

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

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

or current resident



UFM Puts the Community in Education!



UFM Community Learning Center
** Teaching * Learning * Growing*

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- Belly Dance Bollywood Fusion
- Friday Night Zumba!
- Shaolin Kung Fu Fitness
- Cactus & Succulent survival guide
- Recycled Rolled Paper Beads
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Learn something new & fun with UFM!!

SUMMER
2009

VOL. 48 EDITION 1

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UFM's MISSION:

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

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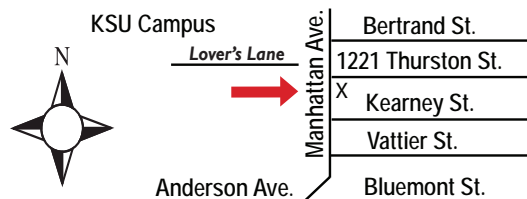
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UFM OFFICE HOURS

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

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



UFM STAFF

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

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**PLUS ALL THE TEACHERS
WHO SHARE THEIR TALENTS!**

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

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ENROLL ONLINE AT WWW.TRYUFM.ORG



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.

LOU DOUGLAS LECTURE SERIES

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

TEEN MENTORING PROGRAM

THE TEEN MENTORING PROGRAM WAS DEVELOPED AS A WAY TO PROVIDE SUPPORT AND POSITIVE INTERACTION TO YOUTH WHO HAVE TROUBLE RELATING TO TRADITIONAL YOUTH PROGRAMS. A VARIED CURRICULUM IS PLANNED WITH OPPORTUNITIES FOR RECREATION AND LEARNING EXPERIENCES. MIDDLE AND HIGH SCHOOL GROUP MEETS TWO DAYS A WEEK AFTER SCHOOL. CALL UFM ABOUT SUMMER ACTIVITIES.

MANHATTAN COMMUNITY GARDEN

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

FLINT HILLS COMMUNITY RADIO

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



FOR MORE INFORMATION:

785/539.8763 | www.tryufm.org | info@tryufm.org

LEARN TO SWIM CLASSES

UFM proudly offers the American Red Cross Swim Lessons Levels 1 - 6, Parent/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

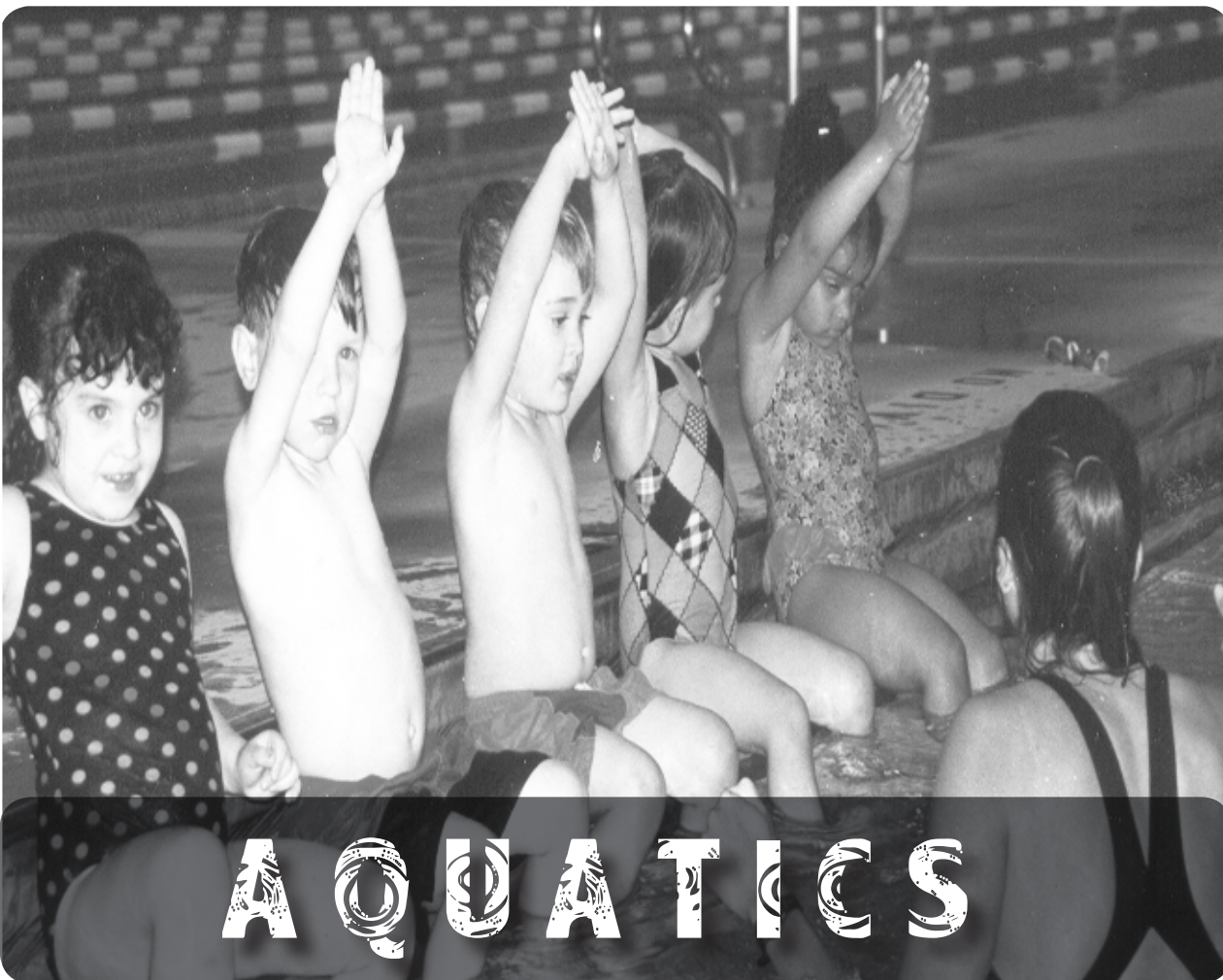
Lockers are available for use during class. Participants must supply towels and swimsuits. Children over the age of 5 are not permitted in restrooms/locker rooms of the opposite sex. Changing tables are available in both the men's and women's locker rooms.

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.

SWIM PROGRAM MAKE-UP & REFUND POLICY

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

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



AQUATICS

Beginning & Ending Dates

(Levels I-VI and Adult Lessons)

Session A: Monday - Thursday, June 8 - June 18
 Session B: Monday - Thursday, June 22 - July 2
 Session C: Monday - Thursday, July 6 - July 16
 Session D: Monday - Thursday, July 20 - July 30

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

Session A1: Monday - Thursday, June 8 - June 11
 Session A2: Monday - Thursday, June 15 - June 18

Session B1: Monday - Thursday, June 22 - June 25
 Session B2: Monday - Thursday, June 29 - July 2

Session C1: Monday - Thursday, July 6 - July 9
 Session C2: Monday - Thursday, July 13 - July 16

Session D1: Monday - Thursday, July 20 - July 23
 Session D2: Monday - Thursday, July 27 - July 30

Parent/Infant and Parent/Tot

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

Fee: \$29.00 per session (4 lessons)

Session A1: Monday - Thursday
 AQAPA 9:15 AM to 9:50 AM
 AQAPP 5:30 PM to 6:05 PM

Session B1: Monday - Thursday
 AQBPA 9:15 AM to 9:50 AM
 AQBPP 5:30 PM to 6:05 PM



PARENT/INFANT & PARENT/TOT CONTINUED

Session C1: Monday - Thursday
 AQCPA 9:15 AM to 9:50 AM
 AQCPP 5:30 PM to 6:05 PM

Session D1: Monday - Thursday
 AQDPA 9:15 AM to 9:50 AM
 AQDPP 5:30 PM to 6:05 PM

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.

Fee: \$29.00 per session (4 lessons)

Session A2: Monday - Thursday
 AQATA 9:15 AM to 9:50 AM
 AQATP 5:30 PM to 6:05 PM

Session B2: Monday - Thursday
 AQBTA 9:15 AM to 9:50 AM
 AQBTP 5:30 PM to 6:05 PM

Session C2: Monday - Thursday
 AQCTA 9:15 AM to 9:50 AM
 AQCTP 5:30 PM to 6:05 PM

Session D2: Monday - Thursday
 AQDTA 9:15 AM to 9:50 AM
 AQDTP 5:30 PM to 6:05 PM



Level I: Water Exploration

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

Fee: \$54.00 per session (8 lessons)

Session A: Monday - Thursday
 AQ01A1 9:55 AM to 10:40 AM
 AQ01A2 10:45 AM to 11:30 AM
 AQ01A3 5:30 PM to 6:15 PM
 AQ01A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday
 AQ01B1 9:55 AM to 10:40 AM
 AQ01B2 10:45 AM to 11:30 AM
 AQ01B3 5:30 PM to 6:15 PM
 AQ01B4 6:30 PM to 7:15 PM

Session C: Monday - Thursday
 AQ01C1 9:55 AM to 10:40 AM
 AQ01C2 10:45 AM to 11:30 AM
 AQ01C3 5:30 PM to 6:15 PM
 AQ01C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday
 AQ01D1 9:55 AM to 10:40 AM
 AQ01D2 10:45 AM to 11:30 AM
 AQ01D3 5:30 PM to 6:15 PM
 AQ01D4 6:30 PM to 7:15 PM

Level II: Primary Skills

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

Fee: \$54.00 per session (8 lessons)

Session A: Monday - Thursday
 AQ02A1 9:55 AM to 10:40 AM
 AQ02A2 10:45 AM to 11:30 AM
 AQ02A3 5:30 PM to 6:15 PM
 AQ02A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday
 AQ02B1 9:55 AM to 10:40 AM
 AQ02B2 10:45 AM to 11:30 AM
 AQ02B3 5:30 PM to 6:15 PM
 AQ02B4 6:30 PM to 7:15 PM

Session C: Monday - Thursday
 AQ02C1 9:55 AM to 10:40 AM
 AQ02C2 10:45 AM to 11:30 AM
 AQ02C3 5:30 PM to 6:15 PM
 AQ02C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday
 AQ02D1 9:55 AM to 10:40 AM
 AQ02D2 10:45 AM to 11:30 AM
 AQ02D3 5:30 PM to 6:15 PM
 AQ02D4 6:30 PM to 7:15 PM

Level III: Stroke Readiness

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

Fee: \$54.00 per session (8 lessons)

