATIONAL DEVELOPMENT**

For more information on Lou Douglas
Lectures, call UFM at 539.8763 or
visit UFM's website:
www.tryufm.org



SIMON DENG
"21ST CENTURY SLAVERY: LIVING PROOF"
OCTOBER 13, 2009, 7 PM
K-STATE STUDENT UNION'S FORUM HALL

Sudan Crisis activist, Simon Deng, who is living proof of 21st century slavery, is working to put an end to genocide in Sudan.

Simon Aban Deng is a refugee from Sudan and a survivor of child slavery. A native of the Shiluk Kingdom in southern Sudan, Deng spent several years as a domestic slave in northern Sudan.

In May, 2005 he was invited to speak before the U.N. Human Rights Commission in Geneva, Switzerland. In March, 2006, Mr. Deng launched the Sudan Freedom Walk, trekking 300 miles from United Nations headquarters in New York City to the Capitol in Washington, D.C., to call for an end to slavery and genocide in Sudan. The walk culminated in a meeting at the White House with President Bush. In May 2006, Deng embarked on a fact-finding and humanitarian aid mission in southern Sudan and Darfur, where he met with leading southern Sudanese officials, including the President of Southern Sudan, Salva Kiir.

Deng went on to work as a messenger in the Sudanese parliament and later became a national swimming champion. Today he is an American citizen, working as a lifeguard on Coney Island and leading the struggle to stop genocide in Sudan. He has addressed audiences across the nation.



NANCY JACKSON, EXECUTIVE DIRECTOR
CLIMATE & ENERGY PROJECT WILL PRESENT ON
NOVEMBER 3, 2009, 7 PM IN THE K-STATE STUDENT
UNION'S FORUM HALL.

Jackson sits on the Midwestern Greenhouse Gas Accord Advisory Group, the Kansas Energy and Environmental Policy Advisory Group, and the Kansas Wind Working Group. She holds an MA in environmental history from the University of Kansas, acquired and edited scholarly books on American culture and the Development of Western Resources for the University Press of Kansas for ten years, and brings experience in corporate finance, equities research, and development.

The Climate & Energy Project (CEP) is a program of The Land Institute, a nonpartisan, nonprofit organization founded over 30 years ago in Salina, Kansas. CEP promotes the rapid and cost-effective deployment of energy efficiency and renewable energy to reduce greenhouse gas emissions, increase energy security, and build a robust, resilient energy economy in Kansas and the Midwest.

For more information, please visit <http://www.climateandenergy.org/>.

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language



Beginning Spanish for Adults 09CLA02

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.

Date: View UFM's website for updated info.
Time: TBA
Fee: \$35.00
Location: UFM, 1221 Thurston St.

French Language 09CLA04A

This class is an introduction to the French language. The emphasis will be on conversation, grammar, proper pronunciation and everyday vocabulary.
Instructor: Emilie Rabbat, (785) 587-9036

Emilie Rabbat is a naturalized citizen and 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: 09/09/2009 to 10/02/2009 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: \$46.00
Location: UFM Fireplace Room, 1221 Thurston St.

French Language 09CLA04B

Instructor: Emilie Rabbat, (785) 587-9036

Date: 10/07/2009 to 10/30/2009 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: \$46.00
Location: UFM Fireplace Room, 1221 Thurston St.

French Language 09CLA04C

Instructor: Emilie Rabbat, (785) 587-9036

Date: 11/04/2009 to 12/04/2009 (W/F)
(No class 11/25, 11/27)
Time: 10:00 AM to 11:00 AM
Fee: \$46.00
Location: UFM Fireplace Room, 1221 Thurston St.

Elementary Arabic 09CLA18

This Arabic class is designed for students with little or no prior knowledge of Arabic language. The class will introduce the fundamental skills of standard Arabic speaking, writing and reading.

Instructor: Sorkel Kadir, Ph.D., (785) 341-6532
skadir@cox.net

Date: 09/14/2009 to 11/09/2009 (M)
(No class 10/5)
Time: 7:00 PM to 8:00 PM
Fee: \$45.00
Location: UFM Fireplace Room, 1221 Thurston St.

Beginning Conversational Sign Language 09CLA23A

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: Maleah Ullmer

Maleah Ullmer is in her third year as an interpreter at KSU. She is KQUAS certified level III and has worked in the Junction City school district as well as Wichita. She completed ITP (Interpreter Training Program) at Cowley Community College in Wichita.

Date: View UFM's website for updated info.
Time: TBA
Fee: \$59.00
Location: TBA

Introduction to Chinese Language and Culture 09CLA26

Throughout this class, you will learn not only basic Chinese such as greetings, numbers, colors, asking directions etc, but also about the Chinese culture. You will also have a chance to learn one or two Chinese songs for New Year and birthday. This class will be a good class if you are planning a trip to China.

Instructor: Andrew Hua, andrew0845@hotmail.com

Andrew Hua is a current KSU graduate student. He came from China a few years ago and can speak authentic Chinese (Mandarin). He has teaching experience and knowledge of China's history, past and present. He enjoys working with people, especially the ones from different cultures.

Date: 09/09/2009 to 10/28/2009 (W)
Time: 7:00 PM to 8:00 PM
Fee: \$46.00
Location: UFM Fireplace Room, 1221 Thurston St.

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register and receive \$1 off your
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5 WAYS TO START LIVING GREEN

1. RECYCLE THIS CATALOG
2. BRING YOUR OWN BAGS TO GROCERY STORE (SAVE CENTS PER BAG AT DILLONS AND RAY'S APPLE MART)
3. ADJUST THERMOSTAT FOR THE SEASON
4. SWITCH TO COMPACT FLUORESCENT LIGHT BULBS
5. CHECK YOUR TIRE AIR PRESSURE (UNDERINFLATED TIRES REDUCE FUEL EFFICIENCY)

Flint Hills PFLAG

(Parents, Families and Friends
of Lesbians and Gays)



Monthly Educational meetings:

7:00 pm, third Tuesday of each month
First Congregational Church
700 Poyntz Ave, Manhattan, KS

Educational presentation on GLBT issues and an opportunity to socialize and network.

Family Support:

Call 785-410-3130 for more information on support resources and activities, and dates and location for informal support group meetings.

Join with us as we continue to listen to, support, and advocate for gay, lesbian, and transgender people and their families. More info at www.fhpflag.org

martial arts



Tae Kwon Do I 09CMA01Z

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

Instructor: David Moore

Date: 08/25/2009 to 12/10/2009 (Tu/Th)
(No class 11/24, 11/26)
Time: 6:30 PM to 7:30 PM
Fee: \$72.00
Location: Sun Yi's Academy, 1650 Hayes Dr

Basic White Phoenix Systems 09CMA03

The White Phoenix System is a self-defense oriented martial art. In this class, we will work on basic Kung Fu solo techniques such as stances, blocks, kicks, punches and strikes plus 20 Jujutsu two-person self-defense techniques. This is a basic class that will give the student a foundation for further study. Ages 18+.

Instructor: Stan Wilson

Stan Wilson officially started martial arts training in 1970. Before that he wrestled and self-trained in his own style of Ninjutsu. He has black belts in Hakkoryu Jujutsu and Pai Lum Kung Fu and is the founder of the White Phoenix System.

Date: 09/14/2009 to 11/16/2009 (M)
(No class 10/5)
Time: 6:30 PM to 7:30 PM
Fee: \$58.00
Location: KSU-Ahearn Fieldhouse

Advanced White Phoenix System 09CMA06

This class is open to anyone who has some experience in both the striking and grappling aspects of the martial arts. What we will work on depends on the needs of the students who sign up for the class. Advanced work in the WPS includes dynamic tension forms to build strength, two-person techniques for self-defense knowledge and solo forms for both exercise and self-defense skill.

Ages 18+.

Instructor: Stan Wilson

Date: 09/14/2009 to 11/16/2009 (M)
(No class 10/5)
Time: 7:30 PM to 8:30 PM
Fee: \$58.00
Location: KSU-Ahearn Fieldhouse

Aikijujutsu and Self-Defense 09CMA11

This class will work on falling without getting hurt, the basic waza (techniques) of Hakkoryu (aiki) Jujutsu, Hakkosen solo walking exercises, and 20 Jujutsu self-defense techniques. Aikijujutsu is a method of self-defense that uses the extension of the defender's energy in executing the techniques. The student should wear loose, comfortable clothing. Ages 18+.

Instructor: Stan Wilson

Date: 09/16/2009 to 12/02/2009 (W)
(No class 11/25)
Time: 7:00 PM to 8:00 PM
Fee: \$62.00
Location: KSU-Ahearn Fieldhouse

Lao Hu Pai Kung Fu 09CMA05

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. This class is for students age 14+.

Instructor: Dr. Michael Tran, mtrandpm@hotmail.com

Dr. Michael Tran has been in martial arts for 23 years. He has black certificates in Lao Hu Pai Kung Fu, Won 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: 09/02/2009 to 12/09/2009 (W)
(No class 11/25)
Time: 6:00 PM to 8:00 PM
Fee: \$62.00
Location: KSU Ahearn Gym-2nd floor

Overview of Ninjutsu

09CMA15

Get an overview of the history of Ninjutsu in both Japan and America. Learn about the art of To Shin Do that was created by An Shu Stephen K. Hayes. The class fee includes 2 books from instructor.

Instructor: Stan Wilson

Date: 09/15/2009 (Tu)
Time: 7:30 PM to 8:30 PM
Fee: \$50.00
Location: UFM Fireplace room, 1221 Thurston

Judo I

09CMA08Z

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

Instructor: Isaac Wakabayashi

Date: 08/25/2009 to 12/10/2009 (Tu/Th)
(No class 11/24, 11/26)
Time: 8:00 PM to 9:00 PM
Fee: \$75.00
Location: KSU Ahearn Room 302

Judo II

09CMA09Z

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

Instructor: Isaac Wakabayashi

Date: 08/25/2009 to 12/10/2009 (Tu/Th)
(No class 11/24, 11/26)
Time: 9:00 PM to 10:00 PM
Fee: \$75.00
Location: KSU Ahearn Room 302

Karate & Self-Defense (Adults & Youth)

09CMA10

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/combative principles and sparring ("Kumite"). No matter your current situation, you will be guided step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+). Class will meet on the north end of Ahearn Fieldhouse, close to College Heights St.

