

FALL 2010 U F M VOL. 53 EDITION 4 CATALOG

| WHAT'S INSIDE |

SOLVING A RUBIK'S CUBE **PG 11**

MUSIC SIGN LANGUAGE **PG 11**

**NEW FUN, COOKING CLASSES
INCLUDING:
EXPLORING WINES OF KS **PG 15**
-OTHER WINE CLASSES OFFERED**

SOUKOUS FITNESS **PG 25**

NETSMARTZ WORKSHOP
ON INTERNET SAFETY **PG 27**

Lou Douglas Lecture Series
-Libuse Binder, September 14
-Eric Alva, October 19
K-State Forum Hall, 7 pm and FREE



TRY UFM!!

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**WELCOME
TO UFM**

Fall at UFM is busy, busy. We are sponsoring the Lou Douglas Lectures in September and October, offering a new Osher program for older adults and we are involved with the K-State Book Network project (read The Hunger Games by Suzanne Collins!)

The season change might mean more layers and staying indoors, so...

Before winter weather arrives, get out and try a UFM class! Learn a new skill, gain a new hobby, or just get up and get moving.

Come to UFM and take a class to keep you busy until spring. Fall and winter doesn't have to be boring, try UFM!

UFM OFFICE HOURS: MONDAY-FRIDAY | 8:30 AM-5 PM (CLOSED NOON-1 PM)
785.539.8763 | 785.539.9460 (FAX) | INFO@TRYUFM.ORG | WWW.TRYUFM.ORG

UFM 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.



INFORMATION

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.

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.

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.



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.

2010 FALL INSTRUCTORS

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

Mark Ahrens	Linda Clemens	Jeff Gwirtz	Debbie Newton	Paul Sodamann
Richard Ahrens	Jacqueline Coggins	Rebecca Hickert	Britt Nicholls	Kendra Staley
Voices For All, LLC	Melissa Copp	Palma Holden	Mick O'Shea	Susie Stanfield
Cathia Bailey Krehbiel	Randi Dale	Brooke Hollis	Meghan Olson	Mei Hwa (Tina) Terhune
Walter Barr	Thad Dall	Michele Janette	Steven Paul	Abby Thrash
Carol Barta	Habib Diop	Gayathri Kambhampati	Ashley Penner	Elsa Toburen
Scott Bean	Bill Dorsett	Brandi (Anola) Kaiekel	Jim Peterson	Michael Tran
Corey Boernsen	Terri Eddy	Jim Kiker	Karen Polson	Amy Trujillo
Dan Boyle	David Espenoza	Abigail Kluttz	Christopher Renner	Kennita Tully
Charlotte Braddock	Bill Fraley	Diana Knox	Lorissa Ridley-Fink	Alison Watson
Shannon Branson	Ana Franklin	Tom Korte	Karen Sanders	Paul Weidhaas
Jenni Brenner	John Garetson	Cherry Leaym	Dominique Saunders	Jeff Wilson
Gregory Brown	Jeff Gill	Jo Maseberg-Tom	Keegan (Ketari) Schroeder	Stan Wilson
Henry Brown	Jim Gregory	Judy Metcalf	David Seamon	Chulee Yaeger
Charlene Brownson	Ken Guan	David Moore	Tim Sidorfsky	
Kate Cashman	Jennifer Guilford	Amy Muse	Glenn Sixbury	

UFM would like to acknowledge and thank The Manhattan Mercury for their support and catalog printing.

UFM STAFF

Executive Director | **LINDA TEENER**

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State Outreach/KSU Credit Coordinator | **CHARLENE BROWNSON**

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LEARN TO SWIM CLASSES

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

LOCATION: KSU Natatorium - Ahearn Complex on Denison Ave. Lockers are available for use during class. Participants must supply towels and swimsuits. Children over the age of 5 are not permitted in restrooms/locker rooms of the opposite sex. Changing tables are available in both the men's and women's locker rooms.