Session A: Monday - Thursday
 AQ03A1 9:55 AM to 10:40 AM
 AQ03A2 10:45 AM to 11:30 AM
 AQ03A3 5:30 PM to 6:15 PM
 AQ03A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday
 AQ03B1 9:55 AM to 10:40 AM
 AQ03B2 10:45 AM to 11:30 AM
 AQ03B3 5:30 PM to 6:15 PM
 AQ03B4 6:30 PM to 7:15 PM

Session C: Monday - Thursday
 AQ03C1 9:55 AM to 10:40 AM
 AQ03C2 10:45 AM to 11:30 AM
 AQ03C3 5:30 PM to 6:15 PM
 AQ03C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday
 AQ03D1 9:55 AM to 10:40 AM
 AQ03D2 10:45 AM to 11:30 AM
 AQ03D3 5:30 PM to 6:15 PM
 AQ03D4 6:30 PM to 7:15 PM

Level IV: Stroke Development

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

Fee: \$54.00 per session (8 lessons)

Session A: Monday - Thursday
 AQ04A1 9:55 AM to 10:40 AM
 AQ04A2 10:45 AM to 11:30 AM
 AQ04A3 5:30 PM to 6:15 PM
 AQ04A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday
 AQ04B1 9:55 AM to 10:40 AM
 AQ04B2 10:45 AM to 11:30 AM
 AQ04B3 5:30 PM to 6:15 PM
 AQ04B4 6:30 PM to 7:15 PM

Session C: Monday - Thursday
 AQ04C1 9:55 AM to 10:40 AM
 AQ04C2 10:45 AM to 11:30 AM
 AQ04C3 5:30 PM to 6:15 PM
 AQ04C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday
 AQ04D1 9:55 AM to 10:40 AM
 AQ04D2 10:45 AM to 11:30 AM
 AQ04D3 5:30 PM to 6:15 PM
 AQ04D4 6:30 PM to 7:15 PM

Level V: Stroke Refinement

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

Fee: \$54.00 per session (8 lessons)

Session A: Monday - Thursday
 AQ05A1 10:45 AM to 11:30 AM
 AQ05A3 6:30 PM to 7:15 PM

Session B: Monday - Thursday
 AQ05B1 10:45 AM to 11:30 AM
 AQ05B3 6:30 PM to 7:15 PM

Session C: Monday - Thursday
 AQ05C1 10:45 AM to 11:30 AM
 AQ05C3 6:30 PM to 7:15 PM

Session D: Monday - Thursday
 AQ05D1 10:45 AM to 11:30 AM
 AQ05D3 6:30 PM to 7:15 PM

Level VI: Skill Proficiency

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

Fee: \$54.00 per session (8 lessons)

Session A: Monday - Thursday
 AQ06A1 10:45 AM to 11:30 AM
 AQ06A3 6:30 PM to 7:15 PM

Session B: Monday - Thursday
 AQ06B1 10:45 AM to 11:30 AM
 AQ06B3 6:30 PM to 7:15 PM

Session C: Monday - Thursday
 AQ06C1 10:45 AM to 11:30 AM
 AQ06C3 6:30 PM to 7:15 PM

Session D: Monday - Thursday
 AQ06D1 10:45 AM to 11:30 AM
 AQ06D3 6:30 PM to 7:15 PM

Adult Swim Lessons

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

Fee: \$54.00 per session (8 lessons)

AQ-22B: Monday - Thursday
 5:30 PM to 6:15 PM

AQ-22D: Monday - Thursday
 5:30 PM to 6:15 PM

Ask about our

Adult & Youth scholarships

at 539.8763

ENROLL ONLINE AT WWW.TRYUFM.ORG



**RECYCLE
THIS
CATALOG!!**

Lap Swimming: Ages 13+

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

Fee: \$19.00 per session (8 times)

Session A: Monday - Thursday
AQLSA1 9:30 AM to 11:30 AM
AQLSA3 5:30 PM to 7:30 PM

Session B: Monday - Thursday
AQLSB1 9:30 AM to 11:30 AM
AQLSB3 5:30 PM to 7:30 PM

Session C: Monday - Thursday
AQLSC1 9:30 AM to 11:30 AM
AQLSC3 5:30 PM to 7:30 PM

Session D: Monday - Thursday
AQLSD1 9:30 AM to 11:30 AM
AQLSD3 5:30 PM to 7:30 PM

Lap Swimming for Parents

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

Fee: \$16.00 per session (8 times)

Session A: Monday - Thursday
AQLPA1 9:30 AM to 11:30 AM
AQLPA3 5:30 PM to 7:30 PM

Session B: Monday - Thursday
AQLPB1 9:30 AM to 11:30 AM
AQLPB3 5:30 PM to 7:30 PM

Session C: Monday - Thursday
AQLPC1 9:30 AM to 11:30 AM
AQLPC3 5:30 PM to 7:30 PM

Session D: Monday - Thursday
AQLPD1 9:30 AM to 11:30 AM
AQLPD3 5:30 PM to 7:30 PM

Shallow Hydroaerobics: Water Exercise

This is a 50-minute water exercise class that uses water resistance to give participants a great workout. This class is designed to use water exercises for the development of physical fitness, muscle tone, flexibility and cardiovascular endurance. Exercises are done in a vertical position with head and shoulders out of the water. Both the swimmer and the non-swimmer will benefit from this class. ***NOTE: Students can choose from once to four times per week.

Session AQSHA: 06/08/2009 to 07/02/2009
Monday - Thursday (6:10pm - 7:00pm)

Session AQSHB: 07/06/2009 to 07/30/2009
Monday - Thursday (6:10pm - 7:00pm)

Fee: \$20 for 1 time per week per session
\$32 for 2 times a week per session
\$42 for 3 times a week per session
\$48 for 4 times a week per session

Shallow Water Hydroaerobics for the entire summer

Session AQSHE: 06/08/2009 to 07/30/2009
Monday - Thursday (6:10pm - 7:00pm)

Fee: \$36 for 1 time per week per session
\$42 for 2 times a week per session
\$48 for 3 times a week per session
\$54 for 4 times a week per session

Deep Water Hydroaerobics

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

Fee: \$29 per session

Session A: 06/09/2009 to 07/02/2009 (Tu/Th)
AQ-100A 6:10 PM to 7:00 PM

Session B: 07/07/2009 to 07/30/2009 (Tu/Th)
AQ-100B 6:10 PM to 7:00 PM

Deep Water Hydroaerobics for the entire summer

Fee: \$49.00

Session E: 06/09/2009 to 07/30/2009 (Tu/Th)
AQ-100E 6:10 PM to 7:00 PM

Private Swim Lessons

AQ103

Private lessons provide one-on-one instruction for any level of swimmer. Sessions include four 35 minute lessons and occur M-Th consecutively. To improve scheduling and better serve our families, please make sure you record these times and dates when you register; due to time constraints: THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS, see page 4.

Beginning and Ending Dates for Morning and Evening Private Lessons:

AQ103A1: Mon. - Thur., June 8 - June 11
AQ103A2: Mon. - Thur., June 15 - June 18

AQ103B1: Mon. - Thur., June 22 - June 25
AQ103B2: Mon. - Thur., June 29 - July 2

AQ103C1: Mon. - Thur., July 6 - July 9
AQ103C2: Mon. - Thur., July 13 - July 16

AQ103D1: Mon. - Thur., July 20 - July 23
AQ103D2: Mon. - Thur., July 27 - July 30

Times for morning classes:

9:15 AM to 9:50 AM
9:55 AM to 10:30 AM

Times for all evening classes:

5:30 PM to 6:05 PM
6:10 PM to 6:45 PM
6:50 PM to 7:25 PM

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

CPR Review for

Professional Rescuer

09BHW27A

This class is for those already certified in CPR for the Professional Rescuer and either their certification is coming due, is within 30 days of expiration or they would like to be updated to the new skills. Participants must demonstrate all skills involved with CPR. Bring a pocket mask or purchase at UFM, 1221 Thurston St.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 05/27/2009 (W)
Time: 5:15 PM to 7:30 PM
Fee: \$20.00
Location: Natatorium, KSU Campus

CPR Review for

Professional Rescuer

09BHW27B

Instructor: Abby Thrash

Date: 05/27/2009 (W)
Time: 7:30 PM to 9:30 PM
Fee: \$20.00
Location: Natatorium, KSU Campus

CPR Review for

Professional Rescuer

09BHW27C

Instructor: Abby Thrash

Date: 05/28/2009 (Th)
Time: 5:15 PM to 7:30 PM
Fee: \$20.00
Location: Natatorium, KSU Campus



Open Swim Appreciation

09BAQ31A

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

Date: 06/21/2009 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No Charge
Location: Natatorium, KSU Campus

Open Swim Appreciation

09BAQ31B

Date: 07/19/2009 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No Charge
Location: Natatorium, KSU Campus

Lifeguard Training

09AAQ35B

American Red Cross Lifeguard Training teaches the skills/knowledge needed to prevent and respond to aquatic emergencies. This class will certify you in Lifeguard Training, CPR for the Professional Rescuer, First Aid and AED Administration. Materials are required and available for pick up at UFM, 1221 Thurston St.

Instructor: Carol Russell, iteach@ksu.edu

Date: 05/18/2009 to 05/21/2009 (M-Th)
Time: 5/18 to 5/20 from 4:00 PM to 9:00 PM (M-W)
5/21 from 9:00 AM to 6:00 PM (Th)
Fee: \$149.00 + \$52 for materials
Location: Natatorium, KSU Campus

Lifeguard Training

09AAQ35C

Instructors: Abby Thrash & Nora Gehrke

Date: 05/26/2009 to 05/28/2009 (Tu/W/Th)
Time: 8:00 AM to 5:00 PM
Fee: \$149.00 + \$52 for materials
Location: Natatorium, KSU Campus



Scuba Diving

09BAQ105AZ

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

Date: 06/08/2009 to 07/13/2009 (M)
Time: 5:30 PM to 9:30 PM
Fee: \$257.00 (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.