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, 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: 10/08/2009 to 11/19/2009 (Th)
Time: 6:00 PM to 7:00 PM
Fee: \$51.00
Location: KSU-Ahearn Fieldhouse

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Owner is the founder of the White Phoenix System.

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



www.tryufm.org

1221 Thurston St.
785.539.8763



personal interest

Philosophy of

Gurdjieff & Ouspensky

09CPI08

Explore the psychological system of the two Russian philosophers and teachers: Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs by emphasizing a system of self-development grounded in verification through personal exercises, discussion and reading aloud from Ouspensky's Psychology of Man's Possible Evolution.

Instructor: David Seamon

David Seamon has been active with Gurdjieff's work for 24 years. He has studied with J.G. Bennet, a pupil of both Gurdjieff and Ouspensky.

Date: 09/16/2009 to 10/28/2009 (W)

Time: 7:30 PM to 9:00 PM

Fee: \$19.00

Location: UFM Solar Addition, 1221 Thurston St.

Clutter Clearing

09CPI22

Clearing our environment is a dynamic tool for change. Clutter holds us in the past, preventing us from fully living. 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, (785) 537-1911 & Elizabeth Jankord

Not neatniks by nature, Kate Cashman and Elizabeth Jankord have discovered that the energetic approach to clutter works.

Date: 10/12/2009 to 10/26/2009 (M)

Time: 7:00 PM to 9:00 PM

Fee: \$35.00

Location: 1421 Colorado Street

Drum Circle

09CPI57A

Join us for a fun and exciting rhythmic journey! In this class, we will explore many of the rhythms of Africa, the Middle East, and the Mediterranean. Bring any rhythmic instrument of your choosing, however a doumbek (Middle Eastern), djembe (African), or any goblet-shaped drum is recommended. Students may also obtain their own drum at Supersonic Music in Topeka (www.supersonicmusic.com) or online at Musician's Friend (www.musiciansfriend.com). Instructor will also have drums to borrow in class. This class is beginner-friendly; all levels are welcome. Weather permitting, class will meet outside at UFM.

Instructor: Maya Zahira, (785) 979-4681
bellydance@mayazahira.com

Maya Zahira is a teacher, healer, performance artist, and retreat facilitator. She is the owner of Maya's Oasis, which offers natural alternatives for healing, and in addition, she is the director of The Maya Zahira School of Belly Dance.

Date: 09/09/2009 to 09/30/2009 (W)

Time: 5:45 PM to 6:45 PM

Fee: \$28.00

Location: UFM Solar Addition, 1221 Thurston St.

Drum Circle

09CPI57B

Instructor: Maya Zahira, (785) 979-4681
bellydance@mayazahira.com

Date: 10/07/2009 to 10/28/2009 (W)

Time: 5:45 PM to 6:45 PM

Fee: \$28.00

Location: UFM Banquet Room, 1221 Thurston St.

Drum Circle

09CPI57C

Instructor: Maya Zahira, (785) 979-4681
bellydance@mayazahira.com

Date: 11/04/2009 to 12/09/2009 (W)
(No class 11/25)

Time: 5:45 PM to 6:45 PM

Fee: \$28.00

Location: UFM Banquet Room, 1221 Thurston St.

Sexual Health 101

09CPI61A

AIDS is a leading cause of death among Americans aged 25 to 44. Overall, 19 million Americans acquire a STD every year, with half of these infections in people aged 15 to 24. By learning the facts about HIV/AIDS and other sexually transmitted diseases, and acting on them, we can protect ourselves and others. The Sexual Health 101 course is designed to help people become aware of HIV and STD transmission and prevention and other helpful information listed at www.tryufm.org. Deadline for registration is September 7.

Instructor: Dominique Saunders-Matta, (785) 587-1999
dsm@regionalaidsproject.org.

Dominique Saunders-Matta is an outreach prevention educator for the Regional AIDS project. She is trained and certified through the Kansas Department of Health and Environment (KDHE).

Date: 09/09/2009 (W)

Time: 7:00 PM to 9:00 PM

Fee: No Charge

Location: UFM Multipurpose Room, 1221 Thurston

Sexual Health 101

09CPI61B

Deadline for registration is October 5.

Instructor: Dominique Saunders-Matta, (785) 587-1999
dsm@regionalaidsproject.org.

Date: 10/07/2009 (W)

Time: 7:00 PM to 9:00 PM

Fee: No Charge

Location: UFM Multipurpose Room, 1221 Thurston

Sexual Health 101

09CPI61C

Deadline for registration is November 9.

Instructor: Dominique Saunders-Matta, (785) 587-1999
dsm@regionalaidsproject.org.

Date: 11/11/2009 (W)

Time: 7:00 PM to 9:00 PM

Fee: No Charge

Location: UFM Conference Room, 1221 Thurston

Healthy Habits

09CPI62

Do you want to develop healthy habits to improve your quality of life? If so, this class is for you. This class will help you take action to improve your health, nutrition, finances, and fitness level. You will learn about positive self-talk and goal setting. What is your goal? Do you want to improve your eating habits, quit smoking, reduce stress, or get physically fit? The instructors for this class will help you to identify the changes that you want to make for a better & healthier life.

Instructors: Representatives from Riley County Extension, Kansas State University's Lafene Health Center, Riley County Manhattan Health Department, and Mercy Regional Health Center.

Date: 10/06/2009 to 10/27/2009 (Tu)

Time: 5:30 PM to 6:30 PM

Fee: No charge

Location: Family & Child Resource Center
2101 Clafin Ave.

"The Visitor," Revisited

09CPI63

Following up on the Movies on the Grass Aug. 30 film "The Visitor," this discussion will reflect on issues raised and further explore immigration. Personal and policy implications will be considered, using the National Issues Forums discussion format, which values all views. The Institute for Civic Discourse and Democracy is providing facilitators Thea Nietfeld and Nikki Strobe. Snacks provided.

Date: 08/31/2009 (M)

Time: 6:30 PM to 8:00 PM

Fee: No charge

Location: UFM Fireplace Room, 1221 Thurston St.

Ask about our Adult & Youth
scholarships at 539.8763

recreation & fitness



Ballroom Dance

09CRF13A

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. Learn something new each time you enroll! Classes fill rapidly and it is advisable to register early. Partners are welcome but not required for this class.

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 08/28/2009 to 10/09/2009 (F)
(No class 10/2)
Time: 7:00 PM to 8:00 PM
Fee: \$42.00-Individual
Location: CrossRoads of ECM, 1021 Denison

Ballroom Dance

09CRF13B

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 10/23/2009 to 12/04/2009 (F)
(No class 11/27)
Time: 7:00 PM to 8:00 PM
Fee: \$42.00-Individual
Location: CrossRoads of ECM, 1021 Denison

Ballroom Dance II

09CRF28Z

This course is an intermediate level course in the principles of ballroom dancing. It includes further emphasis on dance position, correct body alignment and positions, and partnering. Leading and following as well as the formal dance patterns and advanced variations of several Smooth, Rhythmic and Latin forms will be taught. Prerequisites: Ballroom Dance 1 AND Swing and Salsa; OR a minimum of two semesters of social level dance classes; OR significant training in Ballet, Jazz, or Modern dance is strongly recommended before enrolling in this dance course. Partners are welcome but not required for this class.

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 08/25/2009 to 12/08/2009 (Tu)
Time: 6:00 PM to 7:00 PM
Fee: \$72.00-Individual
Location: CrossRoads of ECM, 1021 Denison

Swing & Salsa Dancing

09CRF27AZ

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. Partners are welcome but not required for this class.

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 08/25/2009 to 12/08/2009 (Tu)
(No class 11/24)
Time: 7:00 PM to 8:00 PM
Fee: \$72.00-Individual
Location: CrossRoads of ECM, 1021 Denison

Swing & Salsa Dance

09CRF27A

Have some fun learning classic big band swing dance and salsa. Learn the swing, salsa and lindy basics, lifts, spins and jumps. You will learn to move around the dance floor to lively music and add some special moves as well as closed and open positions, pretzels, drape and yoke, Roman handshakes and other hot steps. Class emphasis will be on learning the steps cleanly and precisely. No prior dance experience is required! Having fun is the only requirement. Wear comfortable clothing and non-stick shoes. Learn something new each time you enroll! Partners are welcome but not required for this class.

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 08/28/2009 to 10/09/2009 (F)
(No class 10/2)
Time: 8:00 PM to 9:00 PM
Fee: \$42.00-Individual
Location: CrossRoads of ECM, 1021 Denison

Swing & Salsa Dance

09CRF27B

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 10/23/2009 to 12/04/2009 (F)
(No class 11/27)
Time: 8:00 PM to 9:00 PM
Fee: \$42.00-Individual
Location: CrossRoads of ECM, 1021 Denison

Beginning Dance for Couples **09CRF38A**

"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". Learn something new each time you enroll! A partner is required for this class. Each partner needs to register and pay individually. Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 08/28/2009 to 10/09/2009 (F)
(No class 10/2)
Time: 6:00 PM to 7:00 PM
Fee: \$42.00-Individual
Location: CrossRoads of ECM, 1021 Denison

Beginning Dance for Couples **09CRF38B**

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 10/23/2009 to 12/04/2009 (F)
(No class 11/27)
Time: 6:00 PM to 7:00 PM
Fee: \$42.00-Individual
Location: CrossRoads of ECM, 1021 Denison

Introduction to Golf

09CRF04A

Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of score card and handicaps. Instructor: Jim Gregory, (785) 539-1041

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

Date: 08/27/2009 to 09/17/2009 (Th)
Time: 6:30 PM to 7:30 PM
Fee: \$41.00
Location: Stagg Hill Golf Club,
4441 Fort Riley Blvd.

Introduction to Golf

09CRF04B

Instructor: Jim Gregory, (785) 539-1041

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

Date: 09/24/2009 to 10/15/2009 (Th)
Time: 6:00 PM to 7:00 PM
Fee: \$41.00
Location: Stagg Hill Golf Club,
4441 Fort Riley Blvd.

