

WELCOME TO UFM! TABLE OF CONTENTS



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.

AQUATICS

SWIM LESSONS
INTERMEDIATE KAYAK CHAPTER WORKSHOP
SHALLOW & DEEP WATER AEROBICS
LIFEGUARD TRAINING/INSTRUCTOR/WSI
FITNESS SWIMMING

EARTH & NATURE

HOME LANDSCAPE DESIGN
CONSTRUCTING A WATER FEATURE
PLUGGING INTO THE SUN: SOLAR ENERGY
WORM COMPOSTING

LANGUAGE

FRENCH
ELEMENTARY ARABIC
BEG. SIGN LANGUAGE/SIGN LANGUAGE II
CHINESE

RECREATION & FITNESS

ZUMBA
INSOLE MOTION
AFRICAN DANCE
BICYCLING FOR TRANSPORTATION, FITNESS & FUN
YOGA FOR RUNNERS

4 CAREER & FINANCE

GRANT WRITING
LSAT AND GRE TEST PREP
NETWORKING & BLOGGING ON THE INTERNET
YOUR DIGITAL LIFE
GAIN CONTROL OF YOUR LIFE/BECOME DEBT FREE

13 FUN FOODS

SUSHI ROLLING
EASY CHINESE COOKING
PERUVIAN CUISINE
BEER TASTING

20 MARTIAL ARTS

JUDO I & II
TAE KWON DO I
BASICS/ADVANCED WHITE PHOENIX SYSTEMS
LAO HU PAI KUNG FU
KARATE SELF-DEFENSE

24 YOUTH

YOUTH DANCE
INTRO TO NUTCRACKER BALLET AND TAP
KARATE
PHOTO STORY FOR KIDS

8 CREATIVE FREE TIME

BEG./INTERMEDIATE JEWELRY MAKING
SCRAPBOOKING BASICS
GREETING CARD WORKSHOP
RECYCLED ROLLED PAPER BEADS
BEADING JEWELRY

15 HEALTH & WELLNESS

SHAOLIN QI GONG
LIVING THE ART: JIN SHIN JYUTSU
ANTIOXIDANTS AND GOOD NUTRITION
RESPONDING TO EMERGENCIES

22 PERSONAL INTEREST

CLUTTER CLEANING
INTRODUCTION TO VOICEOVERS
FENG SHUI
AUDIO RECORDING/EDITING

31 KSU CREDIT & SALINA CLASSES

SCUBA DIVING	GOLF
TENNIS	SWING & SALSA
ARCHERY	TURBO KICK™
TOTAL BODY TONING	CANOING

9

16

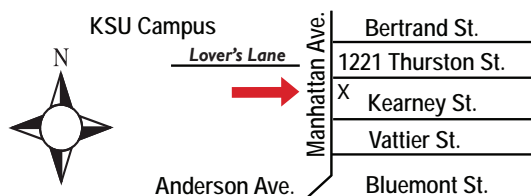
23

32

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)

*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 | JILL THIEN
Registrar/Media Coordinator | ANNETTE SWEET

PLUS ALL THE TEACHERS WHO SHARE THEIR TALENTS!

BOARD OF DIRECTORS

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INFORMATION

ABOUT UFM
CANCELLATION POLICIES
GENERAL POLICIES
UNIVERSITY CREDIT INFORMATION
REGISTRATION INFORMATION
INCLEMENT WEATHER POLICY
CLASS REGISTRATION FORMS

39

40



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



2

www.tryufm.org

1221 Thurston St.
785.539.8763

UFM PROGRAMS

www.tryufm.org



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.

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



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 JILL AT 539.8763.



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

FOR MORE INFORMATION ON ANY OF THESE PROGRAMS, CALL UFM AT 539.8763 OR VISIT UFM WEBSITE: WWW.TRYUFM.ORG

TEACH
LEARN
GROW

AQUATICS

LEARN TO SWIM CLASSES

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

LOCATION: KSU Natatorium - Ahearn Complex

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

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



BEGINNING & ENDING DATES (Levels I-VI and Adult Lessons)

(*Except Where Noted):

Session A:	Monday, Feb. 9 to April 20 (No class 3/16)
Session B:	Tuesday, Feb. 10 to April 21 (No class 3/17)
Session C:	Wednesday, Feb. 11 to April 22 (No class 3/18)
Session D:	Thursday, Feb. 12 to April 23 (No class 3/19)
*Session E:	Saturday, Feb. 14 to April 18 (No classes 3/14, 3/21)

*Session E will meet 8 times for 45 minutes for Levels I-VI; 4 times for 35 minutes for Privates, Tot Transition and Parent/Infant and Parent Tot and Lap Swimming.

Parent/Infant and Parent/Tot

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

Monday	6:00 PM to 6:30 PM
AQ-01P1	Feb. 9 to March 9
AQ-01P2	March 23 to April 20

Thursday	6:00 PM to 6:30 PM
AQ-04P1	Feb. 12 to March 12
AQ-04P2	March 26 to April 23

Saturday	9:30 AM to 10:05 AM
*AQ-05P1E	Feb. 14 to March 7
*AQ-05P2E	March 28 to April 18

Fee: \$29.00 per session (5 lessons)

Tot Transition

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

Tuesday	6:00 PM to 6:30 PM
AQ-01T1	Feb. 10 to March 10
AQ-01T2	March 24 to April 21

Wednesday	6:00 PM to 6:30 PM
AQ-03T1	Feb. 11 to March 11
AQ-03T2	March 25 to April 22

Saturday	9:30 AM to 10:05 AM
*AQ-05T1E	Feb. 14 to March 7
*AQ-05T2E	March 28 to April 18

Fee: \$29.00 per session (5 lessons)

Level I: Introduction to Water Skills

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

AQ-01A	Monday	6:45 PM to 7:25 PM
AQ-01B	Tuesday	6:45 PM to 7:25 PM
AQ-01C	Wednesday	6:45 PM to 7:25 PM
AQ-01D	Thursday	6:45 PM to 7:25 PM
*AQ-01E	Saturday	10:15 AM to 11:00 AM

Fee: \$54.00 per session (10 lessons)

Level II: Fundamental Aquatic Skills

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

AQ-02A	Monday	6:45 PM to 7:25 PM
AQ-02B	Tuesday	6:45 PM to 7:25 PM
AQ-02C	Wednesday	6:45 PM to 7:25 PM
AQ-02D	Thursday	6:45 PM to 7:25 PM
*AQ-02E	Saturday	10:15 AM to 11:00 AM

Fee: \$54.00 per session (10 lessons)

Ask about our
Adult & Youth scholarships
at 539.8763

**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





Level III: Stroke Development

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

AQ-03A	Monday	6:45 PM to 7:25 PM
AQ-03B	Tuesday	6:45 PM to 7:25 PM
AQ-03C	Wednesday	6:45 PM to 7:25 PM
AQ-03D	Thursday	6:45 PM to 7:25 PM
*AQ-03E	Saturday	10:15 AM to 11:00 AM

Fee: \$54.00 per session (10 lessons)

Level IV: Stroke Improvement

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

AQ-04A	Monday	6:45 PM to 7:25 PM
AQ-04B	Tuesday	6:45 PM to 7:25 PM
AQ-04C	Wednesday	6:45 PM to 7:25 PM
AQ-04D	Thursday	6:45 PM to 7:25 PM
*AQ-04E	Saturday	10:15 AM to 11:00 AM

Fee: \$54.00 per session (10 lessons)

Level V: Stroke Refinement

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

AQ-05A	Monday	6:45 PM to 7:25 PM
AQ-05B	Tuesday	6:45 PM to 7:25 PM
*AQ-05E	Saturday	10:15 AM to 11:00 AM

Fee: \$54.00 per session (10 lessons)

Level VI: Swimming and Skill Proficiency

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

AQ-06A	Monday	6:45 PM to 7:25 PM
AQ-06B	Tuesday	6:45 PM to 7:25 PM
*AQ-06E	Saturday	10:15 AM to 11:00 AM

Fee: \$54.00 per session (10 lessons)



Adult Swim Lessons

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

AQ-22E	Saturday	9:30 AM to 10:10 AM
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Fee: \$42.00 (8 lessons for 40 minutes)

Lap Swimming: Ages 13+

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

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

Fee: \$19.00 per session

Lap Swimming for Parents

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

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

Fee: \$16.00 per session



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 one to four times per week with fees listed under FEE BREAKDOWN.

Session AQSHA: 01/12/2009 to 02/05/2009
(No class 01/19)
Monday - Thursday (6:40pm to 7:30pm)

Session AQSHB: 02/09/2009 to 03/05/2009
Monday - Thursday (6:40pm to 7:30pm)

Session AQSHC: 03/09/2009 to 04/09/2009
(No class 3/16-3/19)
Monday - Thursday (6:40pm to 7:30pm)

Session AQSHD: 04/13/2009 to 05/07/2009
Monday - Thursday (6:40pm to 7:30pm)

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: 01/12/2009 to 05/07/2009
(No classes 01/19, 03/16-03/19)
Monday - Thursday (6:40pm to 7:30pm)

Fee: \$36 for 1 time per week per session
\$40 for 2 times a week per session
\$45 for 3 times a week per session
\$49 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.

Session A: 01/13/2009 to 02/05/2009
AQ-100A 6:40 PM to 7:30 PM (Tu/Th)

Session B: 02/10/2009 to 03/05/2009
AQ-100B 6:40 PM to 7:30 PM (Tu/Th)

Session C: 03/10/2009 to 04/09/2009
(No class 3/17, 3/19)
AQ-100C 6:40 PM to 7:30 PM (Tu/Th)

Session D: 04/14/2009 to 05/07/2009
AQ-100D 6:40 PM to 7:30 PM (Tu/Th)

Fee: \$29.00 per session

**Deep Water Hydroaerobics
for the Entire Semester**

Session E: 01/13/2009 to 05/07/2009
(No class 3/17, 3/19)
AQ-100E 6:40 PM to 7:30 PM (Tu/Th)

Fee: \$58.00

Private Swim Lessons AQ103

Private lessons provide one-on-one instruction for any level of swimmer. Lessons occur once a week. M-Th lessons are 30 minutes for 5 lessons; Sa lessons are 35 minutes for 4 lessons. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Private Lessons:

Session A1: Monday Feb. 9 to March 9
Session A2: Monday March 23 to April 20

Session B1: Tuesday Feb. 10 to March 10
Session B2: Tuesday March 24 to April 21

Session C1: Wednesday Feb. 11 to March 11
Session C2: Wednesday March 25 to April 22

Session D1: Thursday Feb. 12 to March 12
Session D2: Thursday March 26 to April 23

Session E1: Saturday Feb. 14 to March 7
Session E2: Saturday March 28 to April 18

Times for Monday - Thursday sessions:

6:00 PM to 6:30 PM

Times for Saturday sessions:

9:30 AM to 10:05 AM

Fee: \$69 per session
\$55 per student for semi-private lessons
(2 students per teacher, same swim level)



Open Swim Appreciation 09AAQ31A

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

Date: 04/05/2009 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Open Swim Appreciation 09AAQ31B

Date: 04/19/2009 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Sunday Family Swim 09AAQ32

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

Date: 04/05/2009 to 05/03/2009 (Su)
(No class 4/12)
Time: 5:00 PM to 7:00 PM
Fee: \$8.00/Individual; \$20.00/Family
Location: Natatorium, KSU Campus

Lifeguard Training 09AAQ35AZ

The American Red Cross program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. There will be a lunch break. Enrollment and certification requirements for this class are listed at www.tryufm.org. **Books available for purchase at UFM, 1221 Thurston St.

Instructor: Carol Russell, iteach@ksu.edu

Date: 03/23/2009 to 04/04/2009 (M/F/Sa)
Time: Precourse: 3/23 from 6:00 PM to 7:30 PM (M)
3/27 & 4/03 from 4:00 PM to 9:00 PM (F)
3/28 & 4/04 from 8:00 AM to 6:00 PM (Sa)
Fee: \$149.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus



Lifeguard Training 09AAQ35BZ

Instructor: Carol Russell, iteach@ksu.edu

Date: 04/17/2009 to 04/25/2009 (M/F/Sa)
Time: Precourse: 4/17 from 6:00 PM to 7:30 PM (F)
4/20 & 4/24 from 4:00 PM to 9:00 PM (M/F)
4/18 & 4/25 from 8:00 AM to 6:00 PM (Sa)
Fee: \$149.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Lifeguard Training 09AAQ35A

The American Red Cross program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. There will be a lunch break. Enrollment and certification requirements for this class are listed at www.tryufm.org. **Book and pocket mask available for purchase at UFM, 1221 Thurston St.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 04/24/2009 to 04/26/2009 (F-Su)
Time: 8:00 AM to 5:00 PM
Fee: \$149.00
Location: Natatorium, KSU Campus

Lifeguard Training 09AAQ35B

Instructor: Carol Russell, iteach@ksu.edu

Date: 05/17/2009 to 05/21/2009 (Su-Th)
Time: 5/17 from 5:00 PM to 9:00 PM (Su)
5/18 to 5/20 from 4:00 PM to 9:00 PM (M-W)
5/21 from 9:00 AM to 1:00 PM (Th)
Fee: \$149.00
Location: Natatorium, KSU Campus

Lifeguard Training 09AAQ35C

Instructor: Abby Thrash and Carol Russell

Date: 05/26/2009 to 05/26/2009 (Tu/W/Th)
Time: 8:00 AM to 5:00 PM
Fee: \$149.00
Location: Natatorium, KSU Campus

Scuba Diving 09AAQ105AZ

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 mask, fins, and snorkel, which will be available for purchase at the first class. Equipment ranges in price from \$100 to \$175. There is a nonrefundable materials fee of \$50 for withdrawing from the class after the first day. Instructor: Jeff Wilson, (785) 313-4231 wheatlan@kansas.net

Date: 01/26/2009 to 03/02/2009 (M)
(No class 2/7)
Time: 6:00 PM to 10:00 PM
Fee: \$232.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Scuba Diving 09AAQ105BZ

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

Date: 03/23/2009 to 04/27/2009 (M)
Time: 6:00 PM to 10:00 PM
Fee: \$232.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Scuba Diving 09AAQ105CZ

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

Date: 01/24/2009 to 03/07/2009 (Sa)
Time: 9:30 AM to 1:30 PM
Fee: \$232.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Lifeguard Challenge 09AAQ106

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

Date: 05/26/2009
Time: 5:15 PM to 10:15 PM
Fee: \$15.00
Location: Natatorium, KSU Campus

Fitness Swimming 09AAQ108AZ

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 Haug

Date: 01/27/2009 to 03/12/2009 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: \$82.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

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



Water Safety Instructor 09AAQ121Z

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach Swimming and Water Safety Program courses, including the Basic Water Rescue course, the six levels of Learn-to-Swim, WSI-aide, Water Safety Outreach presentations, and Parent and Child Aquatics. Please Note: The WSI course is NOT designed to teach you the required strokes and skills. Paired practice, coaching and drills are used to refine skills. Be prepared for reading, homework and presentations. Enrollment and certification requirements for this class are listed at www.tryufm.org. ***Books available for purchase at UFM, 1221 Thurston St.

Instructor: Carol Russell, iteach@ksu.edu

Date: 02/13/2009 to 2/21/2009 (M/F/Sa)
Time: 2/13, 2/16 & 2/20 from 4:00 PM to 9:00 PM (F/M)
2/14 & 2/21 from 8:00 AM to 6:00 PM (Sa)
Fee: \$180.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Lifeguard Instructor 09AAQ122Z

This class will provide candidates with the knowledge and skills necessary to teach Lifeguarding (including First Aid), Lifeguard Management, CPR for the Professional Rescuer, AED Essentials, Oxygen Administration for the Professional Rescuer, Community Water Safety, and Basic Water Rescue. With additional training and for those meeting the prerequisites, interested candidates would also be able to teach Safety Training for Swim Coaches and/or Waterfront Lifeguarding. Enrollment and certification requirements for this class are listed at www.tryufm.org. ***Books available for purchase at UFM, 1221 Thurston St.