Lifeguard Review

09AAQ106A

A review 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.
Instructors: Abby Thrash

Date: 05/26/2009 (Tu)
Time: 5:15 PM to 10:15 PM
Fee: \$25.00
Location: Natatorium, KSU Campus

WSI-Water Safety Instructor

09BAQ121

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach Swimming and Water Safety Program courses, including the Basic Water Rescue course, the six levels of Learn-To-Swim, WSI-Aide, Water Safety Outreach presentations, and Parent and Child Aquatics. Please note: The WSI course is NOT designed to teach you the required strokes/skills. Paired practice, coaching and drills are used to refine skills. Enrollment and certification requirements for this class are listed at www.tryufm.org. Materials are required; please pick up at UFM, 1221 Thurston St.
Instructor: Carol Russell, iteach@ksu.edu

Date: 05/26/2009 to 05/28/2009 (T/W/Th)
Time: 8:00 AM to 6:00 PM
Fee: \$180.00 + \$62 for materials
Location: Natatorium, KSU Campus

Lifeguard Instructor (LGI)

09AAQ122

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. Materials are required; please pick up at UFM, 1221 Thurston St.
Instructor: Carol Russell

Date: 5/09/2009 & 05/17/2009 to 05/21/2009 (Sa-Th)
Time: 5/9 from 8AM to 6PM (Sa); 5/17 from 5-9 pm (Su)
5/18 to 5/20 from 4-9PM (M-W);
5/21 from 9AM to 1PM (Th)
Fee: \$149.00 + \$83.20 for materials
Location: Natatorium, KSU Campus



Professional Certification Courses

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

Enroll at **www.tryufm.org**
or call **539.8763**

**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



career & finance

GRE Prep Course 09BFC06

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: 06/08/2009 to 07/15/2009 (M/W)
Time: 7:00 PM to 9:00 PM
Fee: \$270.00
Location: UFM Conference Room, 1221 Thurston

LSAT Prep Course 09BFC24

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

Date: 06/16/2009 to 07/14/2009 (Tu/Th/Sa)
Time: 7:30 PM to 9:30 PM
Fee: \$270.00
Location: UFM Multipurpose Room, 1221 Thurston



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

Basic Computer and Internet Skills 09BFC51

Afraid to turn on a computer? This is the class for you! You will learn how to identify the basic parts of the computer, how to use the mouse, and explore Microsoft Office and Internet Explorer. Once you have the basics down, you will learn how to manage your free email account and how to search on the Internet. If children are enrolling, please contact the instructor beforehand so the projects can be modified to meet the needs of those attending. This class is open to everyone 10 and over. Children must be accompanied by an adult. (A great way to take a class together!) Instructor: Amy Trujillo, amyellen@me.com

Amy Trujillo works for USD-475 as an English Language Learner (ELL) teacher, writes technology articles for a national publication, and is certified to teach Microsoft Office. She has taught computer classes from kindergarten to the community college level. Amy has maintained various websites and blogs for personal and professional use.

Date: 06/11/2009 (Th)
Time: 5:30 PM to 7:30 PM
Fee: \$12.00
Location: Manhattan Public Library-Computer Classroom

Social Networking & Blogging 09BFC52

The Internet can be a scary place for teens and adults. Learn what is safe and not safe and how to manage the social network on the web. You will learn how to create an account on the social networking 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: Twitter, LiveJournal, MySpace, Facebook, and YouTube. It is recommended that you have basic Internet and computer skills before taking this course. This class is open to everyone 13 and older. Please notify the instructor if anyone under the age of 18 is enrolling. Children MUST be accompanied by a parent. Instructor: Amy Trujillo, amyellen@me.com

Date: 07/25/2009 (Sa)
Time: 10:00 AM to Noon
Fee: \$12.00
Location: Manhattan Public Library-Computer Classroom

Your Digital Life 09BFC53

This class includes iPod and iTunes skills as well as information about uploading and sharing photographs. Bring your iPod, digital camera, library card, and your imagination to this class. We will walk through how to install new applications on your iPod, which ones are fun and beneficial, and upload and share photographs. Some of the websites and programs that will be used in this class are iTunes, Twit Pic, Picasa, and Flickr. It is recommended that you have basic Internet and computer skills before taking this course. This class is open to everyone 13 and older. Please notify the instructor if anyone under the age of 18 is enrolling. Children must be accompanied by a parent. Instructor: Amy Trujillo, amyellen@me.com

Date: 07/25/2009 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: \$12.00
Location: Manhattan Public Library-Computer Classroom

Introduction to Excel 09BFC54

Learn the basics in Excel and be able to create personalized workbooks. You will learn how to use the toolbars, the basics of each program, functions and formulas in Excel, and how to save, print, and email your work. If children are enrolling, please contact the instructor beforehand so the projects can be modified to meet the needs of those attending. It is recommended that you have basic computer skills before taking this course. This class is open to everyone 10 and over. Children must be accompanied by an adult. (A great way to take a class together!) Instructor: Amy Trujillo, amyellen@me.com

Date: 06/13/2009 (Sa)
Time: 9:30 AM to 11:30 AM
Fee: \$12.00
Location: Manhattan Public Library-Computer Classroom

Introduction to PowerPoint 09BFC55

Learn the basics of PowerPoint. You will learn how to use the toolbars, create new slides and transitions, and how to play your slideshow. This class can be basic or advanced, based on the needs of those attending. It is helpful to contact the instructor beforehand about what you want to get out of the class. If children are attending, please inform the instructor so the projects can be modified for their abilities and needs. It is recommended that you have basic computer mouse skills before taking this course. This class is open to everyone 10 and over. Children must be accompanied by an adult. (A great way to take a class together!) Instructor: Amy Trujillo, amyellen@me.com

Date: 06/20/2009 (Sa)
Time: 10:00 AM to Noon
Fee: \$12.00
Location: Manhattan Public Library-Computer Classroom

Computer Skills for Worldly People 09BFC56

Learn how to find websites in another language, programs to translate websites, where to find the news from around the world and how to keep in contact with people from other countries. This class also teaches basic computer and Internet skills. It is taught by an English Language Learner (ELL) certified teacher. There will be a lot of visuals and hands on opportunities so you will feel comfortable with the class, the computer and the Internet. This class is open to everyone 10 and older, but is geared toward people learning another language. If children are attending, they must be accompanied by an adult. Please notify the instructor beforehand so appropriate web sites and resources can be planned for them. Instructor: Amy Trujillo, amyellen@me.com

Date: 06/20/2009 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: \$12.00
Location: Manhattan Public Library-Computer Classroom



creative free time



Get more out of your camera and learn about size and images in Digital Darkroom.

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

Learn how to make Scrapbook Album in a Box, Name in a Frame and Greeting Card Workshop-one time classes with Donna Wilkins, pg 10.

Beginning Knitting 09BCF05A

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: 06/16/2009 to 07/07/2009 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting 09BCF05B

Instructor: Kennita Tully, (785) 537-1826

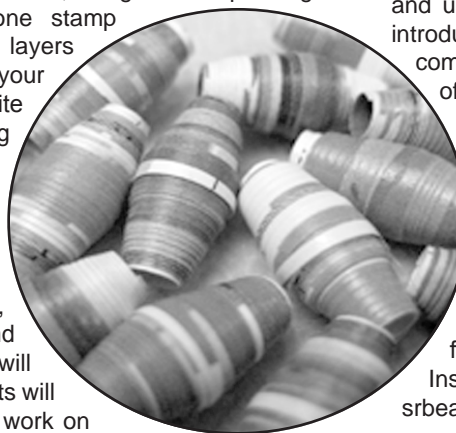
Date: 07/22/2009 to 08/12/2009 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

The Digital Darkroom for Photographers:

Introduction to Photoshop, Image Processing & Printing 09BCF65

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

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



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

Date: 07/28/2009 to 08/06/2009 (Tu/Th)
Time: 7:00 PM to 9:00 PM
Fee: \$48.00
Location: UFM Computer Lab, 1221 Thurston St.

Introduction to Photography 09BCF78

This class will focus on basic concepts of photography. To get the most out of this class, participants should have either a film or digital camera that users can take complete manual control of settings such as aperture (f-stop) and shutter speed; such as SLR's or advanced compact cameras.

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

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

Date: 05/28/2009 to 06/25/2009 (Th/Sa)
Time: 7:00 PM to 9:00 PM
Fee: \$68.00
Location: UFM Conference Room, 1221 Thurston

Recycled Rolled Paper Beads 09BCF72

Don't toss out your old magazines! Get creative and learn how to make your own unique jewelry for next-to-nothing with recycled paper. Please bring magazines, wrapping paper or other colorful recycled paper of your choice along with a bottle of white glue and scissors (Thinner paper will roll more easily.) This is a beginning class for youth and older individuals. Everyone will take home a necklace or bracelet that they have created in class.

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

Date: 06/09/2009 (Tu)
Time: 3:00 PM to 4:30 PM
Fee: \$5.00
Location: UFM Conference Room, 1221 Thurston



CREATIVE FREE TIME

Scrapbook Album in a Box 09BCF94

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

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

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

Date: 06/30/2009 (Tu)
Time: 6:00 PM to 8:00 PM
Fee: \$15.00
Location: UFM Multipurpose Room, 1221 Thurston

Name in a Frame 09BCF95

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) 317-0981
sgtmomz@juno.com

Date: 05/26/2009 (Tu)
Time: 6:00 PM to 8:00 PM
Fee: \$15.00
Location: UFM Multipurpose Room, 1221 Thurston

Greeting Card Workshop 09BCF96

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

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

Date: 07/28/2009 (Tu)
Time: 6:00 PM to 8:00 PM
Fee: \$15.00
Location: UFM Conference Room, 1221 Thurston

Drum Circle 09BPI57A

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

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

Maya Zahira, owner of Maya's Oasis, is a teacher, healer, performance artist, and retreat facilitator. She is the director of The Maya Zahira School of Belly Dance and has taught Mid-East dance and drumming for over 10 years. In addition, she is the owner of Maya's Oasis, which offers natural alternatives for healing.

Date: 06/03/2009 to 06/24/2009 (W)
Time: 5:45 PM to 6:45 PM
Fee: \$28.00
Location: UFM Banquet Room, 1221 Thurston

Drum Circle 09BPI57B

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

Date: 07/01/2009 to 07/22/2009 (W)
Time: 5:45 PM to 6:45 PM
Fee: \$28.00
Location: UFM Banquet Room, 1221 Thurston

Drum Circle 09BPI57C

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

Date: 07/29/2009 to 08/19/2009 (W)
Time: 5:45 PM to 6:45 PM
Fee: \$28.00
Location: UFM Banquet Room, 1221 Thurston

Introduction to Leather Crafting 09BCF103

Learn the basics of decorating and making things with leather. Techniques taught include stamping and carving, coloring, finishing, lacing and stitching. Students can choose from an assortment of projects, including bookmarks, wrist bands, hair barretts, checkbook covers and journal covers. The course fee includes a starter tool kit; additional tools and projects kits will need to be purchased separately. Costs will vary depending on projects chosen. Deadline for registration is May 30.