Golf in Junction City

09CRF30AZ

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: 08/25/2009 to 10/13/2009 (Tu)
Time: 5:00 PM to 7:00 PM
Fee: \$134.00
Location: Rolling Meadows Golf Course,
6514 Old Milford Rd., Junction City

Golf in Junction City

09CRF30BZ

Instructor: Jim Peterson

Date: 08/26/2009 to 10/14/2009 (W)
Time: 5:00 PM to 7:00 PM
Fee: \$134.00
Location: Rolling Meadows Golf Course,
6514 Old Milford Rd., Junction City



RECREATION & FITNESS

Zumba Dance

09CRF08H

Sessions B, D, F and H meet only 1 time per week (Tu OR F) and you can choose which day to attend.

Instructor: Elsa Toburen, (785) 494-2836
elsatob@hotmail.com

Date: 12/01/2009 to 12/15/2009 (Tu OR F)
Time: 5:30 PM to 6:30 PM
Fee: \$33.00 (Meet 1x less)
Location: KSU Ahearn Room 302
Located on 3rd floor in Mike Ahearn complex on College Heights St.

Beginning Belly Dance

09CRF09

This course will cover the fundamentals of Middle Eastern Dance, more commonly known as Belly Dance. It will include basic moves such as hip and rib isolations, traditional arm moves, undulations and traveling steps. You will also learn a fun choreography to put all the moves together! Please wear comfortable clothing and be prepared to have fun!
Instructor: Michelle Selm, (785) 643-9287
mikasel@gmail.com

Michelle "Mahlika" Selm was introduced to Belly Dance during high school, but truly immersed herself in the art as an alternative form of physical therapy. She has been dancing for seven years and danced with the Maya Zahira School of Belly Dance for three years.

Date: 09/15/2009 to 12/01/2009 (Tu)
Time: 7:00 PM to 8:00 PM
Fee: \$96.00
Location: KSU International Student Center, Multipurpose Room



Intermediate Belly Dance

09CRF10

Come and get your shimmy on! This class will take you beyond the basics of Belly Dance by teaching you how to layer moves together and to find grace and fluidity in your dancing. New skills will also be covered, such as zills (or finger cymbals) and dancing with a veil. Students must have at least one session of Beginning Belly Dance or equivalent.

Instructor: Amanda Ratzlaff, (620) 664-4152
aireland@ksu.edu

Amanda "Inara" Ratzlaff has been dancing since she was in grade school and has studied many different forms. She has been studying Belly Dance formally for 3 years and wants to share her passion with everyone around her.

Date: 09/16/2009 to 12/09/2009 (W)
(No class 11/25)
Time: 6:30 PM to 7:30 PM
Fee: \$96.00
Location: KSU International Student Center, Multipurpose Room

Advanced Belly Dance

09CRF11

In this class, we will not only learn advanced moves, but will also delve into more specialized areas of Belly Dance. Topics may include: Gypsy, drum solos, advanced zills, double veil, sword balancing, and oh so much more! Be prepared to challenge yourself as we explore the many sides of Belly Dance! Student must have at least one session in Intermediate Belly Dance or equivalent.

Instructor: Cathia Bailey Krehbiel

Cathia has loved both traveling and dancing from a young age. She has traveled quite a bit in Europe, Asia and Africa and lived in both Russia and West Africa. In Manhattan, KS, she has taught belly dance for the past two years, as well as workshops on West African dance.

Date: 09/14/2009 to 12/07/2009 (M)
(No class 10/5)
Time: 6:30 PM to 7:30 PM
Fee: \$96.00
Location: KSU International Student Center, Multipurpose Room

Professional Dance Troupe

09CRF152

This is a rehearsal time for the Eyes of Bastet Belly Dance Troupe. We will review choreographies in order to prepare for upcoming performances. Students must contact instructor to receive permission to enroll for this course.

Instructor: Cathia Bailey Krehbiel

Date: 09/14/2009 to 12/07/2009 (M)
(No class 10/5)
Time: 7:35 PM to 8:05 PM
Fee: \$48.00
Location: KSU International Student Center, Multipurpose Room

Belly Dance

Conditioning Workout

09CRF12A

Looking for a fab workout that's also a lot of fun? Welcome to the Bellydance Workout class! Bellydancing is designed to echo the natural movements of the female body, and celebrates our bodies as well as keeping us strong and fit. Using moves from bellydance, this class combines a high-energy cardiovascular workout with strengthening exercises that tone the abs, arms, chest, legs, and hips. No previous experience with bellydancing is necessary; all steps will be taught in class. A friendly, fast-paced aerobic workout, this class is great for all ages and body types!
Instructor: Michele Janette, mjanette@ksu.edu

Michele Janette has studied tap, ballet, and jazz dance as well as bellydancing. She has been teaching the Bellydance Workout class for three years, and looks forward to many more!

Date: 09/16/2009 to 10/21/2009 (W)
Time: 5:20 PM to 6:20 PM
Fee: \$48.00
Location: KSU International Student Center, Multipurpose Room

Belly Dance

Conditioning Workout

09CRF12B

Instructor: Michele Janette, mjanette@ksu.edu

Date: 10/28/2009 to 12/09/2009 (W)
(No class 11/25)
Time: 5:20 PM to 6:20 PM
Fee: \$48.00
Location: KSU International Student Center, Multipurpose Room

Yogilates

09CRF142AZ

Yogilates is a hybrid class combining yoga and Pilates. The different styles of yoga will be introduced, as well as classical and modern Pilates. We will work on flexibility, balance, and strength. Beginners as well as experienced "yogi's" and Pilates masters are welcome, as this class is taught with multi-levels. A sticky mat (yoga) is recommended, but not required. Please wear comfortable clothes that do not restrict movement and try not to eat two hours before class (a small snack is fine).

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Diana Knox has been involved in the fitness industry for over 14 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 and ProFitness.

Date: 08/24/2009 to 10/14/2009 (M/W)
(No class 9/7, 10/5)
Time: 9:00 AM to 10:00 AM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.



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Yogilates 09CRF142BZ

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Date: 08/24/2009 to 10/14/2009 (M/W)
(No class 9/7, 10/5)
Time: 1:30 PM to 2:30 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 09CRF142CZ

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Date: 08/25/2009 to 10/15/2009 (Tu/Th)
Time: 12:00 PM to 1:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 09CRF142DZ

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Date: 08/25/2009 to 10/15/2009 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 09CRF142EZ

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Date: 10/19/2009 to 12/09/2009 (M/W)
(No class 11/25)
Time: 9:00 AM to 10:00 AM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 09CRF142FZ

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Date: 10/19/2009 to 12/09/2009 (M/W)
(No class 11/25)
Time: 1:30 PM to 2:30 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 09CRF142GZ

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Date: 10/20/2009 to 12/10/2009 (Tu/Th)
(No class 11/26)
Time: Noon to 1:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 09CRF142HZ

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Date: 10/20/2009 to 12/10/2009 (Tu/Th)
(No class 11/26)
Time: 7:00 PM to 8:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Boxing 09CRF14AZ

This 8-week introductory course will introduce students to the sport of USA Olympic Style Boxing in a safe and comfortable environment. This course is for both men and women of all shapes and sizes that have the desire to learn how to box. Whether you are interested in losing weight, getting in great shape, gaining boxing knowledge and even wishing to become an amateur boxer, this is where your training begins. Equipment used: heavy bags, speed bags and double-end bags. Mitts, gloves and jump rope and hand wraps can be purchased or rented at first day of class or before. The 180" hand wraps are included in fee. No sparring during course.

Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Lorissa Ridley-Fink, founder and CEO of K.O. Boxing, Inc., USA certified boxing coach and holds over 25 years experience coaching athletes.

Date: 08/24/2009 to 10/14/2009 (M/W)
(No class 9/7, 10/5)
Time: 10:30 AM to 11:40 AM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Ctr

Boxing 09CRF14BZ

Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Date: 08/24/2009 to 10/14/2009 (M/W)
(No class 9/7, 10/5)
Time: 2:00 PM to 3:10 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Ctr

Boxing 09CRF14CZ

Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Date: 08/24/2009 to 10/14/2009 (M/W)
(No class 9/7, 10/5)
Time: 6:30 PM to 7:40 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Ctr

Boxing 09CRF14DZ

Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Date: 08/25/2009 to 10/15/2009 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Ctr

Boxing 09CRF14EZ

Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Date: 10/19/2009 to 12/09/2009 (M/W)
(No class 11/25)
Time: 10:30 AM to 11:30 AM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Ctr

Boxing 09CRF14FZ

Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Date: 10/19/2009 to 12/09/2009 (M/W)
(No class 11/25)
Time: 2:00 PM to 3:00 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Ctr

Boxing 09CRF14GZ

Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Date: 10/19/2009 to 12/09/2009 (M/W)
(No class 11/25)
Time: 6:30 PM to 7:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Ctr

Boxing 09CRF14HZ

Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Date: 10/20/2009 to 12/10/2009 (Tu/Th)
(No class 11/26)
Time: 6:30 PM to 7:30 PM
Fee: \$148.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,

Featured UFM Instructor
Jenni Brenner



“I am truly blessed to have a job that I love.”

Jenni Brenner has been in the fitness industry for over 10 years. For her, it all started with a love for aerobics and has bloomed into a very rewarding career. On July 11th, at the Max Classic competition in Norfolk, Nebraska, Jenni took second place in Novice short and in Open short. However, her most treasured award for this competition was for Best Presentation. It was only given to one out of all the competitors. Her next competition is a big one, in Council Bluffs, Iowa on September 26th. She will be doing bodybuilding in the upcoming competition.

Jenni teaches credit and non-credit classes for UFM: Total Body Toning, Turbo Kick, Indoor Cycling, Zumba, and Fit Ball Fusion.