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

SWIM PROGRAM MAKE-UP & REFUND POLICY

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

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

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

AQUATICS

BEGINNING & ENDING DATES (Levels I-VI, Adult Swim and Lap Swimming) (*Except Where Noted):

Session A: Monday, Sept. 13 to Nov. 15
 Session B: Tuesday, Sept. 14 to Nov. 16
 Session C: Wednesday, Sept. 15 to Nov. 17
 Session D: Thursday, Sept. 16 to Nov. 18

Parent and Child Aquatics (12 mos-3 yrs)

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

Fee: \$29.00 per session (5 lessons/30 min)

Monday 6:00 PM to 6:30 PM
 AQ-01P1 Sept. 13 to Oct. 11
 AQ-01P2 Oct. 18 to Nov. 15

Thursday 6:00 PM to 6:30 PM
 AQ-04P1 Sept. 16 to Oct. 14
 AQ-04P2 Oct. 21 to Nov. 18

Saturday 9:30 AM to 10:00 AM
 AQ-05P1E Sept. 25 to Oct. 30 (No class 10/16)

Tot Transition (3-4 yrs)

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

Fee: \$29.00 per session (5 lessons/30 min)

Tuesday 6:00 PM to 6:30 PM
 AQ-02T1 Sept. 14 to Oct. 12
 AQ-02T2 Oct. 19 to Nov. 16

Wednesday 6:00 PM to 6:30 PM
 AQ-03T1 Sept. 15 to Oct. 13
 AQ-03T2 Oct. 20 to Nov. 17

Saturday 10:10 AM to 10:40 AM
 AQ-05T1E Sept. 25 to Oct. 30 (No class 10/16)

Level I: Introduction to Water Skills

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

Fee: \$54.00 per session (10 lessons/40 min)

AQ-01A Monday 6:45 PM to 7:25 PM
 AQ-01B Tuesday 6:45 PM to 7:25 PM
 AQ-01C Wednesday 6:45 PM to 7:25 PM
 AQ-01D Thursday 6:45 PM to 7:25 PM

Level II: Fundamental Aquatic Skills

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

Fee: \$54.00 per session (10 lessons/40 min)

AQ-02A Monday 6:45 PM to 7:25 PM
 AQ-02B Tuesday 6:45 PM to 7:25 PM
 AQ-02C Wednesday 6:45 PM to 7:25 PM
 AQ-02D Thursday 6:45 PM to 7:25 PM

Level III: Stroke Development

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

Fee: \$54.00 per session (10 lessons/40 min)

AQ-03A Monday 6:45 PM to 7:25 PM
 AQ-03B Tuesday 6:45 PM to 7:25 PM
 AQ-03C Wednesday 6:45 PM to 7:25 PM
 AQ-03D Thursday 6:45 PM to 7:25 PM

Level IV: Stroke Improvement

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

Fee: \$54.00 per session (10 lessons/40 min)

AQ-04A Monday 6:45 PM to 7:25 PM
 AQ-04B Tuesday 6:45 PM to 7:25 PM
 AQ-04C Wednesday 6:45 PM to 7:25 PM
 AQ-04D Thursday 6:45 PM to 7:25 PM

Level V: Stroke Refinement

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

Fee: \$54.00 per session (10 lessons/40 min)

AQ-05A Monday 6:45 PM to 7:25 PM
 AQ-05C Wednesday 6:45 PM to 7:25 PM

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: Curtis Robinson at 916-813-4648 or Nellie Bucholtz at 785-587-8770





Private Swim Lessons AQ103

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

Beginning and Ending Dates for Private Lessons:

Session A1:	Monday	Sept. 13 to Oct. 11
Session A2:	Monday	Oct. 18 to Nov. 15
Session B1:	Tuesday	Sept. 14 to Oct. 12
Session B2:	Tuesday	Oct. 19 to Nov. 16
Session C1:	Wednesday	Sept. 15 to Oct. 13
Session C2:	Wednesday	Oct. 20 to Nov. 17
Session D1:	Thursday	Sept. 16 to Oct. 14
Session D2:	Thursday	Oct. 21 to Nov. 18
Session E1-E3:	Saturday	Sept. 25 to Oct. 30 (No class 10/16)

Times for Monday-Thursday sessions:

6:00 PM to 6:30 PM
6:45 PM to 7:15 PM

Times for Saturday sessions:

E1: 9:30 AM to 10:00 AM
E2: 10:10 AM to 10:40 AM
E3: 10:50 AM to 11:20 AM

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

Level VI: Swimming and Skill Proficiency

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

Fee: \$54.00 per session (10 lessons/40 min)

AQ-06A	Monday	6:45 PM to 7:25 PM
AQ-06C	Wednesday	6:45 PM to 7:25 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 (10 lessons/40 min)

AQ-22A	Monday	6:00 PM to 6:40 PM
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Lap Swimming: Ages 13+

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

Fee: \$19.00 per session (10 times)

AQLSA	Monday	6:00 PM to 7:30 PM
AQLSB	Tuesday	6:00 PM to 7:30 PM
AQLSC	Wednesday	6:00 PM to 7:30 PM
AQLSD	Thursday	6:00 PM to 7:30 PM