Instructor: Carol Russell, iteach@ksu.edu

Date: 04/06/2009 to 04/25/2009 (M/W/F/Sa)
Time: Precourse: 4/06 from 4:00 PM to 9:00 PM (M)
4/10, 4/17 & 4/24 from 4:00 PM to 9:00 PM (F)
4/11, 4/18 & 4/25 from 8:00 AM to 6:00 PM (Sa)
Fee: \$149.00 (Available for KSU Credit)
Location: Natatorium, KSU Campus

Intermediate Kayak Chapter Workshop 09AAQ109A

Instructor: T.J. Hittle, tjhittle@yahoo.com

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

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

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

EQUIPMENT AND LOCATION NEEDS:

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

NOTE:

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

Date: 01/25/2009 (Su)
Time: 8:30 AM to 12:30 PM
Fee: \$22.00
Location: Natatorium, KSU Campus, Park in west parking lot. Drop boats off in the Natatorium Alley.

Intermediate Kayak Chapter Workshop 09AAQ109B

Instructor: T.J. Hittle, tjhittle@yahoo.com

Date: 02/22/2009 (Su)
Time: 8:30 AM to 12:30 PM
Fee: \$22.00
Location: Natatorium, KSU Campus, Park in west parking lot. Drop boats off in the Natatorium Alley.

CAREER & FINANCE

Gain Control of Your Money and Become Debt Free **09AFC01**

Do you have too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on debt and insurance? This class will cover 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) 776-3666
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: 04/07/2009 to 04/14/2009 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: Individual-\$12.00/Couple-\$16.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

GRE Prep Course **09AFC06**

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: 02/02/2009 to 03/11/2009 (M/W)
Time: 7:00 PM to 9:00 PM
Fee: \$270.00
Location: TBA

ABCs of Grant Writing **09AFC09**

Whether you're a volunteer or staff member in one of the many non-profit organizations in Kansas, grant writing is a key ability to have to ensure the success of your mission. Learn the basics of grant research, prospect research, and the basic types of grants in this hands-on workshop.

Instructors: Linda Teener & Marcia Hornung, UFM Staff

Date: 04/25/2009 (Sa)
Time: \$22.00
Location: UFM Multipurpose Room
1221 Thurston St.

LSAT Prep Course **09AFC24**

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. Deadline one week prior to class or \$20 extra class fee to order materials.

Date: 3/24/2009 to 4/30/2009 (Tu/Th)
Time: 7:30 PM to 9:30 PM
Fee: \$270.00
Location: TBA



Networking and Blogging on the Internet **09AFC52**

Learn about the social networks and blogs on the Internet. You will learn how to create an account on the sites, modify your privacy options, journal in your online blog, upload pictures, and search for others on the sites. The main websites that will be used during class are: LiveJournal (online blog), MySpace, Facebook, and YouTube (videos.) It is recommended that you have basic Internet and computer skills before taking this course. This class is for adults.

Instructor: Amy Trujillo

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: 01/24/2009 (Sa)
Time: 9:30 AM to 11:30 AM
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave.

Your Digital Life **09AFC53**

This class includes iPod and iTunes skills, uploading and ordering photographs, audio books online, and creating your own books. Bring your iPod, digital photos from your camera, and your imagination to this class. If you can't bring anything, no worries! You can still learn how to do it so you are prepared when you get your own. Some of the websites and programs that will be used in this class are iTunes, audio books websites, www.realebooks.com, and photo sharing websites. It is recommended that you have basic Internet and computer skills before taking this course. This class is for teens and adults.

Instructor: Amy Trujillo

Date: 03/28/2009 (Sa)
Time: 9:30 AM to 11:30 AM
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave.

Introduction to Microsoft Photo Story and Movie Maker **09AFC60**

Bring your memories to life with Photo Story and Movie Maker. You will learn everything you will need to create your own Photo Story or movie to use as gifts, personal, and professional use. Feel free to bring your own pictures or videos on a flash drive to include in your project. Photo Story and Movie Maker are free programs that run on Microsoft Windows. It is recommended that you have basic computer and Internet skills before taking this course. This class is for adults.

Instructor: Amy Trujillo

Date: 02/21/2009 (Sa)
Time: 9:30 AM to 11:30 AM
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave.



Flint Hills PFLAG-
Parents, Families and Friends of Lesbians,
Gay and Transgendered Support Group



Please come and support the Chapter and join us as we continue to listen, support, educate and advocate for GLBT people and their families and friends. An educational presentation about GLBT issues is provided at each meeting and there is always an opportunity to socialize and network. Call support line @785/410.3130. Informal Family Support Group.

More info at www.fhpf.org | Regular meetings third Tuesday of each month
Location: First Congregational Church | 700 Poyntz Ave. | Manhattan, KS



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CREATIVE FREE TIME

Join new instructor Gen Gardner for Beading Jewelry in February.

Make unique and beautiful jewelry with Recycled Rolled Paper Beads in March.

Scrapbooking Basics-one time class in February taught by Amy Hervey.

Check out pictures of jewelry & other projects on UFM's website, www.tryufm.org

Beginning Knitting 09ACF05A

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

Instructor: Kennita Tully, (785) 537-1826

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

Date: 01/20/2009 to 02/10/2009 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting 09ACF05C

Instructor: Kennita Tully, (785) 537-1826

Date: 02/18/2009 to 03/11/2009 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting 09ACF05B

Instructor: Kennita Tully, (785) 537-1826

Date: 03/31/2009 to 04/21/2009 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Basic Jewelry Making 09ACF11

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. 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: 03/28/2009 to 05/09/2009 (Sa)
Time: 9:00 AM to Noon
Fee: \$125.00
Location: UFM Solar Addition
1221 Thurston St.



Intermediate Jewelry Making 09ACF13

In this class, students will learn more advanced techniques of fabricating fine jewelry through a series of 3 planned projects. All projects will be in sterling silver and include forged bangle bracelet, raised earrings and a basket style pendant. Techniques learned will include forging, forming, raising, advanced soldering and faceted stone setting in a prong setting. Students must have taken a Basic Jewelry Making class or have experience soldering silver. 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

Date: 03/28/2009 to 05/09/2009 (Sa)
Time: 1:00 PM to 4:00 PM
Fee: \$170.00
Location: UFM Solar Addition
1221 Thurston St.

Poker Night 09ACF30

This class will discuss the basic rules of Texas Hold'em (and its variations) as well as betting, strategies and 'table' manners. If you are sick of winning five bucks from your friends every Wednesday and you want to step up your game to the casino level, then this may be your best bet. Luck will get you so far, but skill will get you farther. Instructor: Adam Durar, (785) 317-1845, durar@ksu.edu

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

Date: 04/17/2009 (F)
Time: 8:00 PM to 9:30 PM
Fee: \$15.00
Location: UFM Fireplace Room
1221 Thurston St.



Scrapbooking Basics

09ACF64

New to scrapbooking? Feeling overwhelmed with pictures and need to get caught up? In this class, you will complete 8 layouts in less than 2 hours! All your pieces will be pre-cut so all you have to do is bring your own adhesive and glue it all together using the examples at the class. Class fee includes materials and instructions. Deadline registration is February 9th.

Instructor: Amy Hervey

Amy Hervey is an Independent Consultant with Close To My Heart.

Date: 02/26/2009 (Th)
 Time: 7:00 PM to 9:00 PM
 Fee: \$23.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor



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

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

09ACF65

Digital imaging is becoming increasingly popular and the development of the "digital darkroom" has made it possible for people to make high quality prints of photographs or other artwork at home. Students will use Adobe Photoshop Elements 5 (the freeware image processing software GIMP is also available) as well as inkjet printing.

Some of the topics to be covered will include introduction to the idea of a constant workflow, introduction to Photoshop and image editing software, image capture (either with a scanner or digital camera), using camera RAW, image resolution and size, color management, basic image adjustments such as levels and curve adjustments, color correction, dust and scratch clean-up, an introduction to layers, making prints with inkjet printers, and organizing and archiving your digital photos.

Special topics such as assembling panoramas and combining multiple exposures will also be introduced. Photographs will be processed in real time using Photoshop during the class and students will get a chance to work on some of their own photos. An example print will also be made during class.

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: 01/20/2009 to 01/29/2009 (Tu/Th)
 Time: 7:00 PM to 9:00 PM
 Fee: \$48.00
 Location: UFM Computer Lab
 1221 Thurston St., 2nd floor

Introduction to Photography

09ACF78

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 class room 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. In addition, participants are encouraged to bring photographs from the field trips to the following class session for discussion.

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

Date: 02/12/2009 to 03/12/2009 (ThSa)
 Time: 7:00 PM to 9:00 PM
 Fee: \$68.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor




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Recycled Rolled Paper Beads 09ACF72

Don't toss out your old magazines! Get creative and learn how to make your own unique jewelry for next-to-nothing with these beautiful recycled magazine beads. Please bring any magazines of your choice.

Instructor: Charlene Brownson

Date: 03/23/2009 & 03/30/2009 (M)
 Time: 6:30 PM to 8:00 PM
 Fee: \$10.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Scrapbook Album in a Box 09ACF94

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

Instructor: Donna Wilkins, (785) 539-1753
 sgtmomz@juno.com

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

Date: 01/27/2009 (Tu)
 Time: 6:00 PM to 7:30 PM
 Fee: \$15.00
 Location: UFM Kitchen, 1221 Thurston St.

Name in a Frame 09ACF95

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 great gift for newlyweds or nice addition to a child's room after you have personalized.

Instructor: Donna Wilkins, (785) 539-1753
 sgtmomz@juno.com

Date: 02/16/2009 (M)
 Time: 6:00 PM to 7:30 PM
 Fee: \$15.00
 Location: UFM Kitchen, 1221 Thurston St.

.....
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 •.....

Greeting Card Workshop 09ACF96

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.

Instructor: Donna Wilkins, (785) 539-1753
 sgtmomz@juno.com

Date: 03/23/2009 (M)
 Time: 6:00 PM to 7:30 PM
 Fee: \$15.00
 Location: UFM Kitchen, 1221 Thurston St.

Basic Corset Making 09ACF97

Our class will cover basic corsetry construction from measuring the form, pattern alteration, corset construction, to final fitting of the corset. We will also discuss some of the facts and fiction of corsetry. Whatever your need - bridal wear, historical dressmaking, or health - a custom fitted corset can be an incredibly comfortable undergarment. All materials and tools will be provided. Please bring a sewing machine to class if you have one. There will be several machines available for students who do not have a sewing machine. Please indicate if you will be bringing a machine when you enroll. **NOTE: This class has a non-refundable course fee. Registration deadline is February 14.

Instructor: Emme Hackney, emme@wamego.net

Emme has been sewing since she was a small child when her mother let her loose with the Singer, making doll clothes. She has always loved textiles and sewing. She opened emmesgarden.com in 2000, which offers custom sewn historical, maternity, and classic modern clothing. She loves to share the craft of sewing with others and teaches private lessons in basic sewing, clothing construction, and quilting at her home near Flush, KS.

Date: 02/28/2009 to 03/21/2009 (Sa)
 Time: 1:00 PM to 4:00 PM
 Fee: \$99.00 includes materials
 Location: TBA

Multi-Cultural Waldorf Doll Making 09ACF98

This is a hands-on class for anyone interested in making natural toys. We will be making a German style Waldorf doll with natural fibers for children aged 3 and up (hypoallergenic materials are available for those allergic to wool) and a durable knotty doll for babies and toddlers. No prior sewing experience is required. Each doll is made to look like the child who will be receiving the doll. We will match skin color, hair color, and eye color. You will be taking home a beautiful heirloom doll and the ability to make more. **NOTE: This class has a non-refundable course fee. Registration deadline is January 22.

Instructor: Emme Hackney, emme@wamego.net

Emme has been making dolls for more than 10 years. She started when her husband was a starving grad student, and she wanted to give her daughter a Magic Cabin Doll but couldn't afford the \$135.00 price tag. Instead, she taught herself how to make them and has been making them ever since.

Date: 01/31/2009 to 02/14/2009 (Sa)
 Time: 1:00 PM to 4:00 PM
 Fee: \$99.00 includes materials
 Location: 7675 Jenkins Road, St. George, KS



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Beaded Jewelry **09ACF99**
 Learn how to make Beaded Bracelets, Earring and Necklaces. There will be 3 projects, one every three weeks. Instructor will provide bearding wire crimps beads, clasps and will have beads that students can use and purchase as well. Ages 13+. Deadline for registration is January 27. Instructor: Genevieve Gardner

Gen is a native of Manhattan, and has been making beaded jewelry for 8 years.

Date: 02/03/2009 to 04/07/2009 (Tu)
 (No class 3/17)
 Time: 6:00 PM to 7:30 PM
 Fee: \$25.00/Materials Fee, \$85.00
 Location: UFM Multipurpose Room
 1221 Thurston St.

Creative Journal Writing **09ACF102**
 Share the why-and-how to record your thoughts, travels, ideas, family history, or innermost reflections. Bring a friend to this two-session workshop that explores, through discussion and example, the variety of journals, the benefits of journaling, and the list of fascinating published journals waiting to be read. Instructor: Linda Madl, lsmadl@att.net

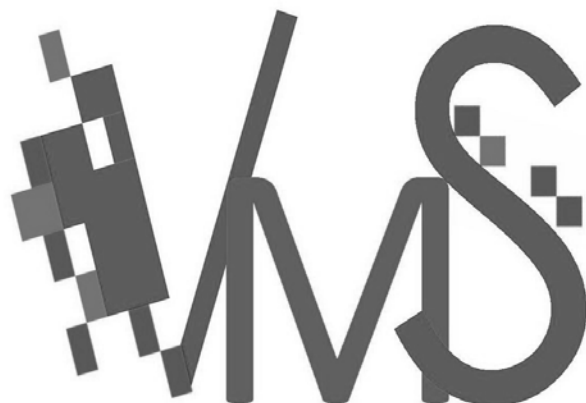
Linda Madl is a local author of novels, short stories, and her own journal.

Date: 02/11/2009 & 02/25/2009 (W)
 Time: 7:00 PM to 9:00 PM
 Fee: \$17.00
 Location: UFM Multipurpose Room
 1221 Thurston St.



Tic Tac Toetally **09ACF000**
 Do you think that three X's in a row sounds like a bad marriages discussion on a daily talk show? Think again. Three X's will make you say OOOh in this class designed to discuss the intricacies and strategy of Tic-Tac-Toe. This is no flight of feline fancy as cat's games will not be tolerated. The instructor, Trey Downs, is an avid and certified tic-tac-tologist who has studied at the "feet" of Brewster the Rooster the famed poultry player from Pike's Peak. This class accepts novices all the way up to nearly-professionals. Players who have ever received monetary compensation for their play are ineligible.

Date: 02/22/2009 (Su)
 Time: Midnight to 1:00 AM
 Fee: -\$1.00
 Location: UFM



Thursday, February 5, 2009

Thursday, March 5, 2009

Thursday, April 2, 2009

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Grassroots Award

The Grassroots Community Education Award is an annual recognition by UFM for someone who has made an outstanding contribution to grassroots community education and learning. The 28th recipient of the UFM Grassroots Community Education Award is Bruce Snead.

Bruce is a State Extension Specialist at Kansas State University. He conducts technical training and public education on the issues of radon, indoor air quality, energy efficiency and sustainable communities.

Bruce not only serves the community, the state and the region, but he has had a personal interest in UFM, our community efforts and our energy projects. Bruce is a former UFM staff member who has continued to lend his expertise, advise and encouragement as we renovated the Solar addition.

Bruce was involved in building the Solar Addition in 1980, managed the construction and worked with the Construction staff. Bruce also taught classes at UFM on the UFM Solar greenhouse and on Residential Energy Conservation. He provided great assistance during the recent renovation.

Bruce has been a friend to Manhattan, to the state of Kansas and to UFM as he furthers the mission of community dialog, energy efficiency, conservation and sustainability.



EARTH & NATURE



Fly Fishing 09AEN04AZ

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: 01/26/2009 to 02/05/2009 (M-Th)
 Time: 6:00 PM to 8:00 PM
 Fee: \$95.00
 Location: KSU Durland Hall Room 1061

Fly Fishing 09AEN04BZ

Instructor: Paul Sodamann, (785) 494-2340

Date: 02/23/2009 to 03/05/2009 (M-Th)
 Time: 6:00 PM to 8:00 PM
 Fee: \$95.00
 Location: KSU Durland Hall Room 1061

Fly Fishing 09AEN04CZ

Instructor: Paul Sodamann, (785) 494-2340

Date: 04/06/2009 to 04/16/2009 (M-Th)
 Time: 6:00 PM to 8:00 PM
 Fee: \$95.00
 Location: KSU Durland Hall Room 1061

Home Landscape Design 09AEN08

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: 02/03/2009 to 02/17/2009 (Tu)
 Time: 6:30 PM to 8:30 PM
 Fee: \$16.00
 Location: Cico Park-Pottorf Hall

Constructing a Water Feature and Other Landscaping Ideas 09AEN10

Students will discuss the construction of a garden water feature; two different types will be seen. Other landscaping ideas will also be presented and discussed including path construction and rock wall construction.