Tennis 09CRF19AZ

The focus of this tennis class will be to introduce the proper technique of each tennis stroke. Scoring, rules, single and doubles formations, 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. Students must provide their own tennis rackets.
Instructor: Bill Fraley

Date: 09/08/2009 to 11/17/2009 (Tu)
Time: 1:30 PM to 3:00 PM
Fee: \$82.00
Location: 3615 Claflin Road,
Cotton Wood Racquet Club

Tennis 09CRF19BZ

Instructor: Bill Fraley

Date: 09/09/2009 to 11/18/2009 (W)
Time: 1:30 PM to 3:00 PM
Fee: \$82.00
Location: 3615 Claflin Road,
Cotton Wood Racquet Club

Beginning Fencing 09CRF21Z

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: 08/24/2009 to 12/07/2009 (M)
(No class 9/7, 10/5)
Time: 6:00 PM to 7:30 PM
Fee: \$60.00-own equipment/
\$93.00-use instructor
Location: KSU-Ahearn Fieldhouse

Intermediate Fencing 09CRF22Z

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: 08/24/2009 to 11/30/2009 (M)
(No class 9/7, 10/5)
Time: 7:30 PM to 9:00 PM
Fee: \$60.00-own equipment/
\$93.00-use instructor
Location: KSU-Ahearn Fieldhouse

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Marathon Training 09CRF68

If you have ever wanted to finish a marathon or run a personal best, but didn't know how to begin or train, this is the class for you! This class will cover setting a marathon goal, designing a marathon schedule, selecting a marathon, nutrition, hydration, weather, prerace routines and postrace recovery. The course structure will consist of classroom lectures, discussions and some running. All participants are encouraged to meet outside of class time for organized runs. In addition, there will be opportunities to meet with the instructor at different locations outside of regularly scheduled classes for organized runs.

This course is recommended for individuals that have been running at least 30 minutes per day, 4-7 days per week for 6 weeks. You must be able to run at least 6 miles the first week of class. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to train for, complete and survive a marathon. Class will meet Tuesday from 6-7 pm at UFM, 1221 Thurston and work outs will be Thursday from 6-7 pm at Memorial Stadium outdoor track at south end.
Instructor: Dan Boyle, (785) 532-0134, dboyle@ksu.edu

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach. He has helped numerous athletes from around the US achieve their goals at distances from 2 miles up to the marathon distance. To view Dan's many running achievements, please visit www.tryufm.org, find class then instructor information.

Date: 09/01/2009 to 10/22/2009 (Tu/Th)
Time: 5:30 PM to 6:30 PM
Fee: \$140.00
Location: UFM Conference Room, 1221 Thurston

Let's Get Running! 09CRF72

If you have ever wanted to start running, but didn't know how to begin, this is the class for you! This training program is designed for people who have never run before, those who may have tried to run, then stopped, and those who used to run and want to begin again. The program starts with walking/running workouts with a goal to run continuously for 30 minutes or 5 km by the end of the 6 week program. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to incorporate a running program into your lifestyle. You must have the physical ability to begin a program based on walking and running.
Instructor: Dan Boyle, (785) 532-0134, dboyle@ksu.edu

Date: 09/02/2009 to 10/16/2009 (W/F/M)
(No class 10/5)
Time: 6:00 PM to 7:00 PM
Fee: \$145.00
Location: KSU-Ahearn Field House Indoor Track



Archery Instructor Training & Certification 09CRF37Z

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: 10/12/2009 to 11/30/2009 (M)
Time: 7:00 PM to 8:45 PM
Fee: \$101.00
Location: Archery Range, 8330 East HWY 24

Canoe Camping 09CRF53Z

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. Meet at UFM 1221 Thurston, Conference room on first day.
Instructor: Steve Spencer, quietwater@wildblue.net

Date: 10/31/2009 to 11/01/2009 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: \$101.00
Location: Natatorium, KSU campus



Adult Ballet**09CRF71A**

This ballet class is challenging and fun for teens or adults looking to learn or refresh an enjoyment of classical ballet. This class is geared toward beginning students, but intermediate and advanced students are welcome. We'll work on body placement, technique at the barre, and center exercises including turns, jumps and leaps. Ballet slippers are recommended, but socks are fine. All ages welcome. ****NOTE:** This class can be taken 1 time (\$46) and/or 2 times (\$82) per week.
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Alison Watson has studied dance and performed her own dance choreography in Siracusa, Sicily and in Times Square in New York. After graduating with a Bachelor of Arts degree, she enrolled in a professional dance program in Kansas City. The following year she performed with Kansas City Contemporary Dance for their 2007 season. Alison will dance and move anywhere there is space! She performed with the K-State dance department in has taught dance and gymnastics classes in Manhattan. She hopes you'll join her in these upcoming sessions!

Date: 09/14/2009 to 10/07/2009 (M/W)
Time: 5:30 PM to 7:00 PM
Fee: 1 time per week-\$46.00
2X week-\$82.00
Location: KSU Ahearn Room 302
Located on 3rd floor in Mike Ahearn Complex on College Heights St.

Adult Ballet**09CRF71B**

This class can be taken 1 time (\$46) and/or 2 times (\$82) per week.
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 10/12/2009 to 11/04/2009 (M/W)
Time: 5:30 PM to 7:00 PM
Fee: 1 time per week-\$46.00
2X week-\$82.00
Location: KSU Ahearn Room 302
Located on 3rd floor in Mike Ahearn Complex on College Heights St.

Adult Ballet**09CRF71C**

This class can be taken 1 time (\$46) and/or 2 times (\$82) per week.
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 11/09/2009 to 12/09/2009 (M/W)
(No class 11/25, 11/30)
Time: 5:30 PM to 7:00 PM
Fee: 1 time per week-\$46.00
2X week-\$82.00
Location: KSU Ahearn Room 302
Located on 3rd floor in Mike Ahearn Complex on College Heights St.

**Introductory Step****09CRF88**

Have you always wanted to start taking a Step class, but are intimidated by the fast pace and choreography? This class is designed for individuals who would like to learn the basics of STEP aerobics. This is a progressive class that will give you a great workout and a baseline knowledge of STEP aerobics so you will be participating in classes rather than standing against the wall.

Instructor: Karla Hagemester, (785) 410-0132

Karla has been teaching Step Aerobics since 2006, but has been an avid "stepper" since 1999. She has been a part of the Manhattan Community since 1997. In addition to teaching group fitness classes, Karla enjoys running, cycling and spending time with her family.

Date: 10/09/2009 to 10/30/2009 (F)
Time: 5:30 PM to 6:30 PM
Fee: \$28.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

Music, Movement and the Mind**09CRF89**

This class is designed for any person over 60 that likes to dance or thinks they would like to dance! Dancing, rhythms and music have very strong correlations to learning movement patterns and maintaining balance. Join us for an interactive educational experience on how you can learn more about ways to use music and dance to improve your physical and mental abilities.

Instructor: Stephanie Johnson, (785) 776-0670

Stephanie Johnson has been a practicing physical therapist for 15 years. She has focused her continuing education and clinical practice on healthy aging, treatment and management of neurological diseases and orthopedic injuries. She has a special interest in helping people remain physically and mentally active throughout their life.

Date: 10/09/2009 to 10/23/2009 (F)
Time: 12:30 PM to 1:30 PM
Fee: \$26.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

Afro-Modern Dance**09CRF90A**

Afro-Modern Dance will combine African and Modern Dance styles, while incorporating rhythm and technique from both dance forms in a high energy dynamic class. It's a great way to have fun while working out!

Instructor: Autumn Scoggan, (785) 569-7005
autumn4@ksu.edu

Autumn Scoggan is a senior in Dance/Theater and Women's Studies at KSU. She has trained in African Dance at Dagar Music Center in Ghana, West Africa, as well as Modern Dance at American Dance Festival Summer Institute. Autumn has performed a variety of styles ranging from Hip Hop, Tap, African, Modern, Jazz & Ballet. She has also choreographed for venues such as KSU Winter Dance, In-Step Dance Studio, Poize Hip Hop Dance Team and KSU Student Spotlight.

Date: 09/08/2009 to 09/29/2009 (Tu)
Time: 6:30 PM to 8:00 PM
Fee: \$60.00
Location: KSU Ahearn Room 302
Located on 3rd floor in Mike Ahearn Complex on College Heights St.

Afro-Modern Dance**09CRF90B**

Instructor: Autumn Scoggan, (785) 569-7005
autumn4@ksu.edu

Date: 10/06/2009 to 10/27/2009 (Tu)
Time: 6:30 PM to 8:00 PM
Fee: \$60.00
Location: KSU Ahearn Room 302
Located on 3rd floor in Mike Ahearn Complex on College Heights St.

Afro-Modern Dance**09CRF90C**

Instructor: Autumn Scoggan, (785) 569-7005
autumn4@ksu.edu

Date: 11/03/2009 to 12/01/2009 (Tu)
(No class 11/24)
Time: 6:30 PM to 8:00 PM
Fee: \$60.00
Location: KSU Ahearn Room 302
Located on 3rd floor in Mike Ahearn Complex on College Heights St.



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Introduction to Nutcracker Ballet and Tap Dancing

09CYO06

This class is a wonderful way to introduce ballet and tap technique to children. A ballet dance from the Nutcracker Ballet will be taught. For the last part of class, tap steps will be learned to delightful music. No dance experience or formal dance attire necessary. For girls and boys ages 4-12. NOTE: Children can be divided by age if needed. Tennis shoes can be used as tap shoes.
Instructor: Randi Dale, (785) 539-5767

Randi Dale has taught dance for 47 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Master's Degree in Education. In May 2008, her regular students performed the story "Nutcracker Ballet." In the past her dancers have performed Coppelia, Alice in Wonderland and Swan Lake. Her original choreography is designed for children.

Date: 09/11/2009 to 09/18/2009 (F)
Time: 5:45 PM to 6:30 PM
Fee: \$12.00
Location: 2416 Rogers Blvd.

Home Education Ideas for the Young Child

09CYO49A

In this 2-hour class, the instructor will summarize all of her favorite ideas for home-educating children ages 1-6. This will include ideas from experts like Montessori, Mason, Borton and Foss. There will be many Montessori materials on hand to demonstrate.
Instructor: Sara Shea, (785) 537-2483

Sara Shea is a mother of four and home schools. She loves sharing ideas of how to educate them.