Instructor: Kate Dubiel, (785) 532-9768

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

Date: 06/20/2009 to 08/01/2009 (No class 7/4)
Time: 9:00 AM to 11:00 AM
Fee: \$109.00
Location: UFM Solar Addition, 1221 Thurston



Beginning Guitar Class 09BCF104

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

Instructor: Mark Vacca, vaccamark@hotmail.com

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

Date: 06/29/2009 to 07/22/2009 (M/W)
Time: 5:30 PM to 6:30 PM
Fee: \$26.00
Location: UFM Multipurpose Room, 1221 Thurston



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A place for artists to meet, learn, discuss, and
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This summer in the MAC galleries:

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July 25-September 5 **KSU Graduate Students of the Visual Arts**



The Manhattan Arts Center is funded in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency, which believes that a great nation deserves great art. Additional funding comes from the City of Manhattan and MAC members and friends. MAC is a member of AHA! Manhattan, the Arts & Humanities Association of Manhattan.



www.tryufm.org

1221 Thurston St.
785.539.8763

earth & nature



Fall Gardening

09BEN01

Fall is the best time to grow many vegetables! Get extra mileage out of your garden space this year and take advantage of Kansas' great autumn weather to plant a fall vegetable garden. The cooler temperatures result in better quality produce and less stress on you! Learn what to plant and when to plant for best results. Discussion includes soil preparation, fertilizer needs, and helpful tips for obtaining maximum seed germination and crop yields. Finally, we'll discuss growing and harvesting some vegetables beyond the end of October! Imagine fresh veggies in the middle of winter and it can be accomplished without a greenhouse! 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: 07/18/2009 (Sa)
Time: 10:00 AM to Noon
Fee: \$12.00
Location: UFM Conference Room, 1221 Thurston

Let's Make Hypertufa!

09BEN64

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

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

Date: 06/13/2009 (Sa)
Time: 10:00 AM to Noon
Fee: \$30.00
Location: UFM Conference Room, 1221 Thurston



Young Earth Creationist

09BEN27

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 Lange, CWB (785) 776-3944
mclange@kansas.net

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

Date: 06/06/2009 to 08/01/2009 (Sa)
Time: Noon to 4:00 PM
Fee: \$12.00
Location: 7102 Abbott Drive, Cedar Creek Ranch

Solar Energy for Your Home

09BEN44

Discussion will include solar thermal and electrical 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: 07/25/2009 (Sa)
Time: 1:00 PM to 2:30 PM
Fee: \$5.00
Location: UFM Solar Addition, 1221 Thurston

Building Sustainability with Natural Materials

09BEN48

This workshop will allow participants to get first hand working experience while constructing a small basic structure such as a shed or greenhouse utilizing straw-bale, cob and possibly cordwood base materials. This will be a great workshop for those interested in one or all of these building techniques and/or materials as well as how to integrate them for optimal insulative or thermal function. All signups should be able and willing to perform physical labor as this will be a construction workshop. Students will be required to sign a waiver of liability. The foundation work will be completed prior to the workshop; however, any volunteers willing to help on foundation work will be appreciated and can contact me. Orientation at UFM on August 8; Location site TBA. Ages 16 and older. Instructor: Bruce Reid, (785) 532-6865 redfeatherranch.colorado@gmail.com

Bruce Reid has lived in the midwest and the southwest where he has studied and conducted workshops on sustainable building techniques. He founded the Red Feather Sustainable Living Institute in 2004. His expertise is in natural material building such as cob, rammed earth, straw bale and adobe to name a few.

Date: 08/08/2009 to 09/12/2009 (Sa)
(No class 8/22)
Time: 9:00 AM to Noon; 9:00 AM to 5:00 PM
Fee: \$150.00 (includes materials)
Location: Orientation at UFM 8/8; location TBA

Worm Composting

09BEN59

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 Guilford, jlguilfo@ksu.edu

Date: 06/20/2009 (Sa)
Time: 11:30 AM to 12:30 PM
Fee: \$5.00
Location: UFM Solar Addition, 1221 Thurston

Cactus & Succulent Survival Guide

09BEN63

The number of cacti and succulents that die each year from either drowning or dehydration could easily exceed the combined casualties of WWI and WWII, but in just one hour you can learn survival techniques that will keep your plants alive and thriving.

Instructor: Gail Selfridge, (785) 537-0263

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

Date: 06/06/2009 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: \$12.00
Location: UFM Solar Addition, 1221 Thurston

Top 10 Ways to

Be a Brown-Thumb Gardener

09BEN101

Come visit with our resident brown-thumb staff member, and learn the top 10 ways to keep your plants from thriving. Some of the topics include: watering with items such as soft drinks or coffee drinks, not re-potting, over and under watering, or her favorite, killing your plants with kindness. You can learn more and other secrets at class.

Instructor: Marcia Hornung

Date: All four seasons
Time: 8:00 AM to 8:30 AM
Fee: \$12.34
Location: UFM Solar Addition, 1221 Thurston





fun foods



Chinese Cuisine 09BFF49

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 one week prior to class.
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: 06/12/2009 (F)
Time: 6:00 PM to 8:00 PM
Fee: \$22.00
Location: UFM Banquet Room, 1221 Thurston

Thai Noodles 09BFF12A

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

Instructor: Chulee Yaeger, ccyaege@hotmail.com

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

Date: 05/30/2009 to 06/13/2009 (Sa)
Time: 10:30 AM to 11:30 AM
Fee: \$68.00
Location: UFM Banquet Room, 1221 Thurston

Thai Noodles 09BFF12B

Instructor: Chulee Yaeger, ccyaege@hotmail.com

Date: 06/20/2009 to 07/11/2009 (Sa)
Time: 10:30 AM to 11:30 AM
Fee: \$68.00
Location: UFM Banquet Room, 1221 Thurston

Thai Noodles 09BFF12C

Instructor: Chulee Yaeger, ccyaege@hotmail.com

Date: 07/18/2009 to 08/01/2009 (Sa)
Time: 10:30 AM to 11:30 AM
Fee: \$68.00
Location: UFM Banquet Room, 1221 Thurston

Beer Tasting 09BFF39

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: 06/05/2009 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$12.00
Location: Tallgrass Brewing Company
Directions: 8845 Quail Lane, Suite 1. East on US-24, Left on Dempsey Road, Continue on Green Valley Road then turn right on Quail Lane.



Authentic Mexican Cooking 09BFF45

These recipes are rooted from regions in Mexico such as Oaxacan. We will create traditional Mexican recipes, not from your every day Tex-Mex. Drinks will be served for those 21 and over.

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

David has over 20 years of restaurant experience and also works as a part-time caterer specializing in Latino Cuisine and baked goods. David has a passion for cooking and would love to share his culinary skills with you.

Date: 07/24/2009 (F)
Time: 6:00 PM to 9:00 PM
Fee: \$30.00
Location: Clarion Hotel, 530 Richards Dr

Tastes of Korea 09BFF50A

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

Instructor: Pei Liu

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

Date: 06/19/2009 (F)
Time: 6:00 PM to 8:00 PM
Fee: \$22.00
Location: UFM Banquet Room, 1221 Thurston

Tastes of Korea 09BFF50B

Instructor: Pei Liu

Date: 07/10/2009 (F)
Time: 6:00 PM to 8:00 PM
Fee: \$22.00
Location: UFM Banquet Room, 1221 Thurston

Lebanese Cuisine 09BFF51

The Lebanese Cuisine class will teach you how to make authentic Lebanese foods such as Tabouli and Hummus. You will be chopping and mixing while listening to exciting Lebanese music. You will be provided with the recipes made during class as well as some you can try at home. Please bring your favorite chopping knife with you. Deadline for registration is June 1.

Instructor: Tina Khalil, (860) 481-9171, cdf0413@ksu.edu

Date: 06/05/2009 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$24.00
Location: UFM Banquet Room, 1221 Thurston



health & wellness



Get CPR Certified with Community CPR and First Aid classes!

Join the Natural Wellness Women's Group with Maya Zahira.

Check out our new class Shaolin Kung Fu Fitness with new instructor Mat Blake!

Living the Art: Jin Shin Jyutsu 09BHW08A

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

Instructor: Kate Cashman, (785) 537-1911

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

Date: 07/18/2009 (Sa)
Time: 11:00 AM to 3:00 PM
Fee: \$26.00
Location: 1421 Colorado Street

Living the Art: Jin Shin Jyutsu 09BHW08B

Instructor: Kate Cashman, (785) 537-1911

Date: 08/01/2009 (Sa)
Time: 11:00 AM to 3:00 PM
Fee: \$26.00
Location: 1421 Colorado Street

Beginning Yoga 09BHW15AZ

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: 06/08/2009 to 07/29/2009 (M/W)
Time: 5:30 PM to 6:30 PM
Fee: \$99.00
Location: KSU Ahearn Room 302



CPR Review for Professional Rescuer 09BHW27A

This class is for those already certified in CPR for the Professional Rescuer and either their certification is coming due, is within 30 days of expiration or they would like to be updated to the new skills. Participants must demonstrate all skills involved with CPR. Bring a pocket mask or purchase at UFM, 1221 Thurston St.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 05/27/2009 (W)
Time: 5:15 PM to 7:30 PM
Fee: \$20.00
Location: Natatorium, KSU campus

CPR Review for Professional Rescuer 09BHW27B

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 05/27/2009 (W)
Time: 7:30 PM to 9:30 PM
Fee: \$20.00
Location: Natatorium, KSU campus

CPR Review for Professional Rescuer 09BHW27C

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 05/28/2009 (Th)
Time: 5:15 PM to 7:30 PM
Fee: \$20.00
Location: Natatorium, KSU campus

CPR/First Aid Blended Learning 09BHW70

Find out how you can cut classroom time for CPR, First Aid, and AED Training in half by using Blended Learning. Blended Learning combines a program which blends an ONLINE session with a skills practice and assessment session. Certification requirements are as follows:

1. Complete online session.
2. Correctly answer at least 80 percent of the questions of the final exam. NOTE: Participants must successfully complete the online session before beginning the Skills Practice and Assessment Session.
3. Attend and participate in the skills practice and assessment session for the course.
4. Demonstrate competency in all required skills.