Instructor: George Wyatt, (785) 539-8720
 george@wyatttraining.com

George W. Wyatt is President of George W. Wyatt Consulting and Training, Inc., an insurance continuing education provider based in Manhattan, KS. In his spare time George enjoys reading, woodworking and other craft projects. His yard has twice been on the Manhattan Garden tour.

Date: 04/09/2009 (Th)
 Time: 6:30 PM to 8:30 PM
 Fee: \$12.00
 Location: 1725 Sheffield Circle

Successful Container Gardening 09AEN16

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

Instructor: Colleen 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: 03/30/2009 (M)
 Time: 6:30 PM to 8:30 PM
 Fee: \$12.00
 Location: UFM Solar Addition, 1221 Thurston St.

Gardening Simplified! 09AEN60

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

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

Date: 03/09/2009 (M)
 Time: 6:30 PM to 8:30 PM
 Fee: \$12.00
 Location: UFM Solar Addition, 1221 Thurston St.

Growing Veggies 4 Flavor & Fun 09AEN61

People who have never gardened or those who haven't in a while are now growing vegetables and herbs for fun, health, and economy. Garden for freshness and flavor, save on your grocery bill, minimize pesticide exposure, and avoid tainted produce. It's also a way to share your bounty with neighbors and friends!

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

Date: 03/23/2009 (M)
 Time: 6:30 PM to 8:30 PM
 Fee: \$12.00
 Location: UFM Solar Addition, 1221 Thurston St.

Perennial Flowers & Grasses 09AEN62

Kansas has a climate that can be difficult for flowering plants. Find out which perennials can not only tolerate but do well in our sun and wind.

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

Date: 04/06/2009 (M)
 Time: 6:30 PM to 8:30 PM
 Fee: \$12.00
 Location: UFM Solar Addition, 1221 Thurston St.



Young Earth Creationist 09AEN27

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

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: 01/17/2009 to 05/09/2009 (Sa)
 Time: Noon to 4:00 PM
 Fee: \$12.00
 Location: 7102 Abbott Drive, Cedar Creek Ranch

Spring Plant Swap 09AEN37

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

Date: 04/25/2009 (Sa)
 Time: 11:00 AM to Noon
 Fee: No Charge
 Location: UFM Solar Addition, 1221 Thurston St.



ENROLL ONLINE AT WWW.TRYUFM.ORG



Solar Energy For Your Home

09AEN44

Discussion will include solar thermal systems for heating your home and providing domestic hot water. These are the most cost-effective applications of solar energy and can be well within the skills and tools of you and your neighbors. 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: 03/07/2009 (Sa)
 Time: 3:00 PM to 4:30 PM
 Fee: No Charge
 Location: UFM Solar Addition, 1221 Thurston St.

Plugging into the Sun: Solar Energy

09AEN53

Whether you are concerned about energy independence, climate change, national security or just your own pocketbook, renewable energy is enormously popular for people from all political parties and backgrounds. We will also discuss the different parts of the system at UFM's Solar Addition.

We are expanding this class to two Saturdays with two distinct subjects: Independent Power Supplies and Connected to the Power Lines (electric systems connected powerlines in KS). We'll discuss both choices as well as the hardware required to do either. Instructor: Bill Dorsett, (785) 539-1956 wmdorsett@sbcglobal.net

Date: 02/28/2009 to 03/07/2009 (Sa)
 Time: 1:00 PM to 2:30 PM
 Fee: No Charge
 Location: UFM Solar Addition, 1221 Thurston St.

Hypermiling

09AEN55

Fewer topics have concentrated our attention like today's cost of gasoline. Getting better mileage with better driving techniques will allow us to increase the number of miles we get on each gallon of gas. We will discuss existing as well as near future possibilities. Instructor: Bill Dorsett, (785) 539-1956 wmdorsett@sbcglobal.net

Date: 02/28/2009 (Sa)
 Time: 3:00 PM to 4:00 PM
 Fee: No Charge
 Location: UFM Solar Addition, 1221 Thurston St.

Spring Wildflowers on the Konza

09AEN45

Join Mike Haddock, author of Wildflowers and Grasses of Kansas: A Field Guide, for a spring wildflower walk at the Konza Prairie Biological Station. Meet at the Konza Prairie trail head parking area. Please wear clothing and footwear appropriate for walking in heavy vegetation. In the event of rain, the walk will not be held. Instructor: Mike Haddock, haddock@ksu.edu

Date: 05/18/2009 (M)
 Time: 5:30 PM to 7:30 PM
 Fee: No Charge
 Location: Konza Prairie Trail Head



Worm Composting

09AEN59A

Come and meet UFM's new residents! Get details on how to create your own worm composting system. Worm composting is a method for recycling food waste into a rich, dark, earth-smelling soil conditioner. Add your food waste for a period of time, and the worms and micro-organisms will eventually convert the entire contents into rich compost. All ages are welcome! Instructors: Deane Lahman & Jennifer Guilford, jguilfo@ksu.edu

Jennifer Guilford is a K-State student in Horticulture with a minor in Leadership Studies.

Date: 03/11/2009 (W)
 Time: 6:00 PM to 7:00 PM
 Fee: No Charge
 Location: UFM Solar Addition, 1221 Thurston St.

Worm Composting

09AEN59B

Instructors: Deane Lahman & Jennifer Guilford, jguilfo@ksu.edu

Date: 03/25/2009 (W)
 Time: 6:00 PM to 7:00 PM
 Fee: No Charge
 Location: UFM Solar Addition, 1221 Thurston St.



The Manhattan Community Garden is a cooperative gardening project located in the south part of Manhattan, Kansas. Land is provided by the City of Manhattan and supervised by UFM. The Garden is located in southern Manhattan at 9th and Riley Lane. Over 150 plots are available on an annual basis. A small plot rental fee is charged to cover costs of operating the program.

Rent is charged on a sliding fee scale to allow all income groups to participate. Water, mulch, tools, seeds and advice are available.

For more information, call UFM at (785) 539-8763 or e-mail info@tryufm.org.

Plot Signup and Orientation dates take place in January and February each year.



2009 SPRING SIGN UPS

RETURNING GARDENERS
 JANUARY 7 AT 7 PM (W)

NEW GARDENERS
 FEBRUARY 4 AT 7 PM (W)
 FEBRUARY 14 AT 10-NOON (SA)

ORIENTATION & SIGN UP
 ALL DATES ABOVE AT UFM, 1221 THURSTON ST.

SPRING PLANT SWAP



APRIL 25, 2009 11:00 am to Noon

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

UFM Community Learning Center
 1221 Thurston St.



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



FUN FOODS



Introduction to Sushi Rolling 09AFF16

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

Instructor: Jeff Pfannenstiel

Date: 04/24/2009 (F)
Time: 6:30 PM to 9:00 PM
Fee: \$25.00
Location: UFM Kitchen, 1221 Thurston St.

Evening of Southern Italian Cooking 09AFF35

Italians love the spring and the bounty it brings in fresh tomatoes, beans, eggplant, peppers, fresh greens and basil. Meats are grilled and often the kitchen moves to the back porch to keep the house cool in the summer heat. Join us for an opportunity to have a traditional Southern Italian fare. Wine will also be provided for participants age 21 and older.

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

Date: 04/03/2009 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$25.00
Location: UFM Banquet Room
1221 Thurston St.

An Evening with Wine and Chocolate 09AFF38

Chocolate, wine and romance aren't just the quickest ways to your true love's heart. Recent studies suggest that these indulgences are also the way to a healthy heart. Come enjoy some terrific red wines, paired with chocolate for a fun and relaxed evening. Bring your "true love" or bring some friends, and make your heart happy this Friday Night Out! Participants must be 21 years of age to enroll in this class.

Instructor: Bob Campbell

Date: 04/10/2009 (F)
Time: 7:00 PM to 9:00 PM
Fee: \$25.00
Location: UFM Banquet Room
1221 Thurston St.



Beer Tasting 09AFF39A

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: 03/06/2009 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$12.00
Location: Tallgrass Brewing Company
8845 Quail Lane, Suite 1

Beer Tasting 09AFF39B

Instructor: Jeff Gill

Date: 05/08/2009 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$12.00
Location: Tallgrass Brewing Company
8845 Quail Lane

Easy Chinese Cooking 09AFF47A

Change your mood with different foods! Learn how to make Chinese potluck. It's easy, convenient and delicious. Deadline for registration is one week prior to start of class.

Instructor: Yin Ziyin, hdluzy@163.com

Yin Ziyin has a lot of experience making different kinds of Chinese potluck while studying at a Chinese cooking school in China.

Date: 01/25/2009 (Su)
Time: 7:00 PM to 9:00 PM
Fee: \$18.00
Location: UFM Kitchen, 1221 Thurston St.

Easy Chinese Cooking 09AFF47B

Deadline for registration is one week prior to start of class.

Instructor: Yin Ziyin, hdluzy@163.com

Date: 02/08/2009 (Su)
Time: 7:00 PM to 9:00 PM
Fee: \$18.00
Location: UFM Kitchen, 1221 Thurston St.

Peruvian Cuisine 09AFF48

Come and discover a fun way to learn to cook Peruvian dishes and the richness of the Peruvian cuisine. We will prepare three dishes, one from each region of Peru (coast, highland and jungle). Peruvian food is often considered to be the best food in South America.

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

Date: 05/01/2009 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$24.00
Location: UFM Banquet Room
1221 Thurston St.

Chinese Cuisine 09AFF49

Anyone who loves Asian food is welcome to join! You will learn how to cook Chinese food in the simplest way. We will also discuss some Chinese Cuisine history and culture during class. Any food lover will enjoy! Deadline for registration is Jan. 22.

Instructor: Zoe Zhou

Zoe Zhou is the president of the International Coordinating Council and graduate assistant of After Hours at K-State's Union Program Council. She has taught Chinese language classes and has a food safety handling license.

Date: 01/29/2009 (Th)
Time: 6:00 PM to 8:00 PM
Fee: \$22.00
Location: UFM Banquet Room, 1221 Thurston



HEALTH & WELLNESS

Get CPR Certified with Community CPR and First Aid classes!

Learn about Antioxidants and Good Nutrition for a longer life.

Check out our new class Shaolin Qi Gong with new instructor Mat Blake!

Sahaj Marg Meditation

09AHW02

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: 02/15/2009 to 05/03/2009 (Su)
(No class 3/15 or 3/22)

Time: 10:00 AM to Noon

Fee: No Charge

Location: UFM Solar Addition
1221 Thurston St.

Living the Art: Jin Shin Jyutsu

09AHW08

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.

Instructor: Kate Cashman, (785) 537-1911

Kate Cashman has been studying Jin Shin Jyutsu when she took a self-help class with UFM in 1998. She is a certified Jin Shin Jyutsu practitioner and Self-Help instructor.

Date: 02/04/2009 to 02/18/2009 (W)

Time: 7:00 PM to 9:00 PM

Fee: \$26.00

Location: 1421 Colorado Street

Beginning Yoga

09AHW15AZ

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. "My purpose is to give people a way that they can improve all areas of their lives so that they become happier, healthier and more relaxed."

Date: 01/15/2009 to 03/05/2009 (Th/Tu)

Time: 10:00 AM to 11:00 AM

Fee: \$99.00

Location: KSU Ahearn Room 302

Beginning Yoga

09AHW15BZ

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

Date: 01/21/2009 to 03/11/2009 (W/M)

Time: 10:00 AM to 11:00 AM

Fee: \$99.00

Location: KSU Ahearn Room 302

Beginning Yoga

09AHW15CZ

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

Date: 01/21/2009 to 03/11/2009 (W/M)

Time: 7:00 PM to 8:00 PM

Fee: \$99.00

Location: KSU Ahearn Room 302

Beginning Yoga

09AHW15DZ

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

Date: 03/23/2009 to 05/06/2009 (M/W)

Time: 10:00 AM to 11:00 AM

Fee: \$99.00

Location: KSU Ahearn Room 302

Beginning Yoga

09AHW15EZ

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

Date: 03/23/2009 to 05/06/2009 (M/W)

Time: 7:00 PM to 8:00 PM

Fee: \$99.00

Location: KSU Ahearn Room 302

Intermediate Yoga

09AHW21Z

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. Please call or email her at 785-341-9908 or yogaconnection@gmail.com.

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

Date: 03/10/2009 to 05/07/2009 (Tu/Th)
(No class 3/17, 3/19)

Time: 10:00 AM to 11:00 AM

Fee: \$99.00

Location: KSU Ahearn Room 302

Responding to Emergencies

09AHW19AZ

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: 02/07/2009 to 02/21/2009 (Sa/Su)

Time: Noon to 6:30 PM

Fee: \$138.00

Location: UFM Banquet Room
1221 Thurston St.



Community CPR, FirstAid/AED 09AHW25A

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; controlling bleeding; and many other useful skills. Materials not included in fee; need to buy 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: 01/23/2009 to 01/24/2009 (F/Sa)
Time: (F) 6:30 to 9:30 PM;
(Sa) 8:00 AM to Noon
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, FirstAid/AED 09AHW25B

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/24/2009 (Sa)
Time: Noon to 7:00 PM
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, FirstAid/AED 09AHW25C

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/24/2009 to 01/25/2009 (Sa/Su)
Time: (F) 7:00 PM to 10:00 PM
(Sa) 8:00 AM to Noon
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, FirstAid/AED 09AHW25D

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/06/2009 to 02/07/2009 (F/Sa)
Time: (F) 6:30 to 9:30 PM;
(Sa) 8:00 AM to Noon
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, FirstAid/AED 09AHW25E

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/07/2009 (Sa)
Time: Noon to 7:00 PM
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, FirstAid/AED 09AHW25F

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/07/2009 to 02/08/2009 (Sa/Su)
Time: (F) 7:00 PM to 10:00 PM
(Sa) 8:00 AM to Noon
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, FirstAid/AED 09AHW25G

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/20/2009 to 02/21/2009 (F/Sa)
Time: (F) 6:30 to 9:30 PM;
(Sa) 8:00 AM to Noon
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Community CPR, FirstAid/AED 09AHW25H

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/21/2009 (Sa)
Time: Noon to 7:00 PM
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, FirstAid/AED 09AHW25I

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/21/2009 to 02/22/2009 (Sa/Su)
Time: (F) 7:00 PM to 10:00 PM
(S) 8:00 AM to Noon
Fee: \$43.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

•••••
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• **PROJECTS. WE WANT TO HEAR FROM YOU!**
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• **INFO@TRYUFM.ORG TO SHARE YOUR IDEAS!**
•••••

Beginning Tai Chi Chaun 09AHW31

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: 02/11/2009 to 03/11/2009 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$45.00
Location: UFM Banquet Room, 1221 Thurston St.



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**A Day of Painting & Yoga on
Tuttle Creek Lake: Date/Time TBA*

**Basic Organic Gardening & Composting:
Date/Time TBA*

For more information:
Contact the Wonder Workshop at 785/776-1234 or
wonder@kansas.net | www.wonderworkshop.org

HW CONTINUED

Guided Meditation: Journey to the Seven

Directions

09AHW66A

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: 02/28/2009 (Sa)
Time: 10:00 AM to Noon
Fee: \$28.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Guided Meditation: Journey to the Seven

Directions

09AHW66B

Instructor: Palma Holden, (785) 539-1183

Date: 03/28/2009 (Sa)
Time: 10:00 AM to Noon
Fee: \$28.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Meditation & Relaxation:

Introduction to Guided Meditation

09AHW69

In this class, we'll discuss common components of meditation: creating sacred space; centering and grounding; breathing more deeply, clearing energy centers, and we will participate in a guided meditation known as deeksha.