Date: 08/27/2009 (Th)
Time: 7:00 PM to 9:00 PM
Fee: \$20.00
Location: UFM Conference Room, 1221 Thurston

Home Education Ideas for the Young Child

09CYO49B

Instructor: Sara Shea, (785) 537-2483

Date: 08/29/2009 (Sa)
Time: 8:30 AM to 10:30 AM
Fee: \$20.00
Location: UFM Conference Room, 1221 Thurston

Scrapbook Album in a Box

09CCF94

Think inside the box and make a darling scrapbook album in the shape of a box. Please bring about 20 small pictures to add in this little square scrapbook that takes about an hour to make.
Instructor: Donna Wilkins, (785) 317-0981
sgtmomz@juno.com

Donna is a Close to My Heart consultant and loves to scrapbook family events as well as make cards and gifts. Please visit www.donnawilkins.myctmh.com for more of Donna's work.

Date: 10/20/2009 (Tu)
Time: 6:00 PM to 8:00 PM
Fee: \$10.00
Location: UFM Multipurpose Room, 1221 Thurston

Name in a Frame

09CCF95

Create a family heirloom from someone's name. We'll design a lovely background, then add your name's letters to your design and frame it in a matching wooden frame. It's a perfect gift for newlyweds or nice addition to a child's room after you have personalized.
Instructor: Donna Wilkins, (785) 317-0981
sgtmomz@juno.com

Date: 08/31/2009 (M)
Time: 6:00 PM to 8:00 PM
Fee: \$10.00
Location: UFM Multipurpose Room, 1221 Thurston

Recycled Rolled Paper Beads

09CCF72

Don't toss out your old magazines! Get creative and learn how to make your own unique jewelry for next-to-nothing with recycled paper. Please bring magazines, wrapping paper or other colorful recycled paper of your choice along with a bottle of white glue and scissors (Thinner paper will roll more easily.) This is a beginning class for youth and older individuals. Everyone will take home a necklace or bracelet that they have created in class. They also make great gifts! Sign up and receive a UFM eco-bag at class!
Instructor: Charlene Brownson, (785) 539-8763
cmb@ksu.edu

Date: 11/11/2009 (W)
Time: 3:30 PM to 5:00 PM
Fee: \$5.00
Location: UFM Conference Room, 1221 Thurston

Karate & Self-Defense (Adults & Youth)

09CMA10

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/combative principles and sparring ("Kumite"). No matter your current situation, you will be guided step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+). Class will meet on the north end of Ahearn Fieldhouse, close to College Heights St.
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, 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: 10/08/2009 to 11/19/2009 (Th)
Time: 6:00 PM to 7:00 PM
Fee: \$51.00
Location: KSU-Ahearn Fieldhouse



Computer classes for the family!
Check out pages 7-8 for dates/times!

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Thur., Sept. 17 -- Middle School
Times -- 3-530 pm



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courses/recreational.shtml](http://www.dce.k-state.edu/courses/recreational.shtml)



Ballroom Dance I DANCE-599

Instructor: Rebecca Hickert

This is an introductory course in the principles of ballroom dancing and social dance etiquette. Emphasis will be placed on dance terminology, dance position, correct body alignment, and partnering. Techniques such as open and closed position, leading and following, and a variety of steps will be taught through the forms of Foxtrot, ChaCha, and Jitterbug. Demonstrations, performances, and videos will supplement the course. Partners are welcome but not required for this class; partners may enroll for non-credit through UFM by calling 785-539-8763. No textbook is required for this course; however, ordering information for optional text/DVD/dance shoes is available from the instructor.

Reference Number: 20747

Date: 08/25/2009 to 12/08/2009 (Tu) (No class 11/24)

Time: 8:00 PM to 9:00 PM

Fee: \$341

Location: ECM Auditorium, 1021 Denison

Ballroom Dance II DANCE-599

Instructor: Rebecca Hickert

This course is an intermediate level course in the principles of ballroom dancing. It includes further emphasis on dance position, correct body alignment and positions, and partnering. Leading and following as well as the formal dance patterns and advanced variations of several Smooth, Rhythmic and Latin forms will be taught. Selected dances for this course may include but are not limited to the following: American Waltz, Viennese Waltz, Quickstep, Foxtrot, Tango, Paso Doble, West Coast Swing, Jitterbug, Lindyhop, Jive, Merengue, Samba, Mambo, and ChaCha. Prerequisites: Ballroom Dance 1 AND Swing and Salsa; OR a minimum of two semesters of social level dance classes; OR significant training in Ballet, Jazz, or Modern dance is strongly recommended before enrolling in this dance course. Partners are welcome but not required for this class; partners may enroll for non-credit through UFM by calling 785-539-8763. No textbook is required for this course; however, ordering information for optional text/DVD/dance shoes is available from the instructor.

Reference Number: 20715

Date: 08/25/2009 to 12/08/2009 (Tu) (No class 11/24)

Time: 6:00 PM to 7:00 PM

Fee: \$341

Location: ECM Auditorium, 1021 Denison

Swing and Salsa Dance DANCE-599

Instructor: Rebecca Hickert

This is an intermediate course in social dancing that emphasizes technique, partnering, rhythmic articulation, and style of Mambo, Lindyhop, and Jitterbug. Demonstrations, performances, and videos will supplement the course. Prerequisites: Ballroom Dance 1; OR a minimum of one semester of social level dance classes; OR significant training in Ballet, Jazz, or Modern dance is strongly recommended before enrolling this course. Partners are welcome but not required for this class; partners may enroll for non-credit through UFM by calling 785-539-8763. No textbook is required for this course; however, ordering information for optional text/DVD/dance shoes is available from the instructor. Enroll noncredit partner through UFM.

Reference Number: 20789

Date: 08/25/2009 to 12/08/2009 (Tu) (No class 11/24)

Time: 7:00 PM to 8:00 PM

Fee: \$341

Location: ECM Auditorium, 1021 Denison

Beginning Middle Eastern Dance (Belly Dance) DANCE-599

Instructor: Cathia Bailey

This dance technique course will cover beginning level Middle Eastern dance movements, including 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, ballet slippers, or dance sandals.

Reference Number: 20965

Date: 09/10/2009 to 11/19/2009 (Th)

Time: 6:00 PM to 7:30 PM

Fee: \$273.20

Location: KSU Ahearn Dance Room 302

Beginning Yoga**DANCE-599****Instructor: Ana Franklin**, (785) 537-8224

yogaconnection@gmail.com

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.

Reference Number: 20970

Date: 08/24/2009 to 10/19/2009 (M/W) (No class 9/7, 9/28, 10/5)

Time: 10:30 AM to 11:40 AM

Fee: \$273.20

Location: KSU Ahearn Room 302

Reference Number: 20968

Date: 08/24/2009 to 10/19/2009 (M/W) (No class 9/7, 9/28, 10/5)

Time: 7:00 PM to 8:10 PM

Fee: \$273.20

Location: KSU Ahearn Room 302

Reference Number: 20969

Date: 08/25/2009 to 10/15/2009 (Tu/Th)

Time: 10:30 AM to 11:30 AM

Fee: \$273.20

Location: KSU Ahearn Room 302

Reference Number: 20971

Date: 10/21/2009 to 12/09/2009 (M/W) (No class 11/25)

Time: 10:30 AM to 11:40 AM

Fee: \$273.20

Location: KSU Ahearn Room 302

Reference Number: 20967

Date: 10/21/2009 to 12/09/2009 (M/W) (No class 11/25)

Time: 7:00 PM to 8:10 PM

Fee: \$273.20

Location: KSU Ahearn Room 302

Intermediate Yoga**DANCE-599****Instructor: Ana Franklin**

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 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. Eligibility for this course requires a personal interview with Ana Franklin. Students must make arrangements to meet with Ana to receive permission to enroll for this course.

Reference Number: 20966

Date: 10/20/2009 to 12/10/2009 (Tu/Th) (No class 11/26)

Time: 10:30 AM to 11:30 AM

Fee: \$273.20

Location: KSU Ahearn Room 302

Golf**RRES-200****Instructor: Jim Gregory**, (785) 539-1041

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

Reference Number: 20832

Date: 08/25/2009 to 10/13/2009 (Tu)

Time: 2:30 PM to 4:30 PM

Fee: \$360

Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 20833

Date: 08/26/2009 to 10/14/2009 (W)

Time: 1:30 PM to 3:30 PM

Fee: \$360

Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

GOLF RRES-200 CONTINUED

Reference Number: 20834

Date: 08/26/2009 to 10/14/2009 (W)

Time: 5:30 PM to 7:30 PM

Fee: \$360

Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 20844

Date: 08/27/2009 to 10/15/2009 (Th)

Time: 9:30 AM to 11:30 AM

Fee: \$360

Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Golf in Junction City**RRES-200****Instructor: Jim Peterson**

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

Reference Number: 20605

Date: 08/25/2009 to 10/13/2009 (Tu)

Time: 5:00 PM to 7:00 PM

Fee: \$360

Location: Rolling Meadows Golf Course, 6514 Old Milford Rd., Junction City

Reference Number: 20606

Date: 08/26/2009 to 10/14/2009 (W)

Time: 5:00 PM to 7:00 PM

Fee: \$360

Location: Rolling Meadows Golf Course, 6514 Old Milford Rd., Junction City

Archery**RRES-200****Instructor: Tom Korte**, (785) 494-8889

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. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

Reference Number: 21110

Date: 10/12/2009 to 11/30/2009 (M)

Time: 8:00 PM to 9:45 PM

Fee: \$345

Location: Archery Range, 8330 E. HWY 24

Archery Instructor Training and Certification - Level I**RRES-200****Instructor: Tom Korte**

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.

Reference Number: 21113

Date: 10/12/2009 to 11/30/2009 (M)

Time: 7:00 PM to 8:45 PM

Fee: \$345

Location: Archery Range, 8330 E. HWY 24

Beginning Bowling**RRES-200****Instructor: Terri Eddy**

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.

Reference Number: 20603

Date: 08/24/2009 to 12/07/2009 (M) (No class 9/7, 10/5)

Time: 10:30 AM to 11:30 AM

Fee: \$253.20

Location: K-State Union Recreation Center

BOWLING RRES-200 CONTINUED

Reference Number: 20604
 Date: 08/25/2009 to 12/08/2009 (Tu)
 Time: 10:30 AM to 11:20 AM
 Fee: \$253.20
 Location: K-State Union Recreation Center

Beginning Fencing RRES-200

Instructor: Jeff Gwitz

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.