Source: American Red Cross

This class is for those who need to be re-certified and for new students. Test date is at UFM on June 23 from 6-9 pm. Students are required to have the First Aid/CPR/AED for Schools and the Community for class. Pick up book at UFM, 1221 Thurston St.

Instructor: Marcia Hornung, ufm@ksu.edu


Date: 06/23/2009 (Tu)
Time: 6:00 PM to 9:00 PM
Fee: \$25.00 + \$16 for book
Location: UFM Conference Room, 1221 Thurston

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- *View class descriptions**
- *Times, dates and locations**

Meditation & Relaxation:

Introduction to Guided Meditation 09BHW69

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

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

Date: 06/20/2009 (Sa)
 Time: 10:00 AM to Noon
 Fee: \$28.00
 Location: UFM Conference Room, 1221 Thurston

Peace Meditations:

Global Prayer Project 09BHW71

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

Instructor: Palma Holden, (785) 539-1183

Date: 06/02/2009 to 08/11/2009 (Tu)
 Time: 6:45 PM to 8:00 PM
 Fee: *No Charge
 Location: UFM Fireplace Room, 1221 Thurston



Evening Yoga 09BHW88A

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

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

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

Date: 05/18/2009 to 06/15/2009 (M)
 (No class 5/25)
 Time: 7:15 PM to 8:45 PM
 Fee: \$27.00
 Location: UFM Banquet Room, 1221 Thurston

Evening Yoga 09BHW88B

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

Date: 06/22/2009 to 07/13/2009 (M)
 Time: 7:15 PM to 8:45 PM
 Fee: \$27.00
 Location: UFM Banquet Room, 1221 Thurston

Evening Yoga 09BHW88C

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

Date: 07/20/2009 to 08/10/2009 (M)
 Time: 7:15 PM to 8:45 PM
 Fee: \$27.00
 Location: UFM Banquet Room, 1221 Thurston

Morning Yoga 09BHW89A

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@flinthills.com

Date: 05/16/2009 to 06/06/2009 (Sa)
 Time: 9:30 AM to 11:00 AM
 Fee: \$27.00
 Location: KSU Ahearn Room 302

Morning Yoga 09BHW89B

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

Date: 06/13/2009 to 07/11/2009 (Sa)
 (No class 7/4)
 Time: 9:30 AM to 11:00 AM
 Fee: \$27.00
 Location: KSU Ahearn Room 302

Morning Yoga 09BHW89C

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

Date: 07/18/2009 to 08/08/2009 (Sa)
 Time: 9:30 AM to 11:00 AM
 Fee: \$27.00
 Location: KSU Ahearn Room 302

Shaolin Kung Fu Fitness 09BHW96

Shaolin Kung Fu Fitness 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 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: 06/01/2009 to 07/29/2009 (M/W)
 Time: 3:30 PM to 5:00 PM
 Fee: \$61.00
 Location: KSU Ahearn Room 302



Art's Up!



Exhibitions:

outdoor/indoor/outdoor
 October 2008 – August 2009

The Circus Comes to Town
 April 28 – September 8, 2009

Destruction Framed: Photographs of the Chapman/Manhattan Tornado, June 11, 2008
 June 11 – August 16, 2009

Larry Schwarm: Greensburg After the Storm
 June 19 – August 16, 2009

Events:

Illustrating with Scissors
 June 11, 2009, 7 pm
 Children's book author and illustrator Cathryn Falwell will discuss her creative process.
 Funded by the Kansas Arts Commission.

Shape Capers Open House
 June 12, 2009, 10 - 2 pm
 Join us for a free open house based on Cathryn Falwell's book, *Shape Capers*.
 Funded by the Kansas Arts Commission.

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Women's Group**09BHW97A**

Facilitated by Maya Zahira, this ongoing women's group provides guidance, support, and education in the areas of self-nurturing and self-care, whole foods and nutrition, energy healing, natural beauty care, body image & self-esteem, herbal remedies, aromatherapy, and tips for natural healthy living. We will use discussion, meditation, breath-work, gentle movement, art, and more as we explore each topic. Each meeting is structured to provide a gentle and safe space for women to share and grow together. Please wear comfortable clothing that allows for ease of movement. Ages 18 and up.
Instructor: Maya Zahira, (785) 979-4681
bellydance@mayazahira.com

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

Date: 06/03/2009 to 06/24/2009 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$40.00
Location: UFM Banquet Room, 1221 Thurston

Natural Wellness**Women's Group****09BHW97B**

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

Date: 07/01/2009 to 07/22/2009 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$40.00
Location: UFM Banquet Room, 1221 Thurston

Natural Wellness**Women's Group****09BHW97C**

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

Date: 07/29/2009 to 08/19/2009 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$40.00
Location: UFM Banquet Room, 1221 Thurston



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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.



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language



Introduction to Spanish for Kids (ages 6-12)

09BYO42

This is a Spanish class for children interested in learning a new language through such activities as listening, reading, speaking, and singing. Examples of topics include colors, numbers, animals and greetings as well as other age appropriate lessons. Children will be immersed in the language of Spanish while creating, exploring, and discovering! This class will not only be about learning the Spanish language, but also learning and enjoying some of the cultural aspects of the Spanish-speaking world. Fee includes materials for fun art projects and food day.

Date: Visit website for updated information
 Time: TBA
 Fee: \$35.00
 Location: TBA



French Language **09BLA04A**

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

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

Date: 06/03/2009 to 06/26/2009 (W/F)
 Time: 10:00 AM to 11:00 AM
 Fee: \$46.00
 Location: UFM Fireplace Room, 1221 Thurston

French Language **09BLA04B**

Instructor: Emilie Rabbat, (785) 587-9036

Date: 07/08/2009 to 07/31/2009 (W/F)
 Time: 10:00 AM to 11:00 AM
 Fee: \$46.00
 Location: UFM Fireplace Room, 1221 Thurston



Beginning Spanish for Adults **09BLA02A**

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

Instructor: Maria Coscia

Date: 06/08/2009 to 06/24/2009 (M/W)
 Time: 5:30 PM to 6:30 PM
 Fee: \$35.00
 Location: UFM Conference Room, 1221 Thurston

Beginning Spanish for Adults **09BLA02B**

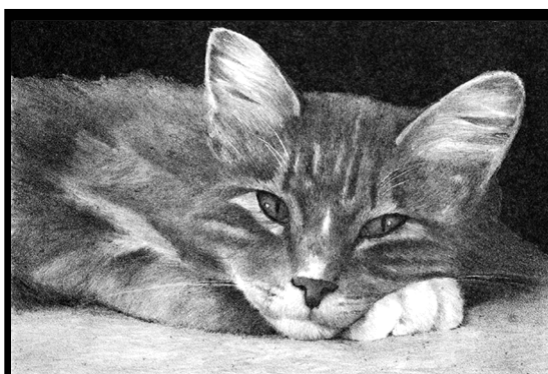
Instructor: Maria Coscia

Date: 07/06/2009 to 07/22/2009 (M/W)
 Time: 5:30 PM to 6:30 PM
 Fee: \$35.00
 Location: UFM Conference Room, 1221 Thurston



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martial arts

Tae Kwon Do I

09BMA01Z

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: 06/02/2009 to 07/30/2009 (Tu/Th)
 Time: 6:30 PM to 7:30 PM
 Fee: \$72.00 (Available for KSU Credit)
 Location: Sun Yi Academy,
 1650 Hayes Dr



Lao Hu Pai Kung Fu

09BMA05

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: 06/03/2009 to 07/22/2009 (W)
 Time: 6:45 PM to 8:45 PM
 Fee: \$56.00
 Location: KSU Ahearn Room 302

.....
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Karate & Self-Defense

09BMA10

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+).

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: 06/09/2009 to 07/02/2009 (Tu/Th)
 Time: 6:45 PM to 7:45 PM
 Fee: \$53.00
 Location: KSU Ahearn Room 302



Recreation classes for kids are listed in Youth, Recreation & Fitness and Aquatics sections



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personal interest

Clutter Clearing

09BPI22

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

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

Date: 07/13/2009 to 07/27/2009 (M)
Time: 7:00 PM to 9:00 pm
Fee: \$35.00
Location: 1421 Colorado St.

Hacking & The Computer Underground

09BPI56A

What is computer underground or what motivates the hacker/cracker? Uncover the reasons and other related topics. This is not a how-to class.
Instructor: Ralph Wasmer, (785) 317-9304
wazzer@aol.com

Ralph Wasmer is a 20 year user of computers and contacts with the underground and has served as a cryptanalyst for the US Army. He has taught classes on basic and computer topics.

Date: 6/15/2009 (M)
Time: 6:00 PM to 7:00 PM
Fee: \$12.00
Location: UFM Fireplace Room, 1221 Thurston

Hacking & The Computer Underground

09BPI56B

Instructor: Ralph Wasmer, (785) 317-9304
wazzer@aol.com

Date: 7/13/2009 (M)
Time: 6:00 PM to 7:00 PM
Fee: \$12.00
Location: UFM Fireplace Room, 1221 Thurston

Drum Circle

09BPI57A

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

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

Maya Zahira is a teacher, healer, performance artist, and retreat facilitator. She is the director of The Maya Zahira School of Belly Dance and has taught Mid-East dance and drumming for over 10 years. In addition, she is the owner of Maya's Oasis, which offers natural alternatives for healing.

Date: 06/03/2009 to 06/24/2009 (W)
Time: 5:45 PM to 6:45 PM
Fee: \$28.00
Location: UFM Banquet Room, 1221 Thurston

Drum Circle

09BPI57B

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

Date: 07/01/2009 to 07/22/2009 (W)
Time: 5:45 PM to 6:45 PM
Fee: \$28.00
Location: UFM Banquet Room, 1221 Thurston

Drum Circle

09BPI57C

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

Date: 07/29/2009 to 08/19/2009 (W)
Time: 5:45 PM to 6:45 PM
Fee: \$28.00
Location: UFM Banquet Room, 1221 Thurston

Producing Podcasts for Community Radio

09BPI58A

KONZ-FM, the new Flinthills Community Radio Station, is scheduled to go on the air in 2010. It will be a listener-supported, non-commercial public station, and much of the programming will be locally-produced. If you might be interested in hosting a specialty program when the station goes on the air next year, then please sign up to attend either of the two informational meetings listed below. We'll explain the station's programming priorities and the later training you would be required to complete before you could host your own program.