Lap Swimming for Parents

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

Fee: \$16.00 per session (10 times)

AQLPA	Monday	6:00 PM to 7:30 PM
AQLPB	Tuesday	6:00 PM to 7:30 PM
AQLPC	Wednesday	6:00 PM to 7:30 PM
AQLPD	Thursday	6:00 PM to 7:30 PM

Shallow/Deep Water Exercise

These 50-minute water exercise classes use water resistance to give participants a great workout. These classes are designed to use water for the development of physical fitness, muscle tone, flexibility and cardiovascular endurance. Shallow Water exercise is 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.

Deep Water participants will be issued an aquajogger belt to help provide buoyancy in the water and is taught in the diving well. Only swimmers who can tread water without a floatation device are allowed to participate in the class.

*Deep Water only meets on Tues/Thurs.

**NOTE: Participants will receive a punch card with name, the number of classes enrolled and will be distributed the first day of class. Please arrive early as classes fill quickly. Cards are valid only to the registered participant.

AQSHD:	08/23/2010 to 12/09/2010 (No class 9/6, 11/22-11/25) Monday - Thursday (6:40pm - 7:30pm)
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Fee: \$20 for 8 classes
\$32 for 16 classes
\$54 for 32 classes
\$68 for 48 classes

Open Swim Appreciation 10CAQ31A

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

Date: 10/10/2010 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, K-State Campus

Open Swim Appreciation 10CAQ31B

Date: 10/24/2010 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, K-State Campus

Sunday Family Swim 10CAQ32

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

Date: 09/26/2010 to 10/24/2010 (Su)
(No class 10/17)
Time: 5:00 PM to 7:00 PM
Fee: \$8.00/Individual;\$20.00/Family
Location: Natatorium, K-State 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.



Scuba Diving 10CAQ105AZ

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

Instructor: Jeff Wilson, (785) 313-4231
wheatlandsports@twinvalley.net

Date: 09/13/2010 to 10/18/2010 (M)
Time: 6:00 PM to 10:00 PM
Fee: \$257.00 (Available for KSU Credit)
Location: Natatorium, K-State Campus

Scuba Diving 10CAQ105BZ

Instructor: Jeff Wilson, (785) 313-4231
wheatlandsports@twinvalley.net

Date: 10/25/2010 to 12/06/2009 (M)
(No class 11/22)
Time: 6:00 PM to 10:00 PM
Fee: \$257.00 (Available for KSU Credit)
Location: Natatorium, K-State Campus

Fitness Swimming 10CAQ108AZ

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

Instructor: Melissa Copp, mcopp@ksu.edu

Date: 08/24/2010 to 10/12/2010 (Tu/Th)
Time: 6:00 PM to 7:30 PM
Fee: \$95.00 (Available for KSU Credit)
Location: Natatorium, K-State Campus

Fitness Swimming 10CAQ108BZ

Instructor: Melissa Copp, mcopp@ksu.edu

Date: 10/14/2010 to 12/09/2010 (Tu/Th)
(No class 11/23, 11/25)
Time: 6:00 PM to 7:30 PM
Fee: \$95.00 (Available for KSU Credit)
Location: Natatorium, K-State Campus



We WANT You!

Interested in teaching a class for UFM. We are looking for people to teach!

Foreign Language



Youth Recreational Activities

GRE/LSAT Prep



We are always looking for new and interesting class ideas!

info@tryufm.org
785-539-8763
www.tryufm.org

Professional Certification Courses

UFM offers a wide variety of professional certification courses ranging from:

- *CPR/First Aid/AED
- *Lifeguard Instructor/Training
- *Water Safety Instructor Training
- *Responding to Emergencies and many others

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. To view the current class listings, visit www.tryufm.org, click on noncredit classes.

Enroll at www.tryufm.org or call 539.8763



CAREER & FINANCE

Gain Control of Your Money 10CFC01

Do you have too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend and save? Are you spending too much on debt and insurance? You will learn to identify problem areas in your finances so that you can start to take control of your money. Learn to buy wisely and set realistic financial goals. Topics will include debt, insurances, and investment basics. Learn how to develop a personal financial plan so that you can accumulate more wealth and have a better quality of life. Instructor: Charlene Brownson, (785) 539-8763 cmb@ksu.edu

Date: 09/23/2010 (Th)
Time: 7:00 PM to 8:30 PM
Fee: Individual, \$12.00
Couple, \$16.00
Location: UFM Solar Addition, 1221 Thurston St.