Reference Number: 21258
 Date: 08/24/2009 to 12/07/2009 (M) (No class 9/7, 10/5)
 Time: 6:00 PM to 7:30 PM
 Fee: \$255.20
 Location: KSU Ahearn Fieldhouse

Intermediate Fencing RRES-200

Instructor: Jeff Gwitz

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

Reference Number: 21259
 Date: 08/24/2009 to 12/07/2009 (M) (No class 9/7, 10/5)
 Time: 7:30 PM to 9:00 PM
 Fee: \$255.20
 Location: KSU Ahearn Fieldhouse

Tennis RRES-200

Instructor: Bill Fraley

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. Students must provide their own Tennis rackets.

Reference Number: 20983
 Date: 09/08/2009 to 11/17/2009 (Tu)
 Time: 1:30 PM to 3:00 PM
 Fee: \$317
 Location: Cottonwood Racket Club, 3615 Claflin Rd

Reference Number: 20985
 Date: 09/09/2009 to 11/18/2009 (W)
 Time: 1:30 PM to 3:00 PM
 Fee: \$317
 Location: Cottonwood Racket Club, 3615 Claflin Rd

Fitball Fusion RRES-200

Instructor: Jenni Brenner

This course is designed to introduce students to the multiple benefits of stability ball training and to offer practical, hands on instruction for the strength, cardio and flexibility exercises. Using the stability ball a multiplicity of muscles will be worked while developing core stability through balance and coordination. Participants will be able to target their core much more efficiently by working those hard to reach abs and back muscles. The focus will be on the fusion of three dimensions in this class: cardio, total body toning, and balance.

Reference Number: 21097
 Date: 08/25/2009 to 10/15/2009 (Tu/Th)
 Time: 10:00 AM to 11:00 AM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio B

Reference Number: 21100
 Date: 10/20/2009 to 12/10/2009 (Tu/Th) (No class 11/26)
 Time: 10:00 AM to 11:00 AM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio B

Indoor Cycling RRES-200

Instructor: Jenni Brenner

This course is designed to introduce participants to the latest trend sweeping the fitness industry worldwide. There are no complicated moves to learn. This will be a motivating group environment with instructors and music that beg your legs to pedal; students will find themselves having a blast while you ride your way to a leaner, stronger body. During the class a certified Schwinn cycling instructor will simulate a ride using Schwinn Evolution bikes all while pedaling to fun, energetic music. This is an exercise format that is truly open to any fitness level because you are in control of your pace, speed and resistance through out the entire ride. Together everyone will travel flat roads, climb hills, sprint and even race! Regardless of your fitness level you'll get a heart pounding yet low-impact workout-while maintaining the ability to go at your own pace.

Reference Number: 21105
 Date: 08/24/2009 to 10/14/2009 (M/W) (No class 9/7, 10/5)
 Time: 11:30 AM to 12:30 PM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio A

Reference Number: 21107
 Date: 10/19/2009 to 12/09/2009 (M/W) (No class 11/25)
 Time: 11:30 AM to 12:30 PM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio A

Instructor: Kelley Perkins

Reference Number: 21247
 Date: 08/25/2009 to 10/15/2009 (Tu/Th)
 Time: 10:00 AM to 11:00 AM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio A

Reference Number: 21248
 Date: 10/20/2009 to 12/10/2009 (Tu/Th) (No class 11/26)
 Time: 10:00 AM to 11:00 AM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio A

Reference Number: 21322
 Date: 08/25/2009 to 10/15/2009 (Tu/Th)
 Time: 4:00 PM to 5:00 PM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio B

Reference Number: 21323
 Date: 10/20/2009 to 12/10/2009 (Tu/Th) (No class 11/26)
 Time: 4:00 PM to 5:00 PM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio B

Total Body Toning RRES-200

Instructor: Jenni Brenner

The focus of this class is on gaining strength and toning the body. 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.

Reference Number: 21006
 Date: 08/24/2009 to 10/14/2009 (M/W) (No class 9/7, 10/5)
 Time: 10:00 AM to 11:00 AM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio B

Reference Number: 21007
 Date: 10/19/2009 to 12/09/2009 (M/W) (No class 11/25)
 Time: 10:00 AM to 11:00 AM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio B

Reference Number: 20989
 Date: 08/24/2009 to 10/14/2009 (M/W) (No class 9/7, 10/5)
 Time: 1:00 PM to 2:00 PM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio A



TOTAL BODY TONING RRES-200 CONTINUED

Reference Number: 20991
 Date: 10/19/2009 to 12/09/2009 (M/W) (No class 11/25)
 Time: 1:00 PM to 2:00 PM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio A

Instructor: Kelley Perkins

Reference Number: 21249
 Date: 08/24/2009 to 10/14/2009 (M/W) (No class 9/7, 10/5)
 Time: 1:00 PM to 2:00 PM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio B

Reference Number: 21250
 Date: 10/19/2009 to 12/09/2009 (M/W) (No class 11/25)
 Time: 1:00 PM to 2:00 PM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio B

Reference Number: 21251
 Date: 08/25/2009 to 10/15/2009 (Tu/Th)
 Time: 11:30 AM to 12:30 PM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio B

Reference Number: 21252
 Date: 10/20/2009 to 12/10/2009 (Tu/Th) (No class 11/26)
 Time: 11:30 AM to 12:30 PM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio B

Reference Number: 21253
 Date: 08/25/2009 to 10/15/2009 (Tu/Th)
 Time: 1:00 PM to 2:00 PM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio A

Reference Number: 21254
 Date: 10/20/2009 to 12/10/2009 (Tu/Th) (No class 11/26)
 Time: 1:00 PM to 2:00 PM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio A

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Reference Number: 21277
 Date: 08/25/2009 to 10/15/2009 (Tu/Th)
 Time: 9:30 AM to 10:30 AM
 Fee: \$341
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 21278
 Date: 10/20/2009 to 12/10/2009 (Tu/Th) (No class 11/26)
 Time: 9:30 AM to 10:30 AM
 Fee: \$341
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 21266
 Date: 08/24/2009 to 10/14/2009 (M/W) (No class 9/7, 10/5)
 Time: Noon to 1:00 PM
 Fee: \$341
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 21268
 Date: 10/19/2009 to 12/09/2009 (M/W) (No class 11/25)
 Time: Noon to 1:00 PM
 Fee: \$341
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 21269
 Date: 08/25/2009 to 10/15/2009 (Tu/Th)
 Time: 1:30 PM to 2:30 PM
 Fee: \$341
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 21270
 Date: 10/20/2009 to 12/10/2009 (Tu/Th) (No class 11/26)
 Time: 1:30 PM to 2:30 PM
 Fee: \$341
 Location: Pro Fitness, 1125 Laramie St.

TOTAL BODY TONING RRES-200 CONTINUED

Instructor: Daryl Bussen

Reference Number: 21274
 Date: 08/24/2009 to 10/14/2009 (M/W) (No class 9/7, 10/5)
 Time: 4:30 PM to 5:30 PM
 Fee: \$341
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 21275
 Date: 10/19/2009 to 12/09/2009 (M/W) (No class 11/25)
 Time: 4:30 PM to 5:30 PM
 Fee: \$341
 Location: Pro Fitness, 1125 Laramie St.

Turbo Kick™

RRES-200

Instructor: Jenni Brenner

Turbo Kick™ is an addictive, intense workout that combines shadow punching, sports drills, kicking, and simple dance moves in a fun atmosphere. Turbo Kick™ is an interval-based class that allows participants of any fitness level to participate and custom tailor their work-out. There will be 3 rounds learned in the 8-week session. While the feel and spirit of the workout remains consistent, each new workout is more fun, exciting, powerful and effective than the last!

Reference Number: 21010
 Date: 08/25/2009 to 10/15/2009 (Tu/Th)
 Time: 4:00 PM to 5:00 PM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio B

Reference Number: 21015
 Date: 10/20/2009 to 12/10/2009 (Tu/Th) (No class 11/26)
 Time: 4:00 PM to 5:00 PM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio B

Yogilates

RRES-200

Instructor: Diana Knox, (785) 539-7095, dknox@ksu.edu

Yogilates is a hybrid class combining yoga and Pilates. The different styles of yoga will be introduced, as well as classical and modern Pilates. We will work on flexibility, balance, and strength. Beginners as well as experienced "yogi's" and Pilates masters are welcome, as this class is taught with multi-levels. A sticky mat (yoga) is recommended, but not required. Please wear comfortable clothes that do not restrict movement and try not to eat two hours before class (a small snack is fine).

Reference Number: 21260
 Date: 08/24/2009 to 10/14/2009 (M/W) (No class 9/7, 10/5)
 Time: 09:00 AM to 10:00 AM
 Fee: \$341
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 21265
 Date: 08/24/2009 to 10/14/2009 (M/W) (No class 9/7, 10/5)
 Time: 1:30 PM to 2:30 PM
 Fee: \$341
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 21263
 Date: 08/25/2009 to 10/15/2009 (Tu/Th)
 Time: Noon to 1:00 PM
 Fee: \$341
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 21280
 Date: 08/25/2009 to 10/15/2009 (Tu/Th)
 Time: 7:00 PM to 8:00 PM
 Fee: \$341
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 21262
 Date: 10/19/2009 to 12/09/2009 (M/W) (No class 11/25)
 Time: 9:00 AM to 10:00 AM
 Fee: \$341
 Location: Pro Fitness, 1125 Laramie St.

YOGILATES RRES-200 CONTINUED

Reference Number: 21279
 Date: 10/19/2009 to 12/09/2009 (M/W) (No class 11/25)
 Time: 1:30 PM to 2:30 PM
 Fee: \$341
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 21264
 Date: 10/20/2009 to 12/10/2009 (Tu/Th) (No class 11/26)
 Time: Noon to 1:00 PM
 Fee: \$341
 Location: Pro Fitness, 1125 Laramie St.

Reference Number: 21281
 Date: 10/20/2009 to 12/10/2009 (Tu/Th) (No class 11/26)
 Time: 7:00 PM to 8:00 PM
 Fee: \$341
 Location: Pro Fitness, 1125 Laramie St.