Most of our time at these two informational meetings will be devoted to hearing your program ideas. If your idea is selected for production, we'll arrange later individualized appointments for basic technical training and equipment practice, so that you can make a recording of a portion of your proposed program. The best of these recordings will be posted as podcasts on the new KONZ website, where the general public can get a sense of the programming they can expect to enjoy on the station.

Instructor: Dave MacFarland

Date: 06/14/2009 (Su)
Time: 4:00 PM to 6:00 PM
Fee: No charge
Location: UFM Multipurpose Room, 1221 Thurston

Producing Podcasts for Community Radio

09BPI58B

Instructor: Dave MacFarland

Date: 06/15/2009 (M)
Time: 7:00 PM to 9:00 PM
Fee: No charge
Location: UFM Multipurpose Room, 1221 Thurston



Bicycle Maintenance

09BPI59

This three-part class will help cyclists learn to care for their bicycle with proper maintenance and basic repair skills. Participants will learn about flat repair, proper cleaning and lubrication, basic adjustments of brakes and gears, and a variety of other topics based on the interest and skill level of the participants. All tools and equipment will be provided. Deadline for registration is May 28.
Instructor: The Pathfinder Staff, (785) 539-5639
sales@thepathfinder.net

The Bicycle Maintenance class will be taught by bike mechanics from The Pathfinder. The Pathfinder has served the Manhattan area's bicycling community for nearly 34 years, with a full service bike shop staffed by trained mechanics. The "bike guys" have worked on all makes and models of bicycles for years, and enjoy helping bicycle enthusiasts learn about their bikes so they can spend less time fixing them and more time riding them!

Date: 06/04/2009 to 06/18/2009 (Th)
Time: 6:30 PM to 8:00 PM
Fee: \$15.00
Location: The Pathfinder, 304 Poyntz Ave



recreation & fitness



Try Zumba! Classes are twice per week or sign up once a week.

Shimmy Camp and New! Belly Dance Bollywood Fusion with Lisa "Gaitri" McNeil beginning in June.

Want to start running, but don't know how? Take Let's Get Running with Dan!

Introduction to Golf 09BRF04A

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

Instructor: Jim Gregory, (785) 539-1041

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

Date: 06/04/2009 to 06/25/2009 (Th)
 Time: 7:00 PM to 8:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Introduction to Golf 09BRF04B

Instructor: Jim Gregory, (785) 539-1041

Date: 07/09/2009 to 07/30/2009 (Th)
 Time: 7:00 PM to 8:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Golf 09BRF05Z

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

Date: 06/03/2009 to 07/22/2009 (W)
 Time: 6:00 PM to 8:00 PM
 Fee: \$140.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Zumba Dance 09BRF08A

Zumba is a dance-based fitness class that features Latin and exotic music flavors including salsa, merengue, cumbia, flamenco, reggaeton, samba and many other international flavors. ZUMBA is designed for everyone, every shape, and every age. ZUMBA is an absolute blast!!! Ages 13 and up. **NOTE: Sessions A, C and E meet twice per week. Sessions B, D and F meet only 1 time per week; check other Zumba sessions (A, C, E) for days and then choose which day to attend.

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: 05/05/2009 to 06/02/2009 (Tu/F)
 (No class 5/15)
 Time: 5:30 PM to 6:30 PM
 Fee: \$60.00
 Location: KSU Ahearn Room 302

Zumba Dance 09BRF08B

**NOTE: Sessions A, C and E meet twice per week. Sessions B, D and F meet only 1 time per week; check other Zumba sessions (A, C, E) for days and then choose which day to attend.

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

Date: 05/05/2009 to 06/02/2009 (Tu OR Fri)
 (No class 5/15)
 Time: 5:30 PM to 6:30 PM
 Fee: \$35.00
 Location: KSU Ahearn Room 302

Zumba Dance 09BRF08C

**NOTE: Sessions A, C and E meet twice per week. Sessions B, D and F meet only 1 time per week; check other Zumba sessions (A, C, E) for days and then choose which day to attend.

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

Date: 06/12/2009 to 07/06/2009 (F/M)
 Time: 5:30 PM to 6:30 PM
 Fee: \$60.00
 Location: KSU Ahearn Room 302

Zumba Dance 09BRF08D

**NOTE: Sessions A, C and E meet twice per week. Sessions B, D and F meet only 1 time per week; check other Zumba sessions (A, C, E) for days and then choose which day to attend.

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

Date: 06/12/2009 to 07/06/2009 (F OR M)
 Time: 5:30 PM to 6:30 PM
 Fee: \$35.00
 Location: KSU Ahearn Room 302



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Boxing 09BRF14AZ

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: 06/09/2009 to 07/30/2009 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$132.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Ctr

Boxing 09BRF14BZ

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

Date: 06/08/2009 to 07/29/2009 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: \$132.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Ctr

Zumba Dance 09BRF08E

****NOTE:** Sessions A, C and E meet twice per week. Sessions B, D and F meet only 1 time per week; check other Zumba sessions (A, C, E) for days and then choose which day to attend.

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

Date: 07/10/2009 to 08/03/2009 (F/M)
Time: 5:30 PM to 6:30 PM
Fee: \$60.00
Location: KSU Ahearn Room 302

Zumba Dance 09BRF08F

****NOTE:** Sessions A, C and E meet twice per week. Sessions B, D and F meet only 1 time per week; check other Zumba sessions (A, C, E) for days and then choose which day to attend.

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

Date: 07/10/2009 to 08/03/2009 (F OR M)
Time: 5:30 PM to 6:30 PM
Fee: \$35.00
Location: KSU Ahearn Room 302

Friday Night Zumba! 09BRF33

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: 07/17/2009 (F)
Time: 7:30 PM to 8:30 PM
Fee: \$14.00
Location: KSU Ahearn Room 302

Yogilates 09BRF142AZ

Yogilates 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

Diana Knox has been involved in the fitness industry for over 14 years as a certified instructor and director. As the Fitness Director and a personal trainer at ProFitness in Aggieville, she offers classes incorporating step, yoga, stability ball, pilates, weight training/toning, kickboxing and yogilates. Her classes are available in Manhattan through UFM, K-State for credit and ProFitness.

Date: 06/09/2009 to 07/30/2009 (Tu/Th)
Time: Noon to 1:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 09BRF142BZ

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

Date: 06/09/2009 to 07/30/2009 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Fight to Get Fit "Boxing Camp" 09BRF86A

Need to shed a few pounds, tone up, and get in shape... then FIGHT TO GET FIT! Join us for the most intense workouts you'll ever experience. You will learn and progress at your own level, participate in exciting team workouts and train with USA boxing coaches and boxers. Camp training will include use of the speed bag, double end bag, reflex bag, uppercut bag, heavy bag and catch mitts. Tone your lower body, upper body and core as well as burn calories and have fun watching the pounds fall off while you Fight to Get Fit! No student to student sparring. (Ages 16+ open to men and women wanting to get in shape)

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

Date: 06/15/2009 to 06/25/2009
Time: 6:30 PM to 8:30 PM
Fee: \$158.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Ctr

Fight to Get Fit "Boxing Camp" 09BRF86B

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

Date: 07/13/2009 to 07/23/2009
Time: 6:30 PM to 8:30 PM
Fee: \$158.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Ctr

Fight to Get Fit "Boxing Camp" 09BRF86C

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

Date: 08/03/2009 to 08/13/2009
Time: 6:30 PM to 8:30 PM
Fee: \$158.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Ctr

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Shimmy & Shake Off the Pounds 09BRF87A

Need to shed a few pounds, tone up, and get in shape... then get your hips moving and Shimmy and Shake off the Pounds! Dance like nobody's watching! In this class you will learn new dances while you tone your lower body, upper body and core. Sweat away the fat and Shake off the Pounds! Shimmy your way to skinny. (Ages 16+ open to men and women wanting to get in shape)
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Date: 06/10/2009 to 07/08/2009
Time: 5:30 PM to 6:30 PM
Fee: \$68.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Ctr

Shimmy & Shake Off the Pounds 09BRF87B

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

Date: 07/15/2009 to 08/12/2009
Time: 5:30 PM to 6:30 PM
Fee: \$68.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Ctr

Shimmy Camp 09BRF18A

Do you want to get your shimmy back in shape? Join this class for 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

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: 06/08/2009 to 06/22/2009 (M)
Time: 6:30 PM to 7:30 PM
Fee: \$32.00
Location: KSU Ahearn Room 302

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Shimmy Camp 09BRF18B

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

Date: 07/06/2009 to 07/20/2009 (M)
Time: 6:30 PM to 7:30 PM
Fee: \$32.00
Location: KSU Ahearn Room 302

Belly Dance Bollywood Fusion 09BRF83

In this class, we'll be learning how to fuse together the popular moves of bellydancing with the hip-hop fun of Bollywood. The Bollywood style of dance is a blending of classical Indian dancing and more modern hip-hop moves that can often be seen in the Indian film industry. Shoes are recommended since there will be a lot of bouncing! Some bellydance experience would be helpful.

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

Date: 06/08/2009 to 06/22/2009 (M)
Time: 7:40 PM to 8:40 PM
Fee: \$32.00
Location: KSU Ahearn Room 302

Floorwork for Belly Dance 09BRF84

Learn the beautiful art of bellydancing while on the floor in this mini-class. We'll learn how to build up the strength and flexibility to be graceful and agile while performing on the floor. We'll also cover the basic positions used, safety precautions, and learn when and how floorwork can be used. A yoga or exercise mat is required for this class to save your knees! Some bellydance experience is required.

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


Date: 07/06/2009 to 07/20/2009 (M)
Time: 7:40 PM to 8:40 PM
Fee: \$32.00
Location: KSU Ahearn Room 302




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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.fhpfllag.org | Regular meetings third Tuesday of each month
Location: First Congregational Church | 700 Poyntz Ave. | Manhattan, KS

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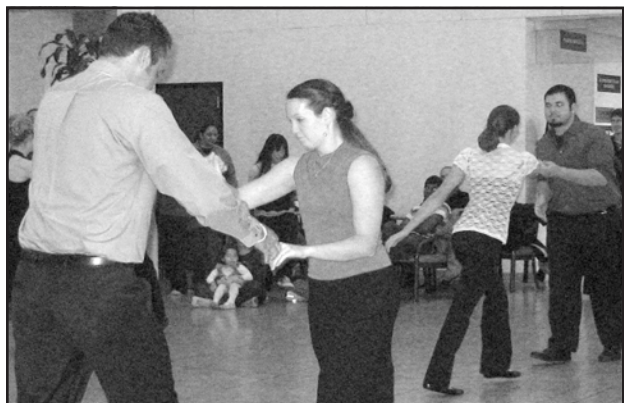
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Ballroom Dance I 09BRF26AZ

Enjoy an introduction to the principles of ballroom dancing. Class activities include dance terminology, dance position, correct body alignment, 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 Schippers Hickert
rebeccahickert@gmail.com

Date: 05/29/2009 to 08/14/2009 (F)
(No class 6/26, 7/3)
Time: 6:00 PM to 7:30 PM
Fee: Individual-\$72.00
Location: Cross Roads, ECM, 1021 Denison Ave.