GRE Prep Course 10CFC06

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. Materials included in fee. Deadline one week prior to class or \$20 extra fee to order materials. Instructor: Corey Boernsen

Date: 09/08/2010 to 10/06/2010 (W/M)
(No class 9/27)
Time: 6:00 PM to 9:00 PM
Fee: \$270.00
Location: K-State Eisenhower Hall Room 228

Basic Computer and Internet Skills 10CFC51

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

Date: 12/11/2010 (Sa)
Time: 10:00 AM to 12 N
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave.

Social Networking 10CFC52

Trying to navigate your way around all of the social networking hype? This class will introduce you to Twitter, Facebook, Foursquare, LinkedIn and others. All can be used for personal as well as professional reasons. Participants of all ages are welcome but those under 16 need to bring a parent or guardian. Instructor: Amy Trujillo, amyellen@me.com

Date: 11/27/2010 (Sa)
Time: 10:00 AM to 12 N
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave.

Microsoft Excel Basics 10CFC54

This is a basic class covering the basic Word features. We will cover the toolbars, the differences between the versions of Excel, templates, functions, tables, how to save, print, and email your documents. It is a great class for those that don't want to be afraid of using the computer (and Microsoft Excel) anymore. Instructor: Amy Trujillo, amyellen@me.com

Date: 10/23/2010 (Sa)
Time: 10:00 AM to 12 N
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave.

Twitter 101 10CFC63

Can you say that in 140 characters or less? Are you confused on the whole Twitter craze? Learn how to manage personalized lists, privacy settings, find interesting people and organizations to follow, and how to reach clients and prospective clients in 140 characters. Participants must be 18+ unless accompanied by an adult. Instructor: Amy Trujillo, amyellen@me.com

Date: 08/21/2010 (Sa)
Time: 10:00 AM to 12 N
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave.

Facebook 10CFC64

Have a Facebook page but have no idea on what to do now? This class will cover privacy settings, modifying what you see on your wall, searching for local businesses and organizations, and other items based on the needs/wants of the participants. Participants must be 18+ unless accompanied by an adult. Instructor: Amy Trujillo, amyellen@me.com

Date: 09/18/2010 (Sa)
Time: 10:00 AM to 12 N
Fee: \$12.00
Location: Manhattan Public Library -
Computer Classroom, 629 Poyntz Ave.

Getting a Job with the Federal Government: What you need to know! 10CFC103A

Looking to land a job with the federal government? Whether you are already "in the system" or just starting your search for that perfect "GS or NSPS Position" you will learn the tools needed to successfully locate and apply to federal jobs. Participants will learn how to identify resources to locate federal job vacancy announcements, understand classifications including types of jobs, series, grades, and steps available, and describe applicable preferences. Additionally, participants will learn special information and keywords to include in a federal resume and KSA Narrative, specifically the RESUMIX system. Instructor: Shannon Branson, (678) 643-2627

Date: 10/23/2010 (Sa)
Time: 9:00 AM to 11:30 AM
Fee: \$45.00
Location: UFM Multipurpose Room, 1221 Thurston

Getting a Job with the Federal Government: What you need to know! 10CFC103B

Instructor: Shannon Branson, (678) 643-2627

Date: 11/15/2010 (M)
Time: 6:30 PM to 8:30 PM
Fee: \$45.00
Location: UFM Multipurpose Room, 1221 Thurston

Getting a Job with the Federal Government: What you need to know! 10CFC103C

Instructor: Shannon Branson, (678) 643-2627

Date: 12/04/2010 (Sa)
Time: 9:00 AM to 11:30 AM
Fee: \$45.00
Location: UFM Multipurpose Room, 1221 Thurston

Resumes for Career Changes & Unconventional Career Paths 10CFC104A

Experienced an unconventional career path? Retiring and want to market yourself for another career? Re-entering the workforce after taking time off to raise kids? Gaps in employment history? If you answered yes to any of the above, this class is for you! Statistics show the average worker changes career fields 3-5 times during the course of their working life. Learn what you need to know to create a power resume that targets the job you really WANT! Instructor: Shannon Branson, (678) 643-2627

Date: 10/14/2010 (Th)
Time: 6:30 PM to 8:30 PM
Fee: \$30.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Resumes for Career Changes & Unconventional Career Paths 10CFC104B