**Zumba
 RRES-200**

Instructor: Jenni Brenner

ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

Reference Number: 21008
 Date: 08/25/2009 to 10/15/2009 (Tu/Th)
 Time: 1:00 PM to 2:00 PM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio B

Reference Number: 21009
 Date: 10/20/2009 to 12/10/2009 (Tu/Th) (No class 11/26)
 Time: 1:00 PM to 2:00 PM
 Fee: \$341
 Location: Mercy Fitness West, 315 Seth Childs Rd, Studio B

**Boxing
 RRES-200**

Instructor: **Lorissa Ridley-Fink**, (785) 341-1708
 koboxer@sbcglobal.net

This 8-week introductory course will introduce students to the sport of USA Olympic Style Boxing in a safe and comfortable environment. This course is for both men and women of all shapes and sizes that have the desire to learn how to box. Whether you are interested in losing weight, getting in great shape, gaining boxing knowledge, and even wish to become an amateur boxer, this is where your training begins. No sparring during course. Students may bring their own equipment or may purchase at the first day of class. Equipment needed: 12 oz. Heavy Bag Gloves, Catch Mitts, Jump Ropes, and Hand-wraps.

Reference Number: 20872
 Date: 08/24/2009 to 10/14/2009 (M/W) (No class 9/7, 10/5)
 Time: 10:30 AM to 11:40 AM
 Fee: \$339
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20876
 Date: 08/24/2009 to 10/14/2009 (M/W) (No class 9/7, 10/5)
 Time: 2:00 PM to 3:10 PM
 Fee: \$339
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20878
 Date: 08/24/2009 to 10/14/2009 (M/W) (No class 9/7, 10/5)
 Time: 6:30 PM to 7:40 PM
 Fee: \$339
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20883
 Date: 08/25/2009 to 10/15/2009 (Tu/Th)
 Time: 6:30 PM to 7:30 PM
 Fee: \$339
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

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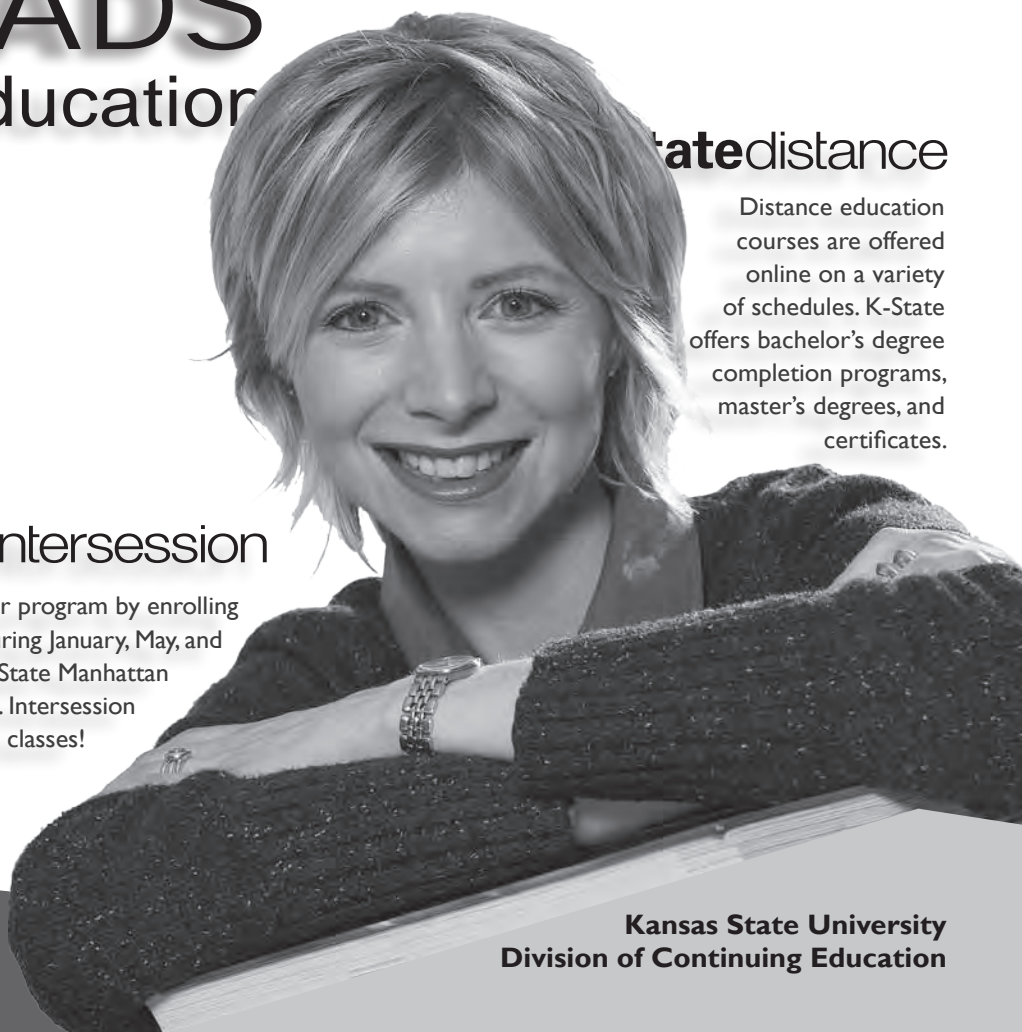
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**Kansas State University
 Division of Continuing Education**



BOXING RRES-200 CONTINUED

Reference Number: 20881
 Date: 10/19/2009 to 12/09/2009 (M/W) (No class 11/25)
 Time: 10:30 AM to 11:30 AM
 Fee: \$339
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20879
 Date: 10/19/2009 to 12/09/2009 (M/W) (No class 11/25)
 Time: 2:00 PM to 3:00 PM
 Fee: \$339
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20882
 Date: 10/19/2009 to 12/09/2009 (M/W) (No class 11/25)
 Time: 6:30 PM to 7:30 PM
 Fee: \$339
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20886
 Date: 10/20/2009 to 12/10/2009 (Tu/Th) (No class 11/26)
 Time: 6:30 PM to 7:30 PM
 Fee: \$339
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

**Judo I
 RRES-200**

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

Reference Number: 21115
 Date: 08/25/2009 to 12/10/2009 (Tu/Th) (No class 11/24, 11/26)
 Time: 8:00 PM to 9:00 PM
 Fee: \$234.20
 Location: KSU Ahearn Room 302

**Judo II
 RRES-200**

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

Reference Number: 21117
 Date: 08/25/2009 to 12/10/2009 (Tu/Th) (No class 11/24, 11/26)
 Time: 9:00 PM to 10:00 PM
 Fee: \$234.20
 Location: KSU Ahearn Room 302

**Tae Kwon Do I
 RRES-200**

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

Reference Number: 20845
 Date: 08/25/2009 to 12/10/2009 (Tu/Th) (No class 11/24, 11/26)
 Time: 6:30 PM to 7:30 PM
 Fee: \$315
 Location: Sun Yi's Academy, 1650 Hayes Dr

**Scuba Diving
 RRES-200**

Instructor: Jeff Wilson, (785) 313-4231, wheatlan@kansas.net
 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 materials fee of \$50.00 for withdrawing from the class after the first day.

Reference Number: 20856
 Date: 09/14/2009 to 10/26/2009 (M) (No class 10/5)
 Time: 6:00 PM to 10:00 PM
 Fee: \$411.20
 Location: Natatorium, KSU Campus

Reference Number: 20857
 Date: 11/02/2009 to 12/07/2009 (M)
 Time: 6:00 PM to 10:00 PM
 Fee: \$411.20
 Location: Natatorium, KSU Campus

**Responding to Emergencies
 RRES-200**

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

Reference Number: 20887
 Date: 09/06/2009 to 09/27/2009 (Su/Sa)
 9/6, 9/13, 9/20, 9/27 (Su); 9/19 (Sa)
 Time: Noon to 6:30 PM
 Fee: \$618 for 2 Hours KSU Credit
 Location: UFM Banquet room, 1221 Thurston

**First Aid/CPR/AED
 RRES-200**

Instructor: Henry Brown
 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. The course will also address the recognition, prevention and control of possible health and safety issues, both in the workplace and personally, including topics such as Ergonomics, Slips, Trips, and Falls, Workplace Violence Awareness, Back Injury Prevention, Managing Stress, and Heart Health. Books and supplies are included in class fees.

Reference Number: 21319
 Date: 08/29/2009 to 08/30/2009 (Sa/Su)
 Time: Noon to 7:30 PM
 Fee: \$339
 Location: UFM Banquet Room, 1221 Thurston

Reference Number: 20858
 Date: 10/03/2009 to 10/04/2009 (Sa/Su)
 Time: Noon to 7:30 PM
 Fee: \$339
 Location: UFM Banquet Room, 1221 Thurston

Reference Number: 20859
 Date: 10/11/2009 to 10/18/2009 (Su)
 Time: Noon to 7:30 PM
 Fee: \$339
 Location: UFM Banquet Room, 1221 Thurston

FIRST AID/CPR/AED RRES-200 CONTINUED

Reference Number: 20860

Date: 10/25/2009 to 11/01/2009 (Su)
 Time: Noon to 7:30 PM
 Fee: \$339
 Location: UFM Banquet Room, 1221 Thurston

Reference Number: 20861

Date: 11/08/2009 to 11/15/2009 (Su)
 Time: Noon to 7:30 PM
 Fee: \$339
 Location: UFM Banquet Room, 1221 Thurston

Reference Number: 20865

Date: 11/21/2009 to 11/22/2009 (Sa/Su)
 Time: Noon to 7:30 PM
 Fee: \$339
 Location: UFM Banquet Room, 1221 Thurston

Reference Number: 20871

Date: 12/05/2009 to 12/06/2009 (Sa/Su)
 Time: Noon to 7:30 PM
 Fee: \$339
 Location: UFM Banquet Room, 1221 Thurston

Fitness Swimming RRES-200

Instructor: Melissa Copp

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

Reference Number: 21121

Date: 10/06/2009 to 11/19/2009 (Tu/Th)
 Time: 6:00 PM to 7:30 PM
 Fee: \$259.20
 Location: Natatorium, KSU Campus

Fly Fishing RRES-200

Instructor: Paul Sodamann

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.