Instructor: Palma Holden, (785) 539-1183

Date: 04/11/2009 (Sa)
Time: 10:00 AM to Noon
Fee: \$28.00
Location: UFM Conference Room, 1221 Thurston



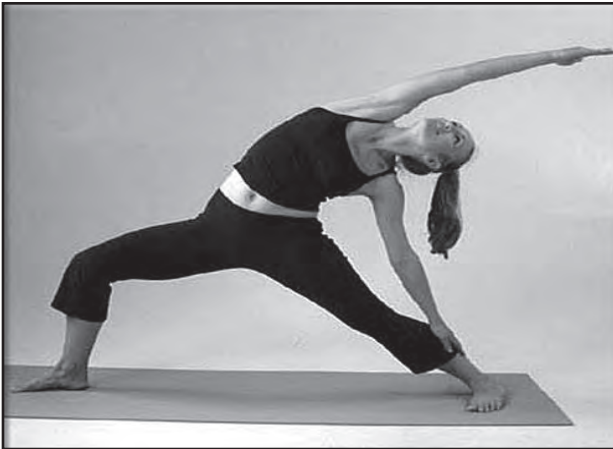
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Peace Meditations:

Global Prayer Project

09AHW71

Weekly live or recorded guided meditations focused on creating peace in our lives and the world. Featuring global peace meditations by James & Salle Redfield of celestinevision.com. Sponsored by Unity Church of Manhattan.

Instructors: Palma Holden, (785) 539-1183 & Tim Sidorfsky

Date: 01/27/2009 to 04/07/2009 (Tu)
Time: 6:45 PM to 8:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

Evening Yoga

09AHW88A

Close your day with gentle yogic movements and breathing 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: 01/26/2009 to 02/16/2009 (M)
Time: 7:15 PM to 8:45 PM
Fee: \$36.00
Location: UFM Multipurpose Room
1221 Thurston St.

Evening Yoga

09AHW88B

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

Date: 02/23/2009 to 03/16/2009 (M)
Time: 7:15 PM to 8:45 PM
Fee: \$36.00
Location: UFM Multipurpose Room
1221 Thurston St.

Evening Yoga

09AHW88C

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

Date: 03/23/2009 to 04/13/2009 (M)
Time: 7:15 PM to 8:45 PM
Fee: \$36.00
Location: UFM Multipurpose Room
1221 Thurston St.

Evening Yoga

09AHW88D

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

Date: 04/20/2009 to 05/11/2009 (M)
Time: 7:15 PM to 8:45 PM
Location: UFM Multipurpose Room
1221 Thurston St.

Morning Yoga

09AHW89A

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: 01/24/2009 to 02/14/2009 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$36.00
Location: KSU Ahearn Room 302

Morning Yoga

09AHW89B

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

Date: 02/21/2009 to 03/14/2009 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$36.00
Location: KSU Ahearn Room 302

Morning Yoga

09AHW89C

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

Date: 03/21/2009 to 04/11/2009 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$36.00
Location: KSU Ahearn Room 302

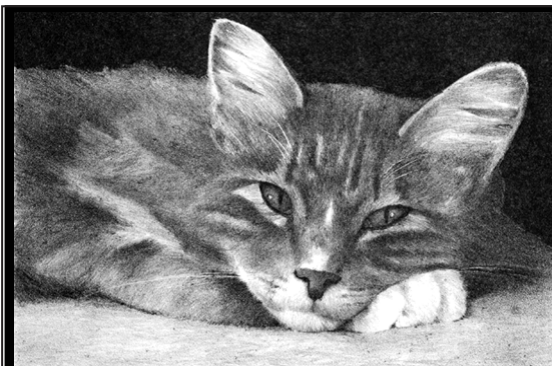
Morning Yoga

09AHW89D

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

Date: 04/18/2009 to 05/09/2009 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$36.00
Location: KSU Ahearn Room 302

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Antioxidants and Good Nutrition For a Longer Life 09AHW94

There is a group of vitamins, minerals and enzymes called antioxidants that protect the body from the damage of free radicals that hurt the immune system. Learn the importance of good nutrition for better health and also about the foods that have antioxidants. *NOTE: Please call the office about location information.
Instructor: Randi Dale, (785) 539-5767

Randi Dale has been interested in nutrition for many years. Her mother lived to be almost 104 years old. She lectured on the importance of antioxidants 25 years before it became main stream. Randi wants to share her knowledge of nutrition and antioxidants with others.

Date: 02/02/2009 (M)
Time: 7:00 PM to 7:45 PM
Fee: \$12.00
Location: 2416 Rogers Blvd.

Awareness Meditation for Optimal Living 09AHW95

There are no qualifications or pre-requisites for this course. Bring an open mind and heart to learn a simple practice of meditation that will directly influence your well-being. Sponsored by K-State Campaign for Nonviolence.
Instructor: Matthew Cobb

Matthew Cobb has practiced meditation for 19 years and will share the many benefits of regular practice.

Date: 01/26/2009 to 05/11/2009 (M)
Time: 5:15 PM to 6:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

Shaolin Qi Gong 09AHW96A

Shaolin Qi Gong is offered to promote strength, balance, flexibility and overall stress relief. Through physical exercise and meditation, Shaolin Qi Gong students will learn a new style of exercise while having a good time. Though not a Self Defense course, martial applications of the above forms will be covered in this course. Class is for those ages 12 and older.
Instructor: Mat Blake, (602) 750-9800

Mat Blake is a passionate and enthusiastic practitioner of Shaolin Kung Fu. Creating this class, Mat hopes to introduce the community to a practice with which he has fallen in love. His current training includes the Five Animal Form, Leopard Style Kung Fu and Iron Palm. He looks forward to teaching students of all ages.

Date: 01/19/2009 to 03/11/2009 (M/W)
Time: 4:05 PM to 5:10 PM
Fee: \$57.00
Location: KSU Ahearn Room 302

Shaolin Qi Gong 09AHW96B

Instructor: Mat Blake, (602) 750-9800
Date: 03/23/2009 to 05/13/2009 (M/W)
Time: 4:05 PM to 5:10 PM
Fee: \$57.00
Location: KSU Ahearn Room 302

Get your taxes done for free!



FREE Income Tax Preparation Assistance for low-income workers* will be available February 3 through March 12 at:

Manhattan Public Library, Juliette & Poyntz Ave.
Tuesday & Thursday– 2:00-7:00 p.m.
Call 313-9014 for an appointment. (Appointments Required)

This site prepares simple IRS 1040 tax returns and Kansas returns only. We cannot itemize returns or prepare returns for members of the military, international students, states other than Kansas.

Contact Jennifer Wilson at the Riley County Extension Office at 785-537-6350 with questions or for more information. Site sponsored by K-State Research & Extension-Riley County & Manhattan Public Library
* Maximum household income: \$42,000

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Art's Up!



Exhibitions:

outdoor/indoor/outdoor
October 2008 – August 2009

Sandzén's from the Sandzén
14 November 2008 – 15 February 2009

Little Black Dress – On the Red Carpet
27 February – 29 March 2009

The American Soldier – A Photographic Tribute to Soldiers and Marines
6 March – 31 May 2009

Events:

Japanese Settlement of Kansas by William Tsutsui,
Professor of History, University of Kansas
29 January, 5:30

Family Valentines Workshop
1 February, 2:00-4:00

Music to Enjoy Sandzén's Art by Tall Grass Trio
Dessert and concert, cost \$10 per person.
Reservation 532-7718 by February 10.
12 February, 7 p.m.

Marianna Kistler Beach Museum of Art

14TH & ANDERSON MANHATTAN, KS 785.532.7718 WWW.KSU.EDU/BMA
TUESDAY, WEDNESDAY, FRIDAY, SATURDAY 10-5; THURSDAY 10-8; SUNDAY 12-5

Enroll online at our website:

www.tryufm.org

*View class descriptions

*Times, dates and locations



LANGUAGE

Beginning Chinese Language 09ALA03A

Do you want to speak Chinese and learn about the Chinese culture? Join us! We will learn everyday expressions, idioms and about the Chinese culture. The class will divide the content in easy-to-learn units.
Instructor: Yin Ziyin, hdluzy@163.com

Yin Ziyin is from northern part of China. She has experience with teaching Chinese and tutoring.

Date: 01/17/2009 to 03/07/2009 (Sa)
Time: 2:00 PM to 3:30 PM
Fee: \$50.00
Location: UFM Multipurpose Room
1221 Thurston St.

Beginning Chinese Language 09ALA03B

Instructor: Yin Ziyin, hdluzy@163.com

Date: 01/18/2009 to 03/08/2009 (Su)
Time: 2:00 PM to 3:30 PM
Fee: \$50.00
Location: UFM Multipurpose Room
1221 Thurston St.



French Language 09ALA04A

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 learning experience includes working with adult Egyptian teachers and teaching French for 20 years at a Jesuit French School in Cairo.

Date: 01/21/2009 to 02/13/2009 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: \$46.00
Location: UFM Fireplace Room
1221 Thurston St.

French Language 09ALA04B

Instructor: Emilie Rabbat, (785) 587-9036

Date: 02/18/2009 to 03/13/2009 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: \$46.00
Location: UFM Fireplace Room
1221 Thurston St.

French Language 09ALA04C

Instructor: Emilie Rabbat, (785) 587-9036

Date: 03/25/2009 to 04/17/2009 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: \$46.00
Location: UFM Fireplace Room
1221 Thurston St.

French Language 09ALA04D

Instructor: Emilie Rabbat, (785) 587-9036

Date: 04/22/2009 to 05/15/2009 (W/F)
Time: 10:00 AM to 11:00 AM
Fee: \$46.00
Location: UFM Fireplace Room, 1221 Thurston St.

Elementary Arabic 09ALA18

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: 03/02/2009 to 04/27/2009 (M)
(No class 3/16)

Time: 7:00 PM to 8:00 PM
Fee: \$45.00
Location: UFM Fireplace Room, 1221 Thurston St.

Beginning Conversational Sign Language 09ALA23A

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.
Instructors: Toni Kroll, (785) 313-5555 & Maleah Ullmer

Toni Kroll is a Certified Interpreter who has 20 years of experience as a sign language interpreter. She is in her 4th year as a KSU interpreter as well as doing community work here in Manhattan and the surrounding area.

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.

Date: 01/21/2009 to 03/11/2009 (W)
Time: 6:00 PM to 7:30 PM
Fee: \$59.00
Location: KSU-Justin Hall Room 341

Beginning Conversational Sign Language 09ALA23B

Instructors: Toni Kroll, (785) 313-5555 & Maleah Ullmer

Date: 03/25/2009 to 04/29/2009 (W)
Time: 6:00 PM to 7:30 PM
Fee: \$55.00
Location: KSU-Justin Hall Room 341



Beginning Conversational Sign Language II 09ALA25A

This class is intended for those who are comfortable with the alphabet, numbers and have a good base of signs. We will be focusing on conversation and additional vocabulary instruction in this class.

Instructors: Toni Kroll, (785) 313-5555 & Maleah Ullmer

Date: 01/21/2009 to 03/11/2009 (W)
Time: 6:00 PM to 7:30 PM
Fee: \$59.00
Location: KSU-Justin Hall Room 341

Beginning Conversational Sign Language II 09ALA25B

Instructors: Toni Kroll, (785) 313-5555 & Maleah Ullmer

Date: 03/25/2009 to 04/29/2009 (W)
Time: 6:00 PM to 7:30 PM
Fee: \$55.00
Location: KSU-Justin Hall Room 341

ORGANIC & NATURAL FOODS!

Come check out our wide variety of **Fresh, Healthy, and Organic** foods that are sure to help you achieve a healthier Lifestyle!

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Manhattan

(Corner of Yuma & 17th)
785-539-4811

****If you cannot attend class, please contact the office so we may notify the instructor. Thank you.****

Classes are free to the public unless class fee is noted.

**PLUGGING INTO THE SUN:
SOLAR ENERGY
FEB. 28/MARCH 7 | SAT | 1-2:30 PM
UFM SOLAR ADDITION**

**HYPERMILING
FEB. 28 | SAT | 3:00-4:00 PM
UFM SOLAR ADDITION**

**SOLAR ENERGY FOR YOUR HOME
MARCH 7 | SAT | 3:00-4:30 PM
UFM SOLAR ADDITION
INSTRUCTOR: BILL DORSETT**

**WORM COMPOSTING
MARCH 11 & 25 | WED | 6:00-7:00 PM
UFM SOLAR ADDITION
INSTRUCTORS: DEANE LAHMAN &
JENNY GUILFORD**

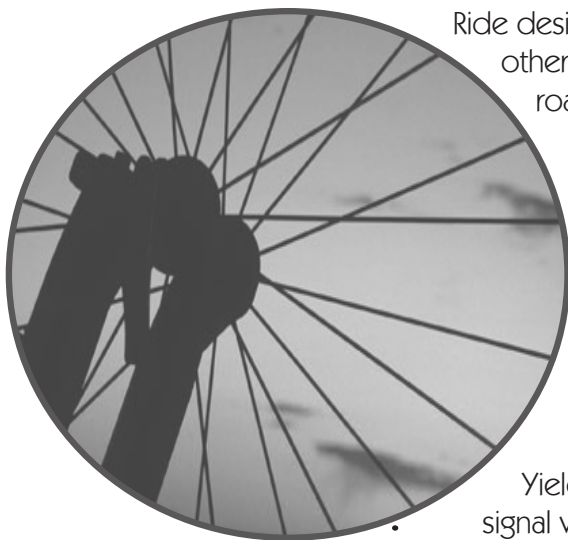
**RECYCLED ROLLED PAPER BEADS
MARCH 23 & 30 | MON | 6:30-8:00 PM
UFM CONFERENCE ROOM
\$10
INSTRUCTOR: CHARLENE BROWNSON**

LIVING GREEN

UFM's guide to a greener you!

Be Safe! Tips on Bicycle Safety.

**PAPER OR PLASTIC?
NO! UFM ECOBAGS!!**



Check out **Bicycling for Transportation, Fitness and Fun class!**
Gain basic bicycle knowledge and safety.
Bike to Work Day, May 15, 2009
Page 26

ROAD RULES

In KS, bicycles have the same rights and responsibilities as motor vehicles.

Ride designated bike lanes when present, otherwise ride to the right side of the roadway.

Ride with the normal traffic flow.

Ride single file.

Obey all traffic signs and signals.

Use a light at night.

Yield to pedestrians and give an audible signal when passing.

BICYCLE SAFETY

Wear a helmet.

Keep both hands on the handlebars.

Ride defensively-maintain a safety first attitude and use all your abilities to protect yourself.

Biking is Sustainable and Good Exercise!

Instead of driving your car, get on your bike. Reduce air, water and noise pollution.

Burn calories and get your heart pumping.

Gas is expensive. Save money on gas and car maintenance. Ride a bike!



Wrong



Wrong



Right

www.ci.manhattan.ks.us

ADAM.



UFM Eco-Bags are available now and cost \$5.00. These re-usable nylon shopping bags can hold up to 20 pounds, and easily fit into your pocket, backpack or purse. The bags are K-State purple with the words, "Make Your Community Greener." Contact UFM at 539-8763 or info@tryufm for additional information or to place an order.



MARTIAL ARTS

Tae Kwon Do I

09AMA01Z

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 with the instructor one-on-one.

Instructor: David Moore

Date: 01/20/2009 to 05/07/2009 (Tu/Th)
(No class 3/17, 3/19)
Time: 7:00 PM to 8:00 PM
Fee: \$72.00 (Available for KSU Credit)
Location: KSU Ahearn Fieldhouse

Basics White Phoenix System 09AMA03

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 has been practicing martial arts for 38 years. He has black sashes in Pai Lum Kung Fu, Zee Do Lum Kung Fu, and Mew Hing's 18 Taoist Palm Kung Fu. He holds a black belt in Hakkoryu Jujutsu. He has been writing books and produced videos dealing with the martial arts for 20 years and has a massive library dealing with the martial arts and self-defense. He is the founder of the White Phoenix System.