Total Body Toning 09BRF159AZ

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

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

Date: 06/09/2009 to 07/30/2009 (Tu/Th)
Time: 10:30 AM to 11:30 AM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Total Body Toning 09BRF159BZ

Instructor: Jenni Brenner

Date: 06/08/2009 to 07/29/2009 (M/W)
Time: 7:00 PM to 8:00 PM
Fee: \$75.00
Location: Mercy Fitness West

Total Body Toning 09BRF159CZ

Instructor: Jenni Brenner

Date: 06/09/2009 to 07/30/2009 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: \$75.00
Location: Mercy Fitness West



Marathon Training 09BRF68

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. Classroom will meet Tuesday from 6-7 pm at UFM, 1221 Thurston and work outs will be Thursday from 6-7 pm at Memorial Stadium outdoor track at south end.

Instructor: Dan Boyle, (785) 532-6647, 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: 06/02/2009 to 07/09/2009 (Tu/Th)
Time: 6:00 PM to 7:00 PM
Fee: \$134.00
Location: UFM Conference Room, 1221 Thurston

Let's Get Running! 09BRF72

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. You must have the physical ability to begin a program based on walking and running.

Instructor: Dan Boyle, (785) 532-6647, dboyle@ksu.edu

Date: 06/01/2009 to 07/10/2009 (M/W/F)
Time: 6:00 PM to 7:00 PM
Fee: \$145.00
Location: Memorial Stadium outside track

Take a Peek at the Past

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

Riley County Historical Museum

2309 Claflin

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

Goodnow House Museum

2309 Claflin

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



Pioneer Log Cabin

Manhattan City Park

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

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

Wolf House Museum

630 Fremont

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

RILEY COUNTY

HISTORICAL MUSEUM

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





youth

Introduction to the Nutcracker Ballet and Tap Dancing **09BYO06A**

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

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

Date: 06/03/2009 to 06/10/2009 (W)
Time: 5:45 PM to 6:30 PM
Fee: \$12.00
Location: 2416 Rogers Blvd.

Introduction to the Nutcracker Ballet and Tap Dancing **09BYO06B**

Instructor: Randi Dale, (785) 539-5767

Date: 08/06/2009 to 08/13/2009 (Th)
Time: 5:45 PM to 6:30 PM
Fee: \$12.00
Location: 2416 Rogers Blvd.



Worm Composting **09BEN59**

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: Jenny Guilford, jguilfo@ksu.edu & Deane Lahman

Date: 06/20/2009 (Sa)
Time: 11:30 AM to 12:30 PM
Fee: \$5.00
Location: UFM Solar Addition, 1221 Thurston

Youth Boxing Camps **09BYO48A**

Youth activities will include training sessions on the speed bag, double end, reflex bag, heavy bag and catch mitts. K.O. promotes teamwork and sportsmanship. Camp workouts will allow the youth to learn the basis of boxing, make new friends and have fun with exercise. No student to student sparring.
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Date: 06/15/2009 to 06/18/2009 (M-Th)
Time: 2:00 PM to 4:00 PM
Fee: \$108.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Ctr

Youth Boxing Camps **09BYO48B**

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

Date: 07/13/2009 to 07/16/2009 (M-Th)
Time: 2:00 PM to 4:00 PM
Fee: \$108.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Ctr

Youth Boxing Camps **09BYO48C**

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

Date: 08/03/2009 to 08/06/2009 (M-Th)
Time: 2:00 PM to 4:00 PM
Fee: \$108.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Ctr

Dancenastics (Ages 3-12) **09BYO14**

Dancenastics is for girls who have the desire to dance and learn floor gymnastics in safe and non-competitive environment. In Dancenastics a variety of dance styles, with focus on performance dance (jazz/hip hop), will be incorporated into floor tumbling routines the girls will perform for their parents. Students receive personal attention from the K.O. Trainers allowing them to work at their own level. Dancenastics will meet 1x a week (Instructor will decide which day and will be determined by their level). Please contact Lorissa for class level placement.
Instructor: Lorissa Ridley-Fink, (785) 341-1708
koboxer@sbcglobal.net

Date: 06/08/2009 to 08/14/2009 (TBD by instructor)
Time: 4:00 PM to 5:00 PM
Fee: \$120.00/add a child for \$90.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Ctr

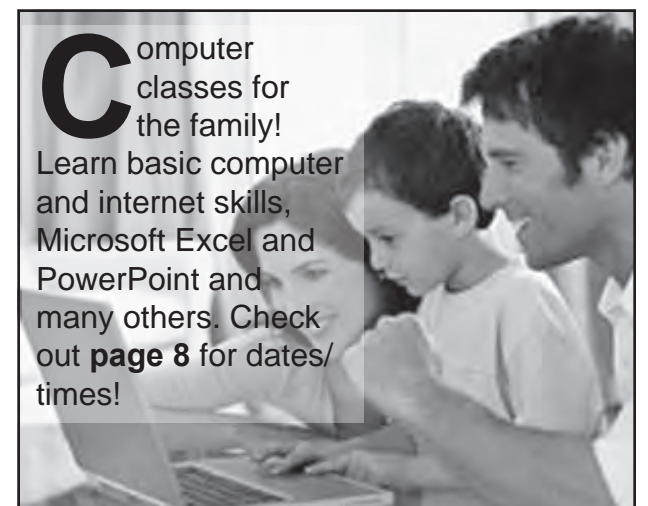
Karate & Self-Defense **09BMA10**

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+).

Instructor: Habib Diop, hdiop@ksu.edu

As a martial art instructor, Habib has spent nine years teaching people how to control their environment, properly breathe, to relax as you breathe, and to overcome stress. He is a champion and member of the Karate National team in Senegal. He has also won awards from the National Federation of Karate in Senegal.

Date: 06/09/2009 to 07/02/2009 (Tu/Th)
Time: 6:45 PM to 7:45 PM
Fee: \$53.00
Location: KSU Ahearn Room 302



Computer classes for the family! Learn basic computer and internet skills, Microsoft Excel and PowerPoint and many others. Check out **page 8** for dates/times!

KSU

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>.

For class information visit: <http://www.dce.k-state.edu/courses/recreational.shtml>



Credit Courses

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, rebeccahickert@gmail.com

Reference Number: 11317
Date: 05/29/2009 to 08/14/2009 (F)
(No class 6/26, 7/3)
Time: 6:00 PM to 7:30 PM
Fee: \$294
(Available for noncredit partner through UFM RF26AZ)
Location: ECM Auditorium, 1021 Denison

Beginning Yoga DANCE-599

This course will cover the basic fundamentals of yoga: Sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy. Instructor: Ana Franklin, (785) 537-8224 yogaconnection@gmail.com

Reference Number: 11351
Date: 06/08/2009 to 07/29/2009 (M/W)
Time: 5:30 PM to 6:30 PM
Fee: \$265.47
(Available for noncredit, HW15AZ)
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 \$75 for withdrawing from the class after the first day. Instructor: Jeff Wilson, (785) 313-4231 wheatlan@kansas.net

Reference Number: 11334
Date: 06/08/2009 to 07/13/2009 (M)
Time: 5:30 PM to 9:30 PM
Fee: \$388.47
(Available for noncredit, AQ105AZ)
Location: Natatorium, KSU Campus

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: 11335
Date: 06/03/2009 to 07/22/2009 (W)
Time: 6:00 PM to 8:00 PM
Fee: \$313 (Available for noncredit, RF05Z)
Location: 4441 Fort Riley Blvd.
Stagg Hill Golf Club

Yogilates RRES-200

Yogilates is a hybrid class combining both yoga and pilates. You will learn about the different types of yoga and 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: 11382
Date: 06/09/2009 to 07/30/2009 (Tu/Th)
Time: 12:00 PM to 1:00 PM
Fee: \$294
(Available for noncredit, RF142AZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 11331
Date: 06/09/2009 to 07/30/2009 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: \$294
(Available for noncredit, RF142BZ)
Location: Pro Fitness, 1125 Laramie St.

Total Body Toning RRES-200

Gaining strength and toning the body are the focus of this class. Exercises for all muscle groups (upper, lower, core) will be used, with safety 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.

Reference Number: 11332
Instructor: Diana Knox, dknox@ksu.edu
Date: 06/09/2009 to 07/30/2009 (Tu/Th)
Time: 10:30 AM to 11:30 AM
Fee: \$294
(Available for noncredit, RF159AZ)
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 11429
Instructor: Jenni Brenner
Date: 06/08/2009 to 07/29/2009 (M/W)
Time: 7:00 PM to 8:00 PM
Fee: \$294
(Available for noncredit, RF159BZ)
Location: Mercy Fitness West

Reference Number: 11430
Instructor: Jenni Brenner
Date: 06/09/2009 to 07/30/2009 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: \$294
(Available for noncredit, RF159CZ)
Location: Mercy Fitness West

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. Instructor: David Moore

Reference Number: 11333
Date: 06/02/2009 to 07/30/2009 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$298
(Available for noncredit, MA01Z)
Location: Sun Yi Academy,
1650 Hayes Dr

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: 11336

Date: 06/09/2009 to 07/30/2009 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$292 (Available for noncredit, RF14AZ)
Location: K.O. Boxing, Bluehills Shopping Ctr
2303 Tuttle Creek Blvd.

Reference Number:

Date: 06/08/2009 to 07/29/2009 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: \$292 (Available for noncredit, RF14BZ)
Location: K.O. Boxing, Bluehills Shopping Ctr
2303 Tuttle Creek Blvd.



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: Henry Brown

Reference Number: 11337

Date: 06/13/2009 to 06/14/2009 (Sa/Su)
Time: Noon to 7:30 PM
Fee: \$292
Location: UFM, 1221 Thurston

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

Reference Number: 11354

Date: 05/30/2009 to 05/31/2009 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: \$294
Location: UFM Conference Room, 1221 Thurston



k-state leads with options for your education

k-state offers many opportunities to help fit classes into your busy schedule.

k-state evening

K-State Evening College is the perfect opportunity to take classes while balancing a busy schedule. Classes are offered on the K-State campus in both 8- and 16-week schedules between 5:30 and 10:30 p.m.