Reference Number: 21120

Date: 10/12/2009 to 10/22/2009 (M-TH)
 Time: 6:00 PM to 8:00 PM
 Fee: \$263.20
 Location: KSU Durland Hall Room 1061

Fundamentals of Canoeing RRES-200

Instructor: Steve Spencer, quietwater@wildblue.net

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.

Reference Number: 21282

Date: 08/29/2009 to 08/30/2009 (Sa/Su)
 Time: 8:00 AM to 5:00 PM
 Fee: \$341
 Location: UFM Conference room, 1221 Thurston

Reference Number: 21283

Date: 09/12/2009 to 09/13/2009 (Sa/Su)
 Time: 8:00 AM to 5:00 PM
 Fee: \$341
 Location: UFM Multipurpose room, 1221 Thurston

Canoe Camping RRES-200

Instructor: Steve Spencer

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.

Reference Number: 21257

Date: 10/31/2009 to 11/01/2009 (Sa/Su)
 Time: 8:00 AM to 5:00 PM
 Fee: \$288.20
 Location: Natatorium, KSU campus

Essentials to River Canoeing RRES-200

Instructor: Steve Spencer

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

Reference Number: 21256

Date: 09/19/2009 to 09/20/2009 (Sa/Su)
 Time: 8:00 AM to 5:00 PM
 Fee: \$341
 Location: UFM Conference room, 1221 Thurston

Scuba Diving in Salina RRES-200

Instructor: Jeff Wilson, (785) 313-4231, wheatlan@kansas.net

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 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels, which will be available for purchase at the first session, equipment ranges from \$100-\$175.

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

Reference Number: 89000

Date: 09/03/2009 to 10/15/2009 (Th)
 Time: 6:00 PM to 10:00 PM
 Fee: \$500
 Location: Salina YMCA, 570 YMCA Dr.

ENROLL ONLINE AT TRYUFM.ORG



TEST PREPARATION COURSES

BE PREPARED & BE CONFIDENT

GRE Prep Course

09CFC06

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: 09/14/2009 to 10/26/2009 (M/W)
 Time: 7:00 PM to 9:00 PM
 Fee: \$270.00
 Location: UFM Conference Room

LSAT Prep Course

09CFC24

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: 08/24/2009 to 09/14/2009 (M/W/Sa)
 Time: M/W from 7:00 PM to 10:00 PM
 Sa from 9:00 AM to Noon
 Fee: \$270.00
 Location: UFM Conference Room

ENROLL AT WWW.TRYUFM.ORG OR CALL 539.8763



MOVIES -ON- THE GRASS

- Aug. 30** "The Visitor" Coffman Commons
- Sept. 6** "Pray the Devil Back to Hell" Douglass Community Center Park
- Sept. 13** "Garbage Warrior" Coffman Commons
- Sept. **18,19** "Playing for Change" Triangle Park
- Sept. 20** "The Tiger Next Door" Sunset Zoo



UFM follow up classes to MOG:

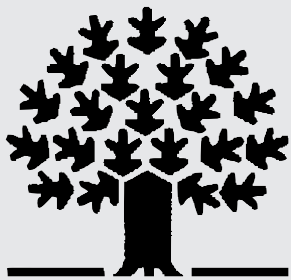
- 1) "The Visitor, Revisited", a public forum on immigration facilitated by ICDD associates, Aug. 31 (M), 630-8 pm
 - 2) "Garbage Warrior", a course on alternative housing, Sept 19 (Sat), 1-230 pm
- Classes at UFM, 1221 Thurston

Movies on the Grass is a FREE outdoor film series now in its fifth year. Organized by K-State campus and Manhattan organizations, this annual event showcases documentaries and fictional works portraying current lives and community issues around the world. Films are shown on an outdoor screen at a different location each Sunday evening** at 8 pm, preceded by entertainment, a raffle, and information booths from series sponsors.

The following films were selected by an organizing committee representing K-State Libraries, the Dow Chemical Multi-Cultural Resource Center, SafeZone, Campaign for Non-Violence, Ecumenical Campus Ministry, UFM, Manhattan Alliance for Peace and Justice, Students for Environmental Action, League of Women Voters and Kansas Agricultural Mediation Service.

**"Playing for Change" will be held on Friday/Saturday as part of Aggiefest 2009.

For more information:
<http://www.k-state.edu/moviesonthegrass/>



UFM

has had a very busy year! Last year, UFM offered more than 1,300 educational programs to the

Manhattan area. More than 18,000 people were served by UFM programs during the last fiscal year. 1,372 classes were taught by 193 instructors, and 6,962 (unduplicated) participants took a UFM course, either for non-credit or for K-State credit. In addition to UFM's education program, UFM also sponsors a variety of other projects and activities in the local area.



UFM's Teen Mentoring program served 49 teens and 55 mentors.



Other UFM Programs and Events:

- * UFM provides a representative payee service that averaged 35 clients per month.
- * UFM also hosts swim meets and other community events at the K-State Natatorium, Memorial stadium, and at the Ahearn Complex, serving nearly 5000 people last year.
- * UFM is one of the lead sponsors for the annual K-State Fair trade marketplace. 797 people purchased items from last year's event.
- * The Community Youth Scholarship Fund makes scholarships available for local youth to participate in activities in the Manhattan area. This income-based service is funded by the City of Manhattan and UFM serves as the grant administrator. Last year, 116 youth were provided scholarships for 19 different community activities in the amount of \$6,107.

UFM's Solar Addition was originally constructed in 1980, with funding from the U.S. Department of Energy. The building has recently undergone a renovation, and in addition to many other enhancements, it now features 15 photovoltaic cells, which are connected to Westar's electrical grid. The incorporation of the solar array is significantly reducing the amount of energy UFM consumes. In the 12 months since the solar array began generating electricity, UFM has saved 20-30% on monthly energy usage. Contact UFM if you would like more information about the Solar Addition.



Flint Hills Community Radio, KONZ FM, is a new community radio station coming to the Northern Flint Hills region. KONZ FM is not just another public radio station. KONZ is a collaborative effort of several area nonprofits, housed at UFM Community Learning Center. Our focus is on issues and programming that

reflect the interests and needs of the communities and audiences we serve. Community members will have the opportunity to participate in news and entertainment programming. The station will be volunteer-run, and modeled to stimulate, educate and entertain our audience.

Become a Member or a Volunteer!

KONZ depends on local support to provide this service to the community. Locally produced music and public affairs programming will keep you in touch with what's going on in your community. Nationally produced programs will open your window to the world and provide an in-depth picture of other places and other cultures. To become a member or make a donation, send your contribution to UFM, 1221 Thurston St, Manhattan, KS 66502. As a volunteer-operated station, KONZ welcomes and needs creative people to develop and sustain the station. For more information, email konzfm@tryufm.org. Watch for the upcoming "on-air" date!



UFM sponsors the Manhattan Community Garden. Last year, 118 families gardened; this program helps supplement food budgets, relieves stress, and fosters new friendships.

FOR MORE INFORMATION VISIT UFM AT WWW.TRYUFM.ORG
CONTACT UFM AT 539.8763 | INFO@TRYUFM.ORG



Information

Cathia Bailey Krehbiel
Carla Barta
Scott Bean
Daniel Bostrom
Dan Boyle
Jenni Brenner
Henry Brown
Charlene Brownson
Daryl Bussen
Kate Cashman
Matthew Cobb
Calley Crisman
Randi Dale
Kent Dennis
Habib Diop
Bill Dorsett

Kate Dubiel
Terri Eddy
David Espenosa
Gregg Eyestone
Bill Fraley
Ana Franklin
Jeff Gill
Jim Gregory
Jennifer Guilford
Jeff Gwirtz
Karla Hagemeister
Colleen Hampton
Kent Hampton
April Hart
Melissa Haug
Rebecca Hickert

Palma Holden
Andrew Hua
Michele Janette
Elizabeth Jankord
Stephanie Johnson
Sorkel Kadir, Ph.D
Gayathri Kambhampati
Tina Khalil
Diana Knox
Tom Korte
Carroll Lange, CWB
Pei Liu
Linda Madl
David Moore
Debbie Newton
Jim Peterson

Kelley Perkins
Emilie Rabbat
Amanda Ratzlaff
Christopher Renner
Lorissa Ridley-Fink
Dominique Saunders
Autumn Scoggan
David Seamon
Gail Selfridge
Michelle Selm
Sara Shea
Glenn Sixbury
Carrie Snyder
Paul Sodamann
Steve Spencer
Kay Stewart, Ph.D

Mei Hwa (Tina) Terhune
Abby Thrash
Elsa Toburen
Michael Tran
Amy Trujillo
Kennita Tully
Mark Vacca
Isaac Wakabayashi
Alison Watson
Donna Wilkins
Jeff Wilson
Stan Wilson
Chulee Yaege
Maya Zahira

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

ABOUT UFM CLASSES

UFM adheres to the philosophy that everyone can learn and everyone can teach. 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 provide a full refund if a class is canceled by UFM. If a student withdraws from a class 48 hours before the class begins, a full refund may be given, except for any published non-refundable material fees. No refunds will be given once class has started.

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.

LIABILITY STATEMENT

Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage or injury that may be sustained while using KSU or UFM facilities or participating in programs. KSU Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

NONDISCRIMINATION POLICY

UFM 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.

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.

DISABILITY SUPPORT SERVICES:

A student with a disability who wishes to request accommodations for a credit course should notify the course instructor or contact the Disability Support Services office, www.k-state.edu/dss, 785.532.6441 or dss@k-state.edu. Early notification is requested to ensure that accommodations can be provided in a timely manner.

ON CAMPUS REGISTRATIONS

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

DATE: August 26 & 27 (W/Th)

TIME: 11:00 AM to 1:00 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.

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

Enroll online at our website:

www.tryufm.org, (click noncredit)

*Updated frequently

*View classes/dates/times

*Get more information
on other UFM programs



Ways to Register



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 St., 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 through 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
 Card Number Expiration Date _____
 Card Cardholder's Name (Please Print) _____
 Cardholder's Signature _____

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 _____	_____		
			Discover _____	_____		

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

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