Date: 02/02/2009 to 04/06/2009 (M)
(No class 03/16)
Time: 6:30 PM to 7:30 PM
Fee: \$60.00
Location: KSU Ahearn Fieldhouse

Advanced White Phoenix System 09AMA06

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: 02/02/2009 to 04/06/2009 (M)
(No class 03/16)
Time: 7:30 PM to 8:30 PM
Fee: \$60.00
Location: KSU Ahearn Fieldhouse



Recreation classes for children are listed in Youth and Aquatics sections

Aikijujutsu and Self-Defense 09AMA11

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: 02/04/2009 to 04/22/2009 (W)
(No class 3/18)
Time: 7:00 PM to 8:00 PM
Fee: \$62.00
Location: KSU Ahearn Fieldhouse

Judo I 09AMA08Z

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

Instructor: Isaac Wakabayashi

Date: 01/20/2009 to 05/07/2009 (Tu/Th)
(No class 03/17, 3/19)
Time: 8:00 PM to 9:00 PM
Fee: \$75.00 (Available for KSU Credit)
Location: KSU Ahearn Room 302

Judo II 09AMA09Z

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

Instructor: Isaac Wakabayashi

Date: 01/20/2009 to 05/07/2009 (Tu/Th)
(No class 3/17, 3/19)
Time: 9:00 PM to 10:00 PM
Fee: \$75.00 (Available for KSU Credit)
Location: KSU Ahearn Room 302

Lao Hu Pai Kung Fu

09AMA05

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

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

Dr. Michael Tran has participated in the martial arts for 22 years, He holds black belt/sash in Lao Hu Pai Kung Fu, Won Hop Loong Chuan Kung Fu, and Goshin Aikijutsu, He also has training in: Vovinam Viet Vo Dao, Shaolin Long Fist, and Praying Mantis Kung Fu.

Date: 01/21/2009 to 05/06/2009 (W)
(No class 03/18)
Time: 6:00 PM to 8:00 PM
Fee: \$62.00
Location: KSU Ahearn Fieldhouse



Karate & Self-Defense 09AMA10

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 side of Ahearn, close to College Heights St.

Instructor: Habib Diop, hdiop@ksu.edu

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

Date: 03/26/2009 to 05/07/2009 (Th)
Time: 6:00 PM to 7:00 PM
Fee: \$51.00
Location: KSU Ahearn Fieldhouse

Ask about our Adult & Youth scholarships at 539.8763



Yama Bushi Kai Martial Arts

Manuals, books, videos, knives, swords, and martial arts supplies.
Owner is the founder of the White Phoenix System.
2032 Judson, Manhattan, Kansas * 785-313-5488



PERSONAL INTEREST

Introduction to Citizen Journalism 09API14

This course will focus on developing a news story, preparing a news program, script writing, journalism ethics, different writing formats for print, web, and radio stories, developing a "beat," etc. Participants will have weekly assignments that require reading and writing. Participants need to have access to a computer for writing their news stories and feature articles. (Ages 16 and older)
Instructor: Christopher Renner, (785) 341-9459
rennerchristopher@yahoo.com

Christopher E. Renner is a Ph.D candidate at Kansas State University in Curriculum and Instruction and in the Graduate Certificate program in Women's Studies. He holds a Master of International Education from Framingham (MA) State College and has done graduate work through Cambridge University (UK), Teachers College - Columbia University, St. John's University, and Mt. St. Joseph College.

Date: 01/22/2009 to 04/02/2009 (Th)
(No class 3/19)
Time: 7:00 PM to 8:30 PM
Fee: No Charge
Location: UFM Multipurpose Room
1221 Thurston St.

Audio Recording for Radio News/Features 09API15

No experience necessary! You must be interested in making recordings of radio news items and recording radio features. Previous or concurrent enrollment in Introduction to Citizen Journalism is encouraged. This course will introduce you to several types of microphones, will demonstrate vocal microphone techniques, and will show you how to operate portable equipment for recording radio news and features.
Instructor: Dave MacFarland

Date: 01/28/2009 to 02/11/2009 (W)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Audio Editing for Radio News/Features 09API55

As part of the Flint Hills Community Radio project students must have enrolled in Audio Recording for Radio News and Features, or similar experience. Previous or concurrent enrollment in Introduction to Citizen Journalism is encouraged. This course will introduce you to Audacity, a freeware audio editing program. Class projects will allow you to create longer, more complex, more professional news and feature stories for radio.
Instructor: Dave MacFarland

Date: 02/18/2009 to 03/04/2009 (W)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Clutter Clearing 09API22

Clearing our environment is a dynamic tool for change. Clutter holds us in the past, preventing us from living fully. We will examine the energetics of clutter and discuss ideas that empower us to let go of our excess baggage! A variety of organizing strategies and principles of feng shui will also be utilized. Homework assignments are an integral part of class. Come prepared to liberate yourself!
Instructors: Elizabeth Jankord & Kate Cashman,
(785) 537-1911

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

Date: 02/09/2009 to 02/23/2009 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$35.00
Location: 1421 Colorado Street

Introduction to Feng Shui 09API32

Feng Shui, the Chinese system of design and placement, is over 3,000 years old. It is part of the Chinese culture that has many adherents in the west. Learn how to live a more balanced life based on color, energy and environment from a specialist in the practice of this enchanted art.
Instructor: Don Terhune, (785) 539-4277

Don has been a Feng Shui consultant for over 15 years. He specializes in the Ba-Gua school and has done many adjustments in and around the Manhattan area.

Date: 02/28/2009 (Sa)
Time: 10:30 AM to 11:30 PM
Fee: \$16.00
Location: UFM Solar Addition
1221 Thurston St.

Introduction to Voiceovers 09API47

Have you ever wanted to be the voice everyone hears on commercials and documentaries? This fun and interactive class covers details of the industry, the importance of marketing, and of a demo tape. You will be coached and recorded for a personal evaluation. Be warned -- many who have taken this class have gone on to become real, bona-fide professional Voice Actors! This class is taught by a professional voice actor from the voice acting training company, Voices For All.
Instructor: Voices For All

The Voices For All Coach/Producer/Instructors have many years of experience in the Voiceover Industry and are masters at teaching all of the information pertinent to making it in Voice Acting.

Date: 04/03/2009 (F)
Time: 6:00 PM to 8:00 PM
Fee: \$30.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

CHAT AND CHEW: Reading for Enjoyment 09API53A

Remember chat and chew from grade school? Join us over the lunch hour to read a different short story each class. Snacks will be provided. Participants welcome to bring own lunch.

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 02/03/2009 to 02/24/2009 (Tu)
Time: Noon to 1:00 PM
Fee: \$16.00
Location: UFM Fireplace Room
1221 Thurston St.

CHAT AND CHEW: Reading for Enjoyment 09API53B

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 03/03/2009 to 03/31/2009 (Tu)
Time: Noon to 1:00 PM
Fee: \$16.00
Location: UFM Fireplace Room
1221 Thurston St.

CHAT AND CHEW: Reading for Enjoyment 09API53C

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 04/07/2009 to 04/28/2009 (Tu)
Time: Noon to 1:00 PM
Fee: \$16.00
Location: UFM Fireplace Room
1221 Thurston St.

Study of Physical and Mental Beauty 09API54A

This class is for young women as well as older women. We will talk about what our clothes, posture, attitude say about who we really are. You will also learn how to gain respect for yourselves and how to teach others to respect you. I will help guide and teach you how to take action and which actions not to take. Activities would include, but not limited to, watching movie clips, videos, listening to music, and reading one or two books.

Instructor: Rose N. Djiofack, (913) 963-4403
rdjiofa@ksu.edu

Rose Djiofack is a K-State transfer student from Johnson County Community College where she graduated with an associate degree in general studies. She is studying to become a Spanish teacher and is currently involved with BESILOS (Bilingual Education Students Interacting to Obtain Success) and DSP (Developing Scholar Program).

Date: 01/21/2009 to 02/25/2009 (W)
Time: 3:00 PM to 4:00 PM
Fee: \$16.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Study of Physical and Mental Beauty 09API54B

Instructor: Rose N. Djiofack, (913) 963-4403
rdjiofa@ksu.edu

Date: 01/24/2009 to 02/28/2009 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: \$16.00
Location: UFM Multipurpose Room
1221 Thurston St.



RECREATION & FITNESS

New Recreation & Fitness Classes!

InSOLE Motion with Alison Watson. Classes start in February.

Shimmy Camp with Lisa "Gaitri" McNeil beginning in January.

African Dance in February with new instructor Karen Sanders.

Ballroom Dance 09ARF13A

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 not necessary; however if enrolling as couple, each partner needs to register and pay individually.

Instructor: Rebecca Hickert, beckys@ksu.edu

Date: 01/23/2009 to 03/06/2009 (F)
(No class 2/27)
Time: 7:00 PM to 8:00 PM
Fee: Individual-\$42.00
Location: Cross Roads, ECM, 1021 Denison
across from KSU Engineering complex

Ballroom Dance 09ARF13B

Instructor: Rebecca Hickert, beckys@ksu.edu

Date: 03/27/2009 to 05/08/2009 (F)
(No class 4/10)
Time: 7:00 PM to 8:00 PM
Fee: Individual-\$42.00
Location: Cross Roads, ECM, 1021 Denison
across from KSU Engineering complex

Swing & Salsa Dance 09ARF27AZ

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

Instructor: Rebecca Hickert, beckys@ksu.edu

Date: 01/20/2009 to 05/05/2009 (Tu)
(No class 3/17)
Time: 7:00 PM to 8:00 PM
Fee: Individual-\$72.00
Location: Cross Roads, ECM, 1021 Denison
across from KSU Engineering complex

Swing & Salsa Dance 09ARF27A

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 not necessary; however if enrolling as couple, each partner needs to register and pay individually.

Instructor: Rebecca Hickert, beckys@ksu.edu

Date: 01/23/2009 to 03/06/2009 (F)
(No class 2/27)
Time: 8:00 PM to 9:00 PM
Fee: Individual-\$42.00
Location: Cross Roads, ECM, 1021 Denison
across from KSU Engineering complex



Swing & Salsa Dance 09ARF27B

Instructor: Rebecca Hickert, beckys@ksu.edu

Date: 03/27/2009 to 05/08/2009 (F)
(No class 4/10)
Time: 8:00 PM to 9:00 PM
Fee: Individual-\$42.00
Location: Cross Roads, ECM, 1021 Denison
across from KSU Engineering complex

Beginning Dance for Couples 09ARF38A

"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, beckys@ksu.edu

Date: 01/23/2009 to 03/06/2009 (F)
(No class 2/27)
Time: 6:00 PM to 7:00 PM
Fee: Individual-\$42.00
Location: Cross Roads, ECM, 1021 Denison
across from KSU Engineering complex

Beginning Dance for Couples 09ARF38B

Instructor: Rebecca Hickert, beckys@ksu.edu

Date: 03/27/2009 to 05/08/2009 (F)
(No class 4/10)
Time: 6:00 PM to 7:00 PM
Fee: Individual-\$42.00
Location: Cross Roads, ECM, 1021 Denison
across from KSU Engineering complex

Introduction to Golf 09ARF04A

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 Stag Hill Golf Course.

Date: 04/02/2009 to 04/23/2009 (Th)
Time: 6:00 PM to 7:00 PM
Fee: \$41.00
Location: Stag Hill Golf Club
4441 Fort Riley Blvd.



Introduction to Golf

Instructor: Jim Gregory, (785) 539-1041

Date: 04/30/2009 to 05/21/2009 (Th)
 Time: 6:30 PM to 7:30 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Golf in Junction City

09ARF30AZ

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

Date: 03/03/2009 to 04/28/2009 (Tu)
 (No class 03/17)
 Time: 5:00 PM to 7:00 PM
 Fee: \$132.00
 Location: Rolling Meadows Golf Course
 6514 Old Milford Rd., Junction City

Golf in Junction City

09ARF30BZ

Instructor: Jim Peterson

Date: 03/04/2009 to 04/29/2009 (W)
 (No class 03/18)
 Time: 5:00 PM to 7:00 PM
 Fee: \$132.00
 Location: Rolling Meadows Golf Course
 6514 Old Milford Rd., Junction City

Zumba Dance

09ARF08A

Zumba is a fusion of Latin and other International music - a dance theme that creates a dynamic, exciting, effective fitness system! It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. ****NOTE: This class may be taken once on Tuesday or Friday or both. Check other sessions for enrollment. Ages 13 and up.**
 Instructor: Elsa Toburen, (785) 494-2836
 elsatob@hotmail.com

Elsa Toburen was born and raised in Tarapoto, Peru. She grew up listening to Latin music. Her mother is a Peruvian folk dancer. She became a Zumba instructor in 2007. She loves Zumba because it gives her a way to express her passion for Latin dance and at the same time, teach others her passion and help them get fit.

Date: 01/20/2009 to 02/17/2009 (Tu/F)
 (No class 1/27)
 Time: 5:30 PM to 6:30 PM
 Fee: \$60.00
 Location: KSU Ahearn Room 302



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Zumba Dance

09ARF08B

****NOTE: This class be taken once on Tuesday or Friday.**
 Instructor: Elsa Toburen, (785) 494-2836
 elsatob@hotmail.com

Date: 01/20/2009 to 02/10/2009 (Tu)
 (No class 1/27)
 Time: 5:30 PM to 6:30 PM
 Fee: 1 time per week/\$35.00
 Location: KSU Ahearn Room 302

Zumba Dance

09ARF08C

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

Date: 02/24/2009 to 03/27/2009 (Tu/F)
 (No class 3/17, 3/20)
 Time: 5:30 PM to 6:30 PM
 Fee: \$60.00
 Location: KSU Ahearn Room 302

Zumba Dance

09ARF08D

****NOTE: This class be taken once on Tuesday or Friday.**
 Instructor: Elsa Toburen, (785) 494-2836
 elsatob@hotmail.com

Date: 02/24/2009 to 03/24/2009 (Tu)
 (No class 3/17, 3/20)
 Time: 5:30 PM to 6:30 PM
 Fee: 1 time per week/\$35.00
 Location: KSU Ahearn Room 302

Zumba Dance

09ARF08E

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

Date: 03/31/2009 to 04/28/2009 (Tu/F)
 (No class 04/10)
 Time: 5:30 PM to 6:30 PM
 Fee: \$60.00
 Location: KSU Ahearn Room 302

Zumba Dance

09ARF08F

****NOTE: This class be taken once on Tuesday or Friday.**
 Instructor: Elsa Toburen, (785) 494-2836
 elsatob@hotmail.com

Date: 03/31/2009 to 04/21/2009 (Tu)
 (No class 04/10)
 Time: 5:30 PM to 6:30 PM
 Fee: 1 time per week/\$35.00
 Location: KSU Ahearn Room 302

Friday Night Zumba!

09ARF33A

Join the party for one night and try a new approach to exercise! Get your body moving to Latin rhythm infused with easy-to-follow steps.
 Instructor: Elsa Toburen, (785) 494-2836
 elsatob@hotmail.com

Date: 03/27/2009 (F)
 Time: 7:15 PM to 8:15 PM
 Fee: \$14.00
 Location: KSU Ahearn Room 302

Friday Night Zumba!

09ARF33B

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

Date: 04/03/2009 (F)
 Time: 7:15 PM to 8:15 PM
 Fee: \$14.00
 Location: KSU Ahearn Room 302



Take a Peek at the Past

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

RILEY COUNTY

Riley County Historical Museum
2309 Claflin


- Exhibits of Riley County history—pioneer days to the present
- Research library by appointment
- Educational programs
- Speakers bureau

8:30-5:00 Tuesday-Friday
2:00-5:00 Saturday-Sunday

Goodnow House Museum
2309 Claflin

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

Call 565-6490 for Hours



Pioneer Log Cabin
Manhattan City Park

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

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

Wolf House Museum
630 Fremont

- 1868 stone home also served as a boarding house
- Furnished with period antiques
- Special exhibits

Victorian Manhattan: Life in 1885
1:00-5:00 Saturday 2:00-5:00 Sunday
and by appointment

HISTORICAL MUSEUM

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1221 Thurston St.

785.539.8763

25



Beginning Belly Dance 09ARF09A

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
mikaselm@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. After suffering a spinal injury in 2005, Mahlika turned to belly dance to help her regain strength and flexibility. She has been dancing for seven years and danced with the Maya Zahira School of Belly Dance for three years. Mahlika teaches from a desire to share an art form which has given her so much with as many people as possible. She values the expressive quality of belly dance and believes that everyone can benefit from the culture of acceptance and positive body image that thrives within the belly dance community. She also loves the stress relief inherent in this art form and dances for fun and relaxation.

Date: 02/10/2009 to 05/05/2009 (Tu)
(No class 3/17)
Time: 7:00 PM to 8:00 PM
Fee: \$96.00
Location: KSU International Student Center,
Multipurpose Room
Corner of Midcampus Drive and Claflin

Beginning Belly Dance 09ARF09B

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: 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. Through her classes, she hopes to share the feelings of beauty, grace and power she gets when dancing with other women.