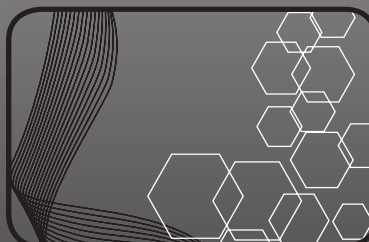


k-state distance

Distance education courses are offered online on a semester schedule. K-State offers bachelor's degree completion programs, master's degrees, and certificates.

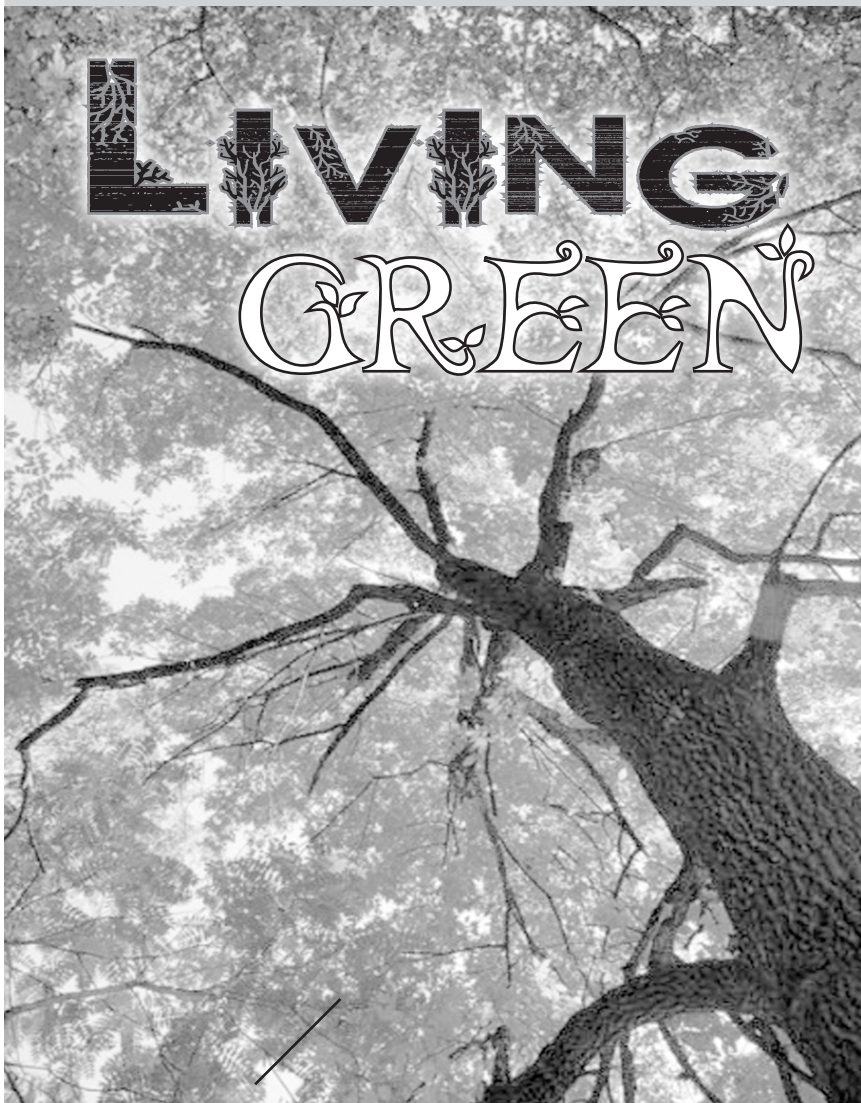
k-state intersession

Accelerate your program by enrolling in Intersession during January, May, and August on the K-State Manhattan campus.



For more information, visit www.dce.k-state.edu
Kansas State University
Division of Continuing Education





BICYCLE MAINTENANCE
 JUNE 4-18 | THUR | 6:30-8 PM | \$15
 THE PATHFINDER, 304 POYNTZ AVE
 THE PATHFINDER STAFF

RECYCLED ROLLED PAPER BEADS
 JUNE 9 | TUES | 3:00-4:30 PM | \$5
 UFM CONFERENCE ROOM
 CHARLENE BROWNSON

WORM COMPOSTING
 JUNE 20 | SAT | 11:30 AM-12:30 PM | \$5
 UFM SOLAR ADDITION
 DEANE LAHMAN & JENNY GUILFORD

SOLAR ENERGY FOR YOUR HOME
 JULY 25 | SAT | 1:00-2:30 PM | \$5
 UFM SOLAR ADDITION
 BILL DORSETT

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

Enroll in a **LIVING GREEN** class
 and
 receive a **FREE UFM**
Eco-Bag!!

UFM Eco-Bags are available now!! 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.org for additional information or to place an order.



FRIDAY NIGHT OUT

JUNE 5 Beer Tasting
 630-830 pm
 Tallgrass Brewing Co,
 8845 Quail, Ste 1
 \$12

Lebanese Cuisine
 630-830 pm
 UFM Banquet Room,
 1221 Thurston
 \$24

June 12 Chinese Cuisine
 6-8 pm
 UFM Banquet/Kitchen
 \$22

June 19 Tastes of Korea
 6-8 pm
 UFM Banquet Room
 \$22

July 10 Tastes of Korea
 6-8 pm
 UFM Banquet Room
 \$22

July 17 Friday Night Zumba!
 730-830 pm
 KSU Ahearn Room 302
 \$14

July 24 Authentic Mexican Cooking
 6-9 pm
 Clarion Hotel, 530 Richards Dr
 \$30

**ENROLL AT WWW.TRYUFM.ORG
 OR CALL UFM**

**FORGET THE MOVIE LINES.
 GIVE THE TV A REST.
 LEAVE THE FAST
 FOOD BEHIND.**

**MAKE UFM PART OF
 YOUR FRIDAY NIGHT
 OUT FUN!!**

Information

Scott Bean
Mat Blake
Dan Boyle
Jenni Brenner
Henry Brown
Charlene Brownson
Kate Cashman
Maria Coscia
Calley Crisman
Randi Dale
Kent Dennis
Habib Diop

Bill Dorsett
Kate Dubiel
David Espenoza
Ana Franklin
Jeff Gill
Jim Gregory
Jennifer Guilford
Colleen Hampton
Kent Hampton
Lotus Hazlett
Palma Holden
Marcia Hornung

Elizabeth Jankord
Tina Khalil
Diana Knox
Deane Lahman
Carroll Lange, CWB
Pei Liu
Dave MacFarland
Lisa McNeil
David Moore
Debbie Newton
The Pathfinder Staff
Emilie Rabbat

Bruce Reid
Lorissa Ridley-Fink
Carol Russell
Rebecca Hickert
Gail Selfridge
Steve Spencer
Abby Thrash
Elsa Toburen
Michael Tran
Amy Trujillo
Kennita Tully
Mark Vacca

Ralph Wasmer
Donna Wilkins
Jeff Wilson
Chulee Yaeger
Maya Zahira
Ying (Zoe) Zhou

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~

ABOUT UFM CLASSES

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

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

UFM CANCELLATION POLICY

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

REFUND POLICY

We will provide a full refund if a class is canceled by UFM. If a student withdraws from a class 48 hours before the class begins, a full refund may be given, except for any published non-refundable material fees. No refunds will be given once class has started.

INCLEMENT WEATHER POLICY

UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are cancelled. If the instructor informs his/her students personally that he or she will not be present at a given class meeting, the instructor is then responsible for arranging a make-up lesson.

LIABILITY STATEMENT

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

NONDISCRIMINATION POLICY

UFM Community Learning Center is committed to nondiscrimination on the basis of race, gender, national origin, disability, religion, age, sexual orientation, political beliefs or other non-merit reasons, in admissions, educational programs or activities and employment (including employment of disabled veterans and veterans of the Vietnam Era) as required by applicable laws and regulations. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions or may require instructor permission. Please call 785.539.8763 to make arrangements for classroom accessibility.

SPECIAL POLICIES FOR KSU CREDIT CLASSES

CREDIT REGISTRATION REFUNDS:

A full refund of tuition and fees, less any non-refundable material fee, may be given before 20% of the scheduled class meetings. A 50% refund of tuition and fees may be given, less any non-refundable material fee, between 20% and 25% of the scheduled class meetings. No refund is issued after 25% of the scheduled class meetings. A course dropped between 30% to 60% of the scheduled class meetings will have no "W" recorded on the students transcript. A course dropped between 30% to 63% of the scheduled class meetings will have a "W" recorded on the students transcript. Students dropping a course must either complete and submit the online drop form located at: <http://www.dce.ksu.edu/dce/distance/forms.html> or send written notification to the DCE Registration Office 785.532.5566 postmarked no later than the deadline. Students may not drop from a course after 63% of the course has been completed.

CREDIT ENROLLMENT FEE:

Courses taken for credit carry additional fees required for University administration of the credit program. A \$25.00 late fee will be charged for enrollments taken after the first day of classes. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer KSU credit hours. There is a non-refundable material fee for withdrawing from some classes after the first day.

DISABILITY SUPPORT SERVICES:

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

ON CAMPUS REGISTRATIONS

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

DATE: June 3, 2009 (W)
TIME: 11:00 AM to 1:00 PM
LOCATION: KSU Student Union

Registration continues throughout the semester:

UFM 1221 Thurston St.
8:30 AM to 5:00 PM
Closed Noon to 1:00 PM
(after office hours, you can leave a message between 5:00 PM and 8:30 AM at 785.539.8763)



MAILING YOUR REGISTRATIONS?

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

DONATIONS

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

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

Enroll online at our website:

www.tryufm.org. (click noncredit)

*Updated frequently

*View classes/dates/times

*Get more information

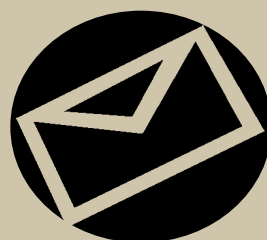
on other UFM programs



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 Staff _____

Date Received _____

Entered _____

Computer _____

Amount

Check _____

Cash _____

Visa _____

M/C _____

Discover _____

Total Paid

Date _____

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 _____

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Office Use Only

Date Staff _____

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Amount

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Total Paid

Date _____