Instructor: Shannon Branson, (678) 643-2627

Date: 11/09/2010 (Tu)
Time: 6:30 PM to 8:30 PM
Fee: \$30.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Secrets to Creating Professional & Executive Resumes for Today's Economy 10CFC105A

One size doesn't fit all when it comes to creating your personal marketing masterpiece! Learn how to give your resume a make-over that will set you apart from the masses. Pinpoint and market your skills and achievements through the creation of a Value-Based Resume using the Law of Messaging, the 6-8-05 formula, and formatting techniques. Additionally, participants will learn the ABC's of online resumes and master the art of writing cover letters, reference pages, and career cards. Instructor: Shannon Branson, (678) 643-2627

Date: 10/05/2010 (Tu)
Time: 6:30 PM to 8:30 PM
Fee: \$40.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Secrets to Creating Professional & Executive Resumes for Today's Economy 10CFC105B

Instructor: Shannon Branson, (678) 643-2627

Date: 11/06/2010 (Sa)
Time: 9:00 AM to 11:30 AM
Fee: \$40.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Secrets to Creating Professional & Executive Resumes for Today's Economy 10CFC105C

Instructor: Shannon Branson, (678) 643-2627

Date: 12/07/2010 (Tu)
Time: 6:30 PM to 8:30 PM
Fee: \$40.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



CREATIVE FREE TIME

Beginning Knitting

10CCF05A

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

Date: 09/07/2010 to 09/28/2010 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.,
Wildflower Yarns and Knitwear

Beginning Knitting

10CCF05B

Instructor: Kennita Tully, (785) 537-1826

Date: 10/06/2010 to 10/27/2010 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting

10CCF05C

Instructor: Kennita Tully, (785) 537-1826

Date: 11/09/2010 to 11/30/2010 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Intermediate Knitting

10CCF07A

This is designed as a continuation of beginning knitting. Students will make a hat, a small felted bag and knit on circular needles. Techniques covered will be reading a pattern, knitting in the round, picking up stitches, stitch patterns and increasing. You will need 2 colors of worsted weight yarn, size US8 circular and double point needles for the first project. Materials for 2nd project will be given at the first class.
Instructor: Kennita Tully, (785) 537-1826

Date: 09/01/2010 to 09/22/2010 (W)
Time: 6:30 PM to 8:30 PM
Fee: \$40.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Intermediate Knitting

10CCF07B

Instructor: Kennita Tully, (785) 537-1826

Date: 11/10/2010 to 12/08/2010 (W)
(No class 11/24)
Time: 6:30 PM to 8:30 PM
Fee: \$40.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Real Time Socks

10CCF115

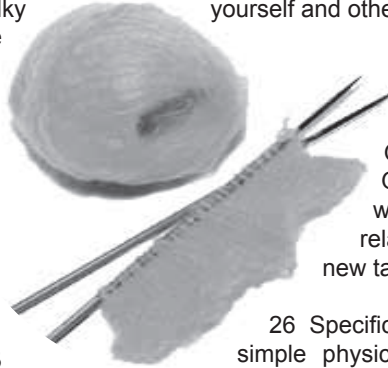
Have you always wanted to knit socks, but need someone to guide you through the process? This class is for you! Knit a whole sock over the course of this 3-session class. Materials needed: worsted weight yarn, size US6 double-point needles and Knitting Pure & Simple pattern #9728, available at Wildflower during first day of class. Must know how to knit and purl.
Instructor: Kennita Tully, (785) 537-1826

Date: 09/04/2010 to 09/18/2010 (Sa)
Time: 9:00 AM to 12 N
Fee: \$45.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Brain Gym 101 Core Course

10CCF29

Discover a way to...learn ANYTHING faster and more easily with Brain Gym 101 Core Course. This 24-hour course introduces you to using Brain Gym to benefit yourself and others.



You will learn how to draw out potential in all areas of life by using powerful Brain Gym tools including: 4 steps to Get Ready. This 4 minute BG warm-up helps you feel focused, relaxed and ready to begin any new task or challenge.

26 Specific Movement Activities: Quick, simple physical movements that enhance specific skills. The 5-step Balance: This process targets a goal of your choice. Two Repatterning Sequences: Dennison Laterality Repatterning and Three Dimensional Repatterning "remind" different areas of your brain to work together synergistically. Class fee includes \$85 in materials. For more information contact Judy Metcalf at kinlearn3jm@yahoo.com or log on to www.braingym.org. Judy Metcalf D: (571) 217-7736

Date: 09/18/2010 to 10/30/2010 (Sa)
Time: 9:00 AM to 4:30 PM
Fee: \$373.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

An Introduction to Brain Gym : The Physical Skills of Comprehension

10CCF121

Within the Brain Gym 5 step process for making learning fun and easy, participants will learn PACE, a simple movement sequence that prepares the mind/body system for new learning experiences.