Date: 02/12/2009 to 05/07/2009 (Th)
(No class 3/19)
Time: 7:30 PM to 8:30 PM
Fee: \$96.00
Location: KSU International Student Center,
Multipurpose Room
Corner of Midcampus Drive and Claflin

Intermediate Belly Dance 09ARF10

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. Student must have at least one session of Beginning Belly Dance or equivalent.
Instructor: Lisa McNeil, (785) 565-3466
bellydancerbarbie@hotmail.com

Lisa "Gaitri" McNeil has been dancing for the past 8 years. In 2001, she joined the dance department at K-State and spent 4 years studying modern dance, various forms of improvisation, and choreography. In that time she also began to informally study Belly Dancing and has since immersed herself in this ancient art form by studying with national starts such as Morocco, Jillina, Meera and Sharon Kihara. Lisa has been teaching belly dance for 4 years and is dedicated to sharing her passion with others.

Date: 02/09/2009 to 05/04/2009 (M)
(No class 3/16)
Time: 6:00 PM to 7:00 PM
Fee: \$96.00
Location: KSU International Student Center,
Multipurpose Room
Corner of Midcampus Drive and Claflin

Advanced Belly Dance 09ARF11

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: Lisa McNeil, (785) 565-3466
bellydancerbarbie@hotmail.com

Date: 02/09/2009 to 05/04/2009 (M)
(No class 3/16)
Time: 7:05 PM to 8:05 PM
Fee: \$96.00
Location: KSU International Student Center,
Multipurpose Room
Corner of Midcampus Drive and Claflin

Shimmy Camp 09ARF18

Who else didn't have time to belly dance over the holidays? This class is designed for belly dancers who want to get their shimmy back in shape! We'll be doing conditioning and drills designed to target the muscle groups involved in belly dance. Bring an exercise mat, and water, and be prepared to sweat! Open to all levels of dancers.
Instructor: Lisa McNeil, (785) 565-3466
bellydancerbarbie@hotmail.com

Date: 01/12/2009 to 01/26/2009 (M)
Time: 7:00 PM to 8:00 PM
Fee: \$32.00
Location: UFM Banquet Room
1221 Thurston St.

Professional Dance Troupe 09ARF152

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: Lisa McNeil, (785) 565-3466
bellydancerbarbie@hotmail.com

Date: 02/09/2009 to 05/04/2009 (M)
(No class 3/16)
Time: 8:10 PM to 8:40 PM
Fee: \$48.00
Location: KSU International Student Center,
Multipurpose Room
Corner of Midcampus Drive and Claflin

Belly Dance Conditioning Workout 09ARF12A

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, (785) 979-4681
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: 02/03/2009 to 03/10/2009 (Tu)
Time: 5:30 PM to 6:30 PM
Fee: \$48.00
Location: KSU International Student Center,
Multipurpose Room
Corner of Midcampus Drive and Claflin

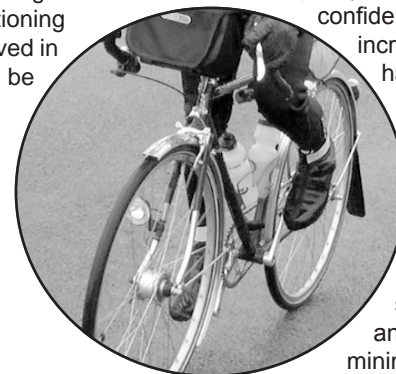
Belly Dance Conditioning Workout 09ARF12B

Instructor: Michele Janette, (785) 979-4681
mjanette@ksu.edu

Date: 03/24/2009 to 04/28/2009 (Tu)
(No class 4/21)
Time: 5:30 PM to 6:30 PM
Fee: \$48.00
Location: KSU International Student Center,
Multipurpose Room
Corner of Midcampus Drive and Claflin

Bicycling for Transportation, Fitness & Fun 09ARF13

Cycling is one of the most basic and efficient forms of transportation, and a fantastic form of exercise. With the price of gasoline climbing higher and higher, more people are looking to their bicycles for short trips around town. Or, maybe you have been wanting to do some riding to get in better shape. Either way, it takes some skill and know-how to ride safely across town on roads dominated by cars. This class will help you gain the skill and knowledge to feel confident using a bike to commute, increase your fitness, and to have a great time no matter what the weather is doing. Classes will take place on and off the bike, and will cover safety considerations, rules of the road, basic mechanical skills, equipment considerations, bike handling skills, best routes of travel, and training for fitness. At a minimum, participants need a bicycle in good working order, a helmet, a spare tube, and tire levers.
Instructor: Ric Rosenkranz, (785) 317-5751
trirosenkranz@hotmail.com



Ric Rosenkranz has been a bicycling commuter for over 5 years, owns four bikes, and prefers cycling over driving any day. Ric is also a former professional triathlete and triathlon coach holding a Level III elite license with USA Triathlon.

Date: 04/29/2009 to 05/13/2009 (W)
Time: 6:00 PM to 7:30 PM
Fee: \$40.00
Location: UFM Fireplace Room
1221 Thurston St.





Boxing 09ARF14AZ

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: 01/15/2009 to 03/05/2009 (Th/Tu)
 Time: 6:30 PM to 7:30 PM
 Fee: \$148.00
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

Boxing 09ARF14BZ

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

Date: 01/21/2009 to 03/11/2009 (W/M)
 Time: 10:30 AM to 11:40 AM
 Fee: \$148.00
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

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

Tennis 09ARF19AZ

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: 02/03/2009 to 04/21/2009 (Tu)
 (No class 3/17)
 Time: 1:30 PM to 3:00 PM
 Fee: \$82.00
 Location: 3615 Claflin Road
 Cotton Wood Racquet Club

Tennis 09ARF19BZ

Instructor: Bill Fraley

Date: 02/04/2009 to 04/22/2009 (W)
 (No class 03/18)
 Time: 1:30 PM to 3:00 PM
 Fee: \$82.00
 Location: 3615 Claflin Road
 Cotton Wood Racquet Club

Beginning Fencing 09ARF21Z

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

Date: 01/26/2009 to 05/04/2009 (M)
 (No class 3/16)
 Time: 6:00 PM to 7:30 PM
 Fee: Own equipment/\$52.00
 Use instructor/\$82.00
 Location: KSU-Ahearn Fieldhouse



Intermediate Fencing 09ARF22Z

Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouts.
 Instructor: Jeff Gwartz

Date: 01/26/2009 to 05/04/2009 (M)
 (No class 03/16)
 Time: 7:30 PM to 9:00 PM
 Fee: Own equipment/\$52.00
 Use instructor/\$82.00
 Location: KSU-Ahearn Fieldhouse

African Dance 09ARF29

Ever been to Africa? If not, then take a trip with me through the enjoyment of African Dance. Learn African movement from a mixture of countries in Africa. This high energy class will have you moving to the soulful sounds of African drums while getting fit with fun and athletic moves of Africa.
 Instructor: Karen Sanders

Karen is a Detroit-born dancer who received her B.A. in Dance in May 2007 from Mary Grove College. She has taught Modern, Ballet, Hip Hop, African and Liturgical Dance. Her students have ranged from ages 3 years to adult.

Date: 02/02/2009 to 02/18/2009 (M/W)
 Time: 7:15 PM to 8:15 PM
 Fee: \$52.00
 Location: UFM Banquet Room
 1221 Thurston St.

Hip Hop 1 09ARF48

Do you watch Music Television and wish you could move like Britney Spears, Ciarra or Justin Timberlake? Wish no more. Now's your chance to get some moves of your own in this exciting Hip Hop class. You will be taught the basic moves of hip hop, learn the culture and style.
 Instructor: Karen Sanders

Date: 02/03/2009 to 02/26/2009 (Tu/Th)
 Time: 7:15 PM to 8:15 PM
 Fee: \$56.00
 Location: UFM Banquet Room
 1221 Thurston St.

Hip Hop 2 09ARF49

This intermediate/advanced class is a continuation of Hip Hop 1.
 Instructor: Karen Sanders

Date: 03/04/2009 to 03/27/2009 (W/F)
 (No class 3/18, 3/20)
 Time: 7:15 PM to 8:15 PM
 Fee: \$52.00
 Location: UFM Banquet Room
 1221 Thurston St.



Archery Instructor Training & Certification

09ARF37Z

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

Instructor: Tom Korte, (785) 494-8889

Date: 01/26/2009 to 03/23/2009 (M)
(No class 3/16)
Time: 7:00 PM to 8:45 PM
Fee: \$96.00
Location: Archery Range, 8330 East HWY 24

Canoe Camping

09ARF53Z

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

Instructor: Steve Spencer, quietwater@wildblue.net

Date: 02/28/2009 to 03/01/2009 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: \$101.00
Location: Natatorium, KSU campus

Marathon Training

09ARF68

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. Classroom will meet Tuesday from 6-7 pm at UFM's Multipurpose Room, 1221 Thurston and work outs will be Thursday from 6-7 pm at Ahearn Field House Indoor Track.

Instructor: Dan L. Boyle, (785) 532-6647, 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: 01/20/2009 to 03/12/2009 (Tu/Th)
Time: 5:30 PM to 6:30 PM
Fee: \$140.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Let's Get Running!

09ARF72

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 L. Boyle, (785) 532-6647, dboyle@ksu.edu

Date: 01/21/2009 to 03/02/2009 (W/F/M)
(No class 10/6)
Time: 6:00 PM to 7:00 PM
Fee: \$145.00
Location: KSU-Ahearn Field House Indoor Track

Adult Ballet

09ARF71A

This ballet class is challenging and fun for teens or adults looking to learn or refresh an enjoyment of classical ballet. Intermediate and advanced students 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 or 2 times on Tu /or Th.
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: 02/03/2009 to 02/26/2009 (Tu/Th)
Time: 6:30 PM to 8:00 PM
Fee: 1 time per week/\$46.00
2X week/\$82.00
Location: KSU Ahearn Room 302

Adult Ballet

09ARF71B

**NOTE: This class can be taken 1 or 2 times on Tu /or Th.
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 03/03/2009 to 04/02/2009 (Tu/Th)
(No class 3/17, 3/19)
Time: 6:30 PM to 8:00 PM
Fee: 1 time per week/\$46.00
2X week/\$82.00
Location: KSU Ahearn Room 302

Adult Ballet

09ARF71C

**NOTE: This class can be taken 1 or 2 times on Tu /or Th.
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 04/07/2009 to 04/30/2009 (Tu/Th)
Time: 6:30 PM to 8:00 PM
Fee: 1 time per week/\$46.00
2X week/\$82.00
Location: KSU Ahearn Room 302

Full Body Jams

09ARF77A

Learn choreography to different types of dance music, guaranteed to challenge your brain and your feet. The movements in this up-beat, rhythm-based class are fun and encourage moving the whole body in new and exciting ways! No dance experience required, just a willingness to learn. All ages welcome! **NOTE: This class can be taken 1 or 2 times on Tu /or Th.

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 02/03/2009 to 02/26/2009 (Tu/Th)
Time: 9:00 AM to 10:00 AM
Fee: 1 time per week/\$46.00
2X week/\$82.00
Location: KSU Ahearn Room 302

Full Body Jams

09ARF77B

**NOTE: This class can be taken 1 or 2 times on Tu/or Th.
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 03/03/2009 to 04/02/2009 (Tu/Th)
(No class 3/17, 3/19)
Time: 9:00 AM to 10:00 AM
Fee: 1 time per week/\$46.00
2X week/\$82.00
Location: KSU Ahearn Room 302

Full Body Jams

09ARF77C

**NOTE: This class can be taken 1 or 2 times on Tu /or Th.
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 04/07/2009 to 04/30/2009 (Tu/Th)
(No class 3/17, 3/19)
Time: 9:00 AM to 10:00 AM
Fee: 1 time per week/\$46.00
2X week/\$82.00
Location: KSU Ahearn Room 302

Full Body Jams

09ARF77D

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 02/05/2009 to 02/26/2009 (Th)
(No class 3/17, 3/19)
Time: 5:30 PM to 6:30 PM
Fee: \$46.00
Location: KSU Ahearn Room 302

Full Body Jams

09ARF77E

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 03/05/2009 to 04/02/2009 (Th)
(No class 3/19)
Time: 5:30 PM to 6:30 PM
Fee: \$46.00
Location: KSU Ahearn Room 302



Full Body Jams

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 04/09/2009 to 04/30/2009 (Th)
(No class 3/19)
Time: 5:30 PM to 6:30 PM
Fee: \$46.00
Location: KSU Ahearn Room 302

Handwalking

Yes, you can learn to walk on your hands! This class will have three components: upper body strength drills, learning to balance your whole body, and combining the upper body strength with the balancing to actually walk on your hands. All ages are welcome to come and enjoy this class!
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 02/04/2009 to 02/25/2009 (W)
Time: 5:15 PM to 6:00 PM
Fee: \$46.00
Location: KSU Ahearn Room 302

Handwalking

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 03/04/2009 to 04/01/2009 (W)
(No class 3/18)
Time: 5:15 PM to 6:00 PM
Fee: \$46.00
Location: KSU Ahearn Room 302

Handwalking

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 04/08/2009 to 04/29/2009 (W)
Time: 5:15 PM to 6:00 PM
Fee: \$46.00
Location: KSU Ahearn Room 302

09ARF77F

InSole MOTION

A barefoot dance movement class, we'll work without music part of the time so we can "listen" to our bodies and enjoy the movement! We'll do strength and alignment exercises derived from basics of modern dance, ballet, yoga, and pilates. This class will also introduce the basics of improvisational dance. If you're looking for something new and different, this is your class! No dance experience necessary, just a willingness to try new things! All ages welcome. ****NOTE:** This class can be taken 1 or 2 times on Tu /or Th.

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 02/04/2009 to 02/27/2009 (W/F)
Time: 11:00 AM to Noon
Fee: 1 time per week/\$46.00
2x/week/\$82.00
Location: KSU Ahearn Room 302

InSole MOTION

****NOTE:** This class can be taken 1 or 2 times on Tu /or Th.
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 03/04/2009 to 04/03/2009 (W/F)
(No class 3/18, 3/20)
Time: 11:00 AM to Noon
Fee: 1 time per week/\$46.00
2x/week/\$82.00
Location: KSU Ahearn Room 302

InSole MOTION

****NOTE:** This class can be taken 1 or 2 times on Tu /or Th.
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 04/08/2009 to 05/01/2009 (W/F)
(No class 3/16, 3/18, 3/20)
Time: 11:00 AM to Noon
Fee: 1 time per week/\$46.00
2x/week/\$82.00
Location: KSU Ahearn Room 302

09ARF79A

InSole MOTION

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 02/04/2009 to 02/25/2009 (W)
(No class 3/16, 3/18, 3/20)
Time: 6:00 PM to 7:00 PM
Fee: \$46.00
Location: KSU Ahearn Room 302

InSole MOTION

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 03/04/2009 to 04/01/2009 (W)
(No class 3/18)
Time: 6:00 PM to 7:00 PM
Fee: \$46.00
Location: KSU Ahearn Room 302

InSole MOTION

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 04/08/2009 to 04/29/2009 (W)
(No class 3/18)
Time: 6:00 PM to 7:00 PM
Fee: \$46.00
Location: KSU Ahearn Room 302

Parkour: The Art of Movement 09ARF80

Learn the basics of Parkour in a fun and safe environment! Parkour, aka PK, was developed in France in the mid 1990's as a powerful, efficient and fast way of moving from place to place, using only the capabilities of the human body interacting with its environment. It is an art or discipline that resembles self-defense in the ancient martial arts. As Parkour is very much a physical activity, some degree of fitness will help you get the most out of this class. We will be practicing outdoors during the class. (First aid kits will be on hand) Under 18 requires parent/legal guardian to sign liability waiver.

Instructor: Miles Hackney, emme@wamego.net

Miles Hackney has been practicing Parkour since 2007 and regularly freeruns on the K-State campus. He is also training in Tae Kwon Do and Israeli Self Defense.

Date: 04/11/2009 to 05/02/2009 (Sa)
Time: Noon to 2:00 PM
Fee: \$18.00
Location: KSU Ahearn Room 302



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YOUTH

Introduction to Nutcracker Ballet and Tap Dancing

09AYO06

This beginning class is designed to teach students basic ballet steps and a dance from the Nutcracker Ballet. Basic tap steps will be introduced with a peppy routine. After the 3 lessons, students may continue dance lessons through private instruction. 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 46 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: 01/26/2009 to 02/09/2009 (M)
Time: 6:15 PM to 6:45 PM
Fee: \$16.00
Location: 2416 Rogers Blvd.



Youth Dance

09AYO41A

A class designed for beginning and intermediate level dancers 7-12 years old. We'll work on the ballet and modern dance basics of learning to move with music, correct body posture and alignment, basic exercises at the ballet barre such as plies (leg bends), tendus (toe points), degages (small leg lifts), and battements (leg kicks), and center exercises including turns, jumps and leaps. Ballet slippers are recommended, but socks are fine.

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: 02/06/2009 to 02/27/2009 (F)
Time: 4:00 PM to 5:00 PM
Fee: \$46.00
Location: KSU Ahearn Room 302

Youth Dance

09AYO41B

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 03/06/2009 to 04/03/2009 (F)
No class 3/21
Time: 4:00 PM to 5:00 PM
Fee: \$46.00
Location: KSU Ahearn Room 302

Youth Dance

09AYO41C

Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 04/10/2009 to 05/01/2009 (F)
Time: 4:00 PM to 5:00 PM
Fee: \$46.00
Location: KSU Ahearn Room 302

Photo Story for Kids

09AYO47

This is your chance to put your life into awesome digital stories. You will learn how to import the pictures, create your own music, and customize transitions in your own Photo Story. Feel free to bring your pictures on a flash drive so you can create your own story. If you want to keep your Photo Story, you can save it on your flash drive. This class is for kindergartners through 5th graders.

Instructor: Amy Trujillo

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 the UFM and hopes to offer more. There is a website that is updated with questions and tips that go along with the classes.

Date: 04/25/2009 (Sa)
Time: 9:30 AM to 11:30 AM
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave

Worm Composting

09AEN59A

Get details on how to create your own worm composting system. Worm composting is a method for recycling food waste into a rich, dark, earth-smelling soil conditioner. Add your food waste for a period of time, and the worms and micro-organisms will eventually convert the entire contents into rich compost. All ages are welcome!

Instructors: Deane Lahman & Jenny Guiford

Date: 03/11/2009 (W)
Time: 6:00 PM to 7:00 PM
Fee: No Charge
Location: UFM Solar Addition, 1221 Thurston St.

Worm Composting

09AEN59B

Instructors: Deane Lahman & Jenny Guiford

Date: 03/25/2008 (W)
Time: 6:00 PM to 7:00 PM
Fee: No Charge
Location: UFM Solar Addition, 1221 Thurston St.



MORE INFO:

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UFM Teen Mentoring Program

SPRING 2009



Middle/High School

Feb. 10 - April 28 (MS)

Feb. 12 - April 30 (HS)

Group meets Tu or Th

3:00 pm-5:00 pm

Transportation provided.

Be a volunteer. Mentor.



These Recreational courses are offered for KSU credit through the DIVISION OF CONTINUING EDUCATION with the cooperation of various Kansas State University departments.

Registration available on iSIS, <https://isis.k-state.edu>.

Some classes are also available in Salina.

For class information visit:

<http://www.dce.ksu.edu/courses/recreational.shtml>

Ballroom Dance I DANCE-599

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

Instructor: Rebecca Hickert

Reference Number: 15287

Date: 01/20/2009 to 05/05/2009 (Tu)
(No class 3/17)

Time: 8:00 PM to 9:00 PM

Fee: \$294
(Available for noncredit partner through UFM RF26AZ)

Location: ECM Auditorium, 1021 Denison

Swing and Salsa Dance DANCE-599

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

Instructor: Rebecca Hickert

Reference Number: 15288

Date: 01/20/2009 to 05/05/2009 (Tu)
(No class 3/17)

Time: 7:00 PM to 8:00 PM

Fee: \$294
(Available for noncredit partner through UFM RF27AZ)

Location: ECM Auditorium, 1021 Denison

Beginning Middle Eastern Dance (Belly Dance) DANCE-599

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

Instructor: Cathia Bailey

Reference Number: 15220

Date: 02/02/2009 to 04/20/2009 (M)
(No class 3/16)

Time: 5:15 PM to 6:45 PM

Fee: \$265.47

Location: KSU Ahearn Dance Room 302

Beginning Yoga DANCE-599

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

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

Reference Number: 15289

Date: 01/15/2009 to 03/05/2009 (Tu/Th)

Time: 10:00 AM to 11:00 AM

Fee: \$265.47 (Available for noncredit, HW15AZ)

Location: KSU Ahearn Room 302

Reference Number: 15290

Date: 01/21/2009 to 03/11/2009 (M/W)

Time: 10:00 AM to 11:00 AM

Fee: \$265.47 (Available for noncredit, HW15BZ)

Location: KSU Ahearn Room 302

YOGA CONTINUED

Reference Number: 15291

Date: 01/21/2009 to 03/11/2009 (M/W)

Time: 7:00 PM to 8:00 PM

Fee: \$265.47 (Available for noncredit, HW15CZ)

Location: KSU Ahearn Room 302

Reference Number: 15292

Date: 03/23/2009 to 05/06/2009 (M/W)

Time: 10:00 AM to 11:00 AM

Fee: \$265.47 (Available for noncredit, HW15DZ)

Location: KSU Ahearn Room 302

Reference Number: 15295

Date: 03/23/2009 to 05/06/2009 (M/W)

Time: 7:00 PM to 8:00 PM

Fee: \$265.47 (Available for noncredit, HW15EZ)

Location: KSU Ahearn Room 302

Intermediate Yoga DANCE-599

This course will increase the student's understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and 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

Reference Number: 15293

Date: 03/10/2009 to 05/07/2009 (Tu/Th)
(No class 3/17, 3/19)

Time: 10:00 AM to 11:00 AM

Fee: \$265.47 (Available for noncredit, HW21Z)

Location: KSU Ahearn Room 302

Golf RRES-200

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

Instructor: Jim Gregory, (785) 539-1041

Reference Number: 15322

Date: 03/03/2009 to 04/28/2009 (Tu)
(No class 3/17)

Time: 2:30 PM to 4:30 PM

Fee: \$313

Location: 4441 Fort Riley Blvd.
Stagg Hill Golf Club

Reference Number: 15324

Date: 03/04/2009 to 04/29/2009 (W)
(No class 3/18)

Time: 1:30 PM to 3:30 PM

Fee: \$313

Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 15325

Date: 03/04/2009 to 04/29/2009 (W)
(No class 3/18)

Time: 5:30 PM to 7:30 PM

Fee: \$313

Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

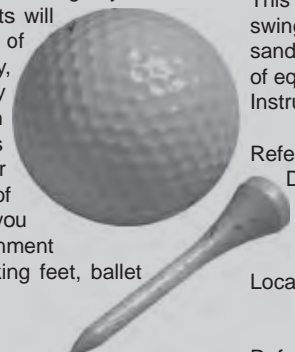
Reference Number: 15326

Date: 03/05/2009 to 04/30/2009 (Th)
(No class 3/19)

Time: 9:30 AM to 11:30 AM

Fee: \$313

Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club



Golf in Junction City RRES-200

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

Instructor: Jim Peterson

Reference Number: 15317

Date: 03/03/2009 to 04/28/2009 (Tu)
(No class 3/17)

Time: 5:00 PM to 7:00 PM

Fee: \$313 (Available for noncredit, RF30AZ)

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

Reference Number: 15318

Date: 03/04/2009 to 04/29/2009 (W)
(No class 3/18)

Time: 5:00 PM to 7:00 PM

Fee: \$313 (Available for noncredit, RF30BZ)

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

Archery RRES-200

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

Instructor: Tom Korte, (785) 494-8889

Reference Number: 15407

Date: 01/26/2009 to 03/23/2009 (M)
(No class 3/16)

Time: 8:00 PM to 9:45 PM

Fee: \$298

Location: Archery Range, 8330 East HWY 24

Archery Instructor Training and Certification - Level I RRES-200

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

Instructor: Tom Korte

Reference Number: 15408

Date: 01/26/2009 to 03/23/2009 (M)
(No class 3/16)

Time: 7:00 PM to 8:45 PM

Fee: \$298 (Available for noncredit, RF37Z)

Location: Archery Range, 8330 East HWY 24

Beginning Bowling RRES-200

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

Instructor: Terri Eddy

Reference Number: 15410

Date: 01/20/2009 to 05/05/2009 (Tu)
(No class 3/17)

Time: 10:30 AM to 11:20 AM

Fee: \$245.47

Location: K-State Union Recreation Center

Reference Number: 15196

Date: 01/26/2009 to 05/04/2009 (M)
(No class 3/16)

Time: 10:30 AM to 11:20 AM

Fee: \$245.47

Location: K-State Union Recreation Center



Beginning Fencing RRES-200

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

Instructor: Jeff Gwartz

Reference Number: 15255

Date: 01/26/2009 to 05/04/2009 (M)
(No class 3/16)

Time: 6:00 PM to 7:30 PM

Fee: \$247.47 (Available for noncredit, RF21Z)

Location: KSU Ahearn Fieldhouse

Intermediate Fencing RRES-200

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

Instructor: Jeff Gwartz

Reference Number: 15249

Date: 01/26/2009 to 05/04/2009 (M)
(No class 3/16)

Time: 7:30 PM to 9:00 PM

Fee: \$247.47 (Available for noncredit, RF22Z)

Location: KSU Ahearn Fieldhouse

Tennis RRES-200

The focus of this introductory 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

Reference Number: 15301

Date: 02/03/2009 to 04/21/2009 (Tu)
(No class 3/17)

Time: 1:30 PM to 3:00 PM

Fee: \$270 (Available for noncredit, RF19AZ)

Location: Cottonwood Racket Club, 3615 Claflin Rd

Reference Number: 15302

Date: 02/04/2009 to 04/22/2009 (W)
(No class 3/18)

Time: 1:30 PM to 3:00 PM

Fee: \$270 (Available for noncredit, RF19BZ)

Location: Cottonwood Racket Club, 3615 Claflin Rd

Total Body Toning RRES-200

Gaining strength and toning the body are the focus of this class. Exercises for all muscle groups (upper, lower, core) will be used, with safety taught and stressed. Hand weights, tubing, stability balls and steps will be utilized to help develop the body. Come away with some new ways to stay fit. Open to men & women.

Instructor: Jenni Brenner

Reference Number: 15185

Date: 01/21/2009 to 03/11/2009 (M/W)

Time: Noon to 1:00 PM

Fee: \$294

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15184

Date: 03/23/2009 to 05/06/2009 (M/W)

Time: Noon to 1:00 PM

Fee: \$294

Location: Pro Fitness, 1125 Laramie St.

TOTAL BODY TONING CONTINUED

Instructor: Kelly Perkins

Reference Number: 15187

Date: 01/15/2009 to 03/10/2009 (Tu/Th)

Time: 7:00 PM to 8:00 PM

Fee: \$294

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15186

Date: 03/12/2009 to 05/07/2009 (Tu/Th)
(No class 3/17, 3/19)

Time: 7:00 PM to 8:00 PM

Fee: \$294

Location: Pro Fitness, 1125 Laramie St.

Instructor: Diana Knox, (785) 539-7095

dknox@ksu.edu

Reference Number: 15179

Date: 01/15/2009 to 03/10/2009 (Tu/Th)

Time: 9:00 AM to 10:00 AM

Fee: \$294

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15195

Date: 03/12/2009 to 05/07/2009 (Tu/Th)
(No class 3/17, 3/19)

Time: 9:00 AM to 10:00 AM

Fee: \$294

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15194

Date: 01/15/2009 to 03/10/2009 (Tu/Th)

Time: 1:30 PM to 2:30 PM

Fee: \$294

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15193

Date: 03/12/2009 to 05/07/2009 (Tu/Th)
(No class 3/17, 3/19)

Time: 1:30 PM to 2:30 PM

Fee: \$294

Location: Pro Fitness, 1125 Laramie St.



Turbo Kick™ RRES-200

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. The 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!

Instructor: Jenni Brenner

Reference Number: 15181

Date: 01/21/2009 to 03/11/2009 (M/W)

Time: 4:30 PM to 5:30 PM

Fee: \$294

Location: Pro Fitness, 1125 Laramie

Reference Number: 15180

Date: 03/23/2009 to 05/06/2009 (M/W)

Time: 4:30 PM to 5:30 PM

Fee: \$294

Location: Pro Fitness, 1125 Laramie



Yoga-Pilates

RRES-200

Yoga-Pilates is a hybrid class combining both yoga and pilates. You will learn about the different types of yoga and various poses with their beginner and more advanced positions. Pilates is a series of exercises or poses that are connected in a particular way to increase circulation and flexibility. Learn what the "powerhouse" is as we strengthen our backs and abdominals. A sticky mat is recommended but not required. Please wear comfortable clothes that will not restrict movement and try not to eat 2 hours before class (a small snack is OK).
Instructor: Diana Knox, (785) 539-7095
dknox@ksu.edu

Reference Number: 15229
Date: 01/21/2009 to 03/11/2009 (M/W)
Time: 9:00 AM to 10:00 AM
Fee: \$294 (Available for noncredit, RF142AZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15227
Date: 03/23/2009 to 05/06/2009 (M/W)
Time: 9:00 AM to 10:00 AM
Fee: \$294 (Available for noncredit, RF142BZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15226
Date: 01/21/2009 to 03/11/2009 (M/W)
Time: 10:30 AM to 11:30 AM
Fee: \$294 (Available for noncredit, RF142CZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15260
Date: 03/23/2009 to 05/06/2009 (M/W)
Time: 10:30 AM to 11:30 AM
Fee: \$294 (Available for noncredit, RF142DZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15257
Date: 01/15/2009 to 03/10/2009 (Tu/Th)
Time: Noon to 1:00 PM
Fee: \$294 (Available for noncredit, RF142EZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15256
Date: 03/12/2009 to 05/07/2009 (Tu/Th)
(No class 3/17, 3/19)
Time: Noon to 1:00 PM
Fee: \$294 (Available for noncredit, RF142FZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15259
Date: 01/21/2009 to 03/11/2009 (M/W)
Time: 1:30 PM to 2:30 PM
Fee: \$294 (Available for noncredit, RF142GZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15258
Date: 03/23/2009 to 05/06/2009 (M/W)
Time: 1:30 PM to 2:30 PM
Fee: \$294 (Available for noncredit, RF142HZ)
Location: Pro Fitness, 1125 Laramie St.



Zumba

RRES-200

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
Instructor: Jenni Brenner

Reference Number: 15182
Date: 03/12/2009 to 05/07/2009 (Tu/Th)
Time: 10:30 AM to 11:30 AM
Fee: \$294
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 15183
Date: 01/15/2009 to 03/10/2009 (Tu/Th)
Time: 10:30 AM to 11:30 AM
Fee: \$294
Location: Pro Fitness, 1125 Laramie St.

Boxing

RRES-200

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



Reference Number: 15312
Date: 01/15/2009 to 03/05/2009 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$292 (Available for noncredit, RF14AZ)
Location: K.O. Boxing, 2303 Tuttle Creek Blvd. Bluehills Shopping Center

Reference Number: 15313
Date: 01/21/2009 to 03/11/2009 (M/W)
Time: 10:30 AM to 11:40 AM
Fee: \$292 (Available for noncredit, RF14BZ)
Location: K.O. Boxing, 2303 Tuttle Creek Blvd. Bluehills Shopping Center

Reference Number: 15276
Date: 01/21/2009 to 03/11/2009 (M/W)
Time: 2:00 PM to 3:10 PM
Fee: \$292
Location: K.O. Boxing, 2303 Tuttle Creek Blvd. Bluehills Shopping Center

Reference Number: 15262
Date: 01/21/2009 to 03/11/2009 (M/W)
Time: 6:30 PM to 7:40 PM
Fee: \$292
Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Center

Reference Number: 15261
Date: 03/24/2009 to 05/07/2009 (Tu/Th)
Time: 6:30 PM to 7:40 PM
Fee: \$292
Location: K.O. Boxing, 2303 Tuttle Creek Blvd. Bluehills Shopping Center

Reference Number: 15314
Date: 03/23/2009 to 05/06/2009 (M/W)
Time: 10:30 AM to 11:40 AM
Fee: \$292
Location: K.O. Boxing, 2303 Tuttle Creek Blvd. Bluehills Shopping Center

BOXING CONTINUED

Reference Number: 15315
Date: 03/23/2009 to 05/06/2009 (M/W)
Time: 2:00 PM to 3:10 PM
Fee: \$292
Location: K.O. Boxing, 2303 Tuttle Creek Blvd. Bluehills Shopping Center

Reference Number: 15316
Date: 03/23/2009 to 05/06/2009 (M/W)
Time: 6:30 PM to 7:40 PM
Fee: \$292
Location: K.O. Boxing, 2303 Tuttle Creek Blvd. Bluehills Shopping Center

Tae Kwon Do I

RRES-200

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

Reference Number: 15246
Date: 01/20/2009 to 05/07/2009 (Tu/Th)
(No class 3/17, 3/19)
Time: 7:00 PM to 8:00 PM
Fee: \$251.47 (Available for noncredit, MA01Z)
Location: KSU Ahearn Fieldhouse

Judo I

RRES-200

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

Reference Number: 15248
Date: 01/20/2009 to 05/07/2009 (Tu/Th)
(No class 3/17, 3/19)
Time: 8:00 PM to 9:00 PM
Fee: \$226.47 (Available for noncredit, MA08Z)
Location: KSU Ahearn Room 302

Judo II

RRES-200

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

Reference Number: 15247
Date: 01/20/2009 to 05/07/2009 (Tu/Th)
(No class 3/17, 3/19)
Time: 9:00 PM to 10:00 PM
Fee: \$226.47 (Available for noncredit, MA09Z)
Location: KSU Ahearn Room 302

Scuba Diving

RRES-200

This course will prepare students for NAUI Scuba Diver Certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$75 will be assessed at the time of check out dives. However neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own mask, fins, and snorkel, which will be available for purchase at the first class. Equipment ranges in price from \$100 to \$175. There is a nonrefundable materials fee of \$50 for withdrawing from the class after the first day.
Instructor: Jeff Wilson, (785) 313-4231
wheatlan@kansas.net

Reference Number: 15342
Date: 01/26/2009 to 03/02/2009 (M)
Time: 6:00 PM to 10:00 PM
Fee: \$403.47 (Available for noncredit, AQ105AZ)
Location: Natatorium, KSU Campus

ENROLL ONLINE AT WWW.TRYUFM.ORG



SCUBA CONTINUED

Reference Number: 15345
 Date: 03/23/2009 to 04/27/2009 (M)
 Time: 6:00 PM to 10:00 PM
 Fee: \$403.47 (Available for noncredit, AQ105BZ)
 Location: Natatorium, KSU Campus

Reference Number: 15344
 Date: 01/24/2009 to 03/07/2009 (Sa)
 (No class 1/27)
 Time: 9:30 AM to 1:30 PM
 Fee: \$403.47 (Available for noncredit, AQ105CZ)
 Location: Natatorium, KSU Campus

First Aid/CPR/AED

RRES-200
 American Red Cross First Aid/CPR/AED/Bloodborne Pathogen: Preventing Disease Transmission Course. This course is designed to give individuals the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator(AED)for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over. Certification requirements include: 1)attend all course sessions; 2)demonstrate competency in all skill sessions in the course and pass all written examinations with a score of 80% or better in each section. Certificates include "First Aid Basics", "Adult, Child, and Infant CPR", "AED Essentials for Adult and Child", and "Bloodborne Pathogens: Preventing Disease Transmission". There are no prerequisites for this course. Materials are included in class fees.

Instructor: Marcia Hornung, ufm@ksu.edu
 Reference Number: 15321
 Date: 02/10/2009 to 03/12/2009 (Tu/Th)
 Time: 2:45 PM to 4:15 PM
 Fee: \$292
 Location: UFM Conference Room, 1221 Thurston

FIRST AID/CPR/AED CONTINUED

Instructor: Henry Brown
 Reference Number: 15329
 Date: 01/24/2009 to 01/25/2009 (Sa/Su)
 Time: Noon to 7:30 PM
 Fee: \$292
 Location: UFM Conference Room, 1221 Thurston

Reference Number: 15330
 Date: 02/28/2009 to 03/01/2009 (Sa/Su)
 Time: Noon to 7:30 PM
 Fee: \$292
 Location: UFM Conference Room, 1221 Thurston

Reference Number: 15334
 Date: 03/28/2009 to 03/29/2009 (Sa/Su)
 Time: Noon to 7:30 PM
 Fee: \$292
 Location: UFM Conference Room, 1221 Thurston

Reference Number: 15335
 Date: 04/04/2009 to 04/05/2009 (Sa/Su)
 Time: Noon to 7:30 PM
 Fee: \$292
 Location: UFM Conference Room, 1221 Thurston

Reference Number: 15336
 Date: 04/18/2009 to 04/19/2009 (Sa/Su)
 Time: Noon to 7:30 PM
 Fee: \$292
 Location: UFM Conference Room, 1221 Thurston

Responding to Emergencies

RRES-200

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

Instructor: Henry Brown

Reference Number: 15327
 Date: 02/07/2009 to 02/21/2009 (Sa/Su)
 Time: Noon to 6:30 PM
 Fee: \$562 for 2 hours KSU credit
 (Available for non credit, Hw19AZ)
 Location: UFM Banquet Room, 1221 Thurston



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www.tryufm.org
 *View class descriptions
 *Times, dates and locations**

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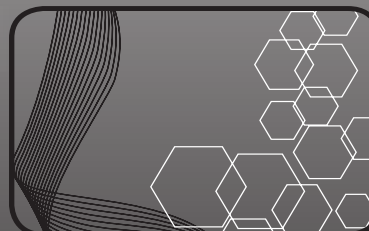
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 Kansas State University
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Fitness Swimming

RRES-200

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

Instructor: Melissa Haug

Reference Number: 15450

Date: 01/27/2009 to 03/12/2009 (Tu/Th)

Time: 6:00 PM to 7:30 PM

Fee: \$251.47 (Available for noncredit, AQ108AZ)

Location: Natatorium, KSU Campus



Lifeguard Instructor

RRES-200

This class will provide candidates with the knowledge and skills necessary to teach Lifeguarding (including First Aid), Lifeguard Management, CPR for the Professional Rescuer, AED Essentials, Oxygen Administration for the Professional Rescuer, Community Water Safety, and Basic Water Rescue. With additional training and for those meeting the prerequisites, interested candidates would also be able to teach Safety Training for Swim Coaches and/or Waterfront Lifeguarding. Enrollment and certification requirements for this class are listed at www.tryufm.org. Materials are included in class fees.

Instructor: Carol Russell, iteach@ksu.edu

Reference Number: 15453

Date: 04/06/2009 to 04/25/2009 (M/W/F/Sa)

Time: Precourse: 4/06 from 4:00 PM to 9:00 PM (M)

4/10, 4/17 & 4/24 from 4:00 PM to 9:00 PM (F)

4/11, 4/18 & 4/25 from 8:00 AM to 6:00 PM (Sa)

Fee: \$513.94 for 2 hours credit
(Available for noncredit, AQ122Z)

Location: Natatorium, KSU Campus

Lifeguard Training

RRES-200

The American Red Cross program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Enrollment and certification requirements for this class are listed at www.tryufm.org. Materials are included in class fees.

Instructor: Carol Russell, iteach@ksu.edu

Reference Number: 15454

Date: 03/23/2009 to 04/04/2009 (M/F/Sa)

Time: Precourse: 3/23 from 6:00 PM to 7:30 PM (M)

3/27 & 4/03 from 4:00 PM to 9:00 PM (F)

3/28 & 4/04 from 8:00 AM to 6:00 PM (Sa)

Fee: \$484.94 for 2 hours credit
(Available for noncredit, AQ35AZ)

Location: Natatorium, KSU Campus

Lifeguard Training

RRES-200

The American Red Cross program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Enrollment and certification requirements for this class are listed at www.tryufm.org. Materials are included in class fees.

Instructor: Carol Russell, iteach@ksu.edu

Reference Number: 15455

Date: 04/17/2009 to 04/25/2009 (M/F/Sa)

Time: Precourse: 4/17 from 6:00 PM to 7:30 PM (F)

4/20 & 4/24 from 4:00 PM to 9:00 PM (M/F)

4/18 & 4/25 from 8:00 AM to 6:00 PM (Sa)

Fee: \$484.94 for 2 hours credit
(Available for noncredit, AQ35BZ)

Location: Natatorium, KSU Campus

Water Safety Instructor

RRES-200

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

Instructor: Carol Russell, iteach@ksu.edu

Reference Number: 15451

Date: 02/13/2009 to 2/21/2009 (M/F/Sa)

Time: 2/13, 2/16 & 2/20 from 4:00 PM to 9:00 PM (F/M)

2/14 & 2/21 from 8:00 AM to 6:00 PM (Sa)

Fee: \$492.94 for 2 hours KSU credit
(Available for noncredit, AQ121Z)

Location: Natatorium, KSU Campus

Fly Fishing

RRES-200

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

Instructor: Paul Sodamann, (785) 494-2340

Reference Number: 15280

Date: 01/26/2009 to 02/05/2009 (M-TH)

Time: 6:00 PM to 8:00 PM

Fee: \$255.47 (Available for noncredit, EN04AZ)

Location: KSU Durland Hall Room 1061

Reference Number: 15281

Date: 02/23/2009 to 03/05/2009 (M-TH)

Time: 6:00 PM to 8:00 PM

Fee: \$255.47 (Available for noncredit, EN04BZ)

Location: KSU Durland Hall Room 1061

Reference Number: 15346

Date: 04/06/2009 to 04/16/2009 (M-TH)

Time: 6:00 PM to 8:00 PM

Fee: \$255.47 (Available for noncredit, EN04CZ)

Location: KSU Durland Hall Room 1061

Fundamentals of Canoeing

RRES-200

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

Instructor: Steve Spencer, quietwater@wildblue.net

Reference Number: 15310

Date: 04/04/2009 to 04/05/2009 (Sa/Su)

Time: 8:00 AM to 5:00 PM

Fee: \$294

Location: UFM Conference Room, 1221 Thurston

Reference Number: 15311

Date: 04/18/2009 to 04/19/2009 (Sa/Su)

Time: 8:00 AM to 5:00 PM

Fee: \$294

Location: UFM Conference Room, 1221 Thurston

Essentials to River Canoeing

RRES-200

Essentials to River Canoeing focuses mainly on general use tandem canoes, such that is found at most camps, rental shops or outfitters. The course is designed to give the student the necessary tools needed to travel down a moving river (not white water). Students will be presented with information on river hazards and features, strokes and basic skills such as eddy turns, and 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.

Instructor: Steve Spencer, quietwater@wildblue.net

Reference Number: 15308

Date: 04/25/2009 to 04/26/09 (Sa/Su)

Time: 8:00 AM to 5:00 PM

Fee: \$294

Location: UFM Conference Room, 1221 Thurston

Canoe Camping

RRES-200

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

Instructor: Steve Spencer, quietwater@wildblue.net

Reference Number: 15306

Date: 02/28/2009 to 03/01/2009 (Sa/Su)

Time: 8:00 AM to 5:00 PM

Fee: \$280.47 (Available for noncredit, RF53Z)

Location: Natatorium, KSU campus

Scuba Diving in Salina

RRES-200

This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$75 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
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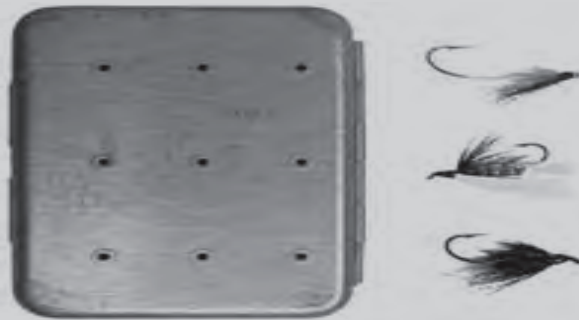
Reference Number: 15368

Date: 01/22/2009 to 03/05/2009 (Th)

Time: 6:00 PM to 10:00 PM

Fee: \$439 (Available for noncredit, AQ107Z)

Location: Salina YMCA, 570 YMCA Dr.



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





FRIDAY NIGHT OUT!

FORGET THE MOVIE LINES.
GIVE THE TV A REST.
LEAVE THE FAST FOOD BEHIND.
MAKE UFM PART OF YOUR
FRIDAY NIGHT OUT FUN!!



March 6
Beer Tasting
630-830 pm
Tallgrass Brewing Co, 8845 Quail, Ste 1

March 27
Zumba
715-815 pm
KSU Ahearn Room 302

April 3
Zumba
715-815 pm
KSU Ahearn Room 302

Evening of Southern Italian Cooking
630-830 pm
UFM Banquet/Kitchen

April 10
An Evening of Wine and Chocolate
7-9 pm
UFM Banquet/Kitchen

April 17
Poker Night
8-930 pm
UFM Fireplace Room

April 24
Sushi Rolling
630-9 pm
UFM Banquet/Kitchen

May 1
Peruvian Cuisine
630-830 pm
UFM Banquet/Kitchen

May 8
Beer Tasting
630-830 pm
Tallgrass Brewing Co, 8845 Quail, Ste 1

ENROLL AT WWW.TRYUFM.ORG OR CALL UFM



THANKS FOR YOUR SUPPORT!!

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

ON CAMPUS REGISTRATIONS

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

DATE: January 28, 29 (W/Th)

TIME: 10:00 AM to 2:00 PM

LOCATION: KSU Student Union

Registration continues throughout the semester:

UFM 1221 Thurston St. | 8:30 AM to 5:00 PM

Closed Noon to 1:00 PM

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

MAILING YOUR REGISTRATIONS?

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

Enroll online at our website:

www.tryufm.org

*View class descriptions

*Times, dates and locations

*Get information about UFM's other programs

DONATIONS

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

Tax deductible contributions may be sent to UFM at:

1221 Thurston St

Manhattan, KS 66502

CRA-Community Resource Act

Who we are: UFM's State Outreach Program

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

How we assist: Mini-grants and free technical assistance

For more information:

call UFM at 785.539.8763

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

ABOUT UFM CLASSES

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

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor's financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Marcia at 539.8763

UFM CANCELLATION POLICY

When we cancel or reschedule a class, you will be notified. Therefore, it is extremely important that we have a daytime and an evening phone number where we may reach you or leave a message. We reserve the right to cancel any class.

REFUND POLICY

We will 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.

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.

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 of UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

NONDISCRIMINATION POLICY

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



REGISTER NOW!!



Visit our secure website:
www.tryufm.org
CLICK on non-credit classes and register online for any class. **VIEW** class descriptions, times and dates.



Complete the form below and mail it with your check, money order or credit card information to: **UFM Class Registrations, 1221 Thurston 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	Total Paid
	Entered	Check _____	<input type="text"/>
	Computer	Cash _____	Date _____
		Visa _____	
		M/C _____	
		Discover _____	

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Signature** Date _____

**Signature of Parent or Guardian required for minors.

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	Entered	Check _____	<input type="text"/>
	Computer	Cash _____	Date _____
		Visa _____	
		M/C _____	
		Discover _____	

Putting the Community in Education!

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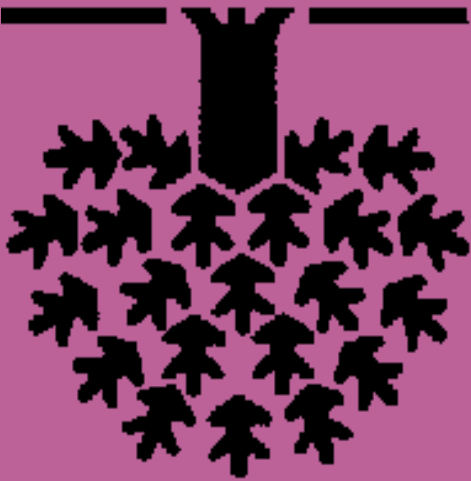
COMMUNITY LEARNING CENTER SPRING CLASSES



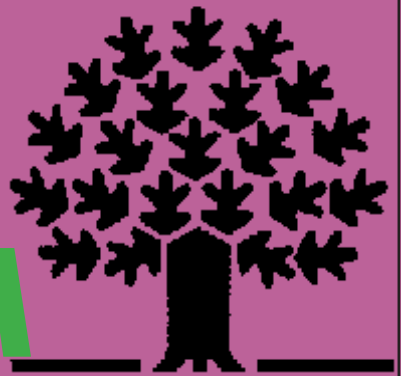
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