The technique of "Noticing" will be taught to refine body awareness skills and "the physical skills of communication" will be explored. Six Brain Gym Activities will be taught from the Focus Dimension.

Participants will benefit from bringing simple goals/intentions related to comprehension.
Instructor: Judy Metcalf, (571) 217-7736

Date: 09/18/2010 (Sa)
Time: 9:30 AM to 4:00 PM
Fee: \$72.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



An Introduction to Brain Gym : The Physical Skills of Organization

10CCF122

Within the Brain Gym 5 step process for making learning fun and easy, participants will learn PACE, a simple movement sequence that prepares the mind/body system for new learning experiences.

The technique of "Noticing" will be taught to refine body awareness skills and "the physical skills of communication" will be explored. Six Brain Gym Activities will be taught from the Centering Dimension.

Participants will benefit from bringing simple goals/intentions related to organization.
Instructor: Judy Metcalf, (571) 217-7736

Date: 10/02/2010 (Sa)
Time: 9:30 AM to 4:00 PM
Fee: \$72.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

An Introduction to Brain Gym : The Physical Skills of Communication

10CCF123

Within the Brain Gym 5 step process for making learning fun and easy, participants will learn PACE, a simple movement sequence that prepares the mind/body system for new learning experiences.

The technique of "Noticing" will be taught to refine body awareness skills and "the physical skills of communication" will be explored. Ten Brain Gym Activities will be taught from the Laterality Dimension.

Participants will benefit from bringing simple goals/intentions related to communication.
Instructor: Judy Metcalf, (571) 217-7736

Date: 10/10/2010 (Su)
Time: 9:30 AM to 4:00 PM
Fee: \$72.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Learning to Write and Sell Fiction

10CCF36

A workshop where students learn through participation, this class will introduce the fundamentals of writing and selling novels, stories, and teleplays, especially those in the genres of science fiction fantasy, mystery, and horror (although the principles taught apply to all genre fiction). General topics will be covered as well as specific issues related to the students' manuscripts. Please bring a sample of a work in progress or begin a project after the first class session. Work will be critiqued by the instructor and by other members of the class.
Instructor: Glenn Sixbury, (785) 587-9561 Ext 2003

Date: 09/16/2010 to 09/30/2010 (Th)
Time: 7:30 PM to 9:30 PM
Fee: \$16.00
Location: UFM Multipurpose Room
1221 Thurston St.



Introduction to Digital Photo Processing

10CCF65

The first part of this class will cover some basics of getting started in processing digital photos 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 8 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, and 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) and photos to the class.

Instructor: Scott Bean, (785) 341-1047
scott@scottbeanphoto.com

Date: 11/30/2010 to 12/09/2010 (Tu/Th)
Time: 7:00 PM to 9:00 PM
Fee: \$48.00
Location: UFM Computer Lab,
1221 Thurston St., 2nd floor



Introduction to Photography 1: The Basics

10CCF78

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 correct 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 3 field trips. Exact times of the field trips will be discussed at the first class, but will be on Sunday evenings a couple of hours before sunset. Participants will be responsible for their own film and development costs if applicable.

Instructor: Scott Bean, (785) 341-1047
scott@scottbeanphoto.com

Date: 09/02/2010 to 09/30/2010 (Th/Su)
(No class 9/19)
Time: 7:00 PM to 9:00 PM
Fee: \$66.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Introduction to Photography 2: Improving Your Composition

10CCF120

This class is designed as a follow up to the "Introduction to Photography" class offered at UFM. Students should know how to use their cameras and understand the basic principles of photography (e.g. know what f-stop, shutter speed, depth of field, etc. are).

The class will be structured around the review and discussion of photographs taken during the class with the idea of helping students to think about creating photographs they wish to capture.

The first class will be a general review on composition, 'seeing', and the role of light in photography. Thereafter, each class will be a review of the photos taken during the Sunday shooting trips. Students will show and discuss their photos from the previous Sunday shooting trips and receive feedback in a positive way to help improve their work and bring out the message and vision of their photography. Discussions will involve how to improve composition and exposure in camera and also how post-processing can help translate your vision to your finished print.

Thursday classes will be 7-9 pm at UFM and Sunday field trips will take place a few hours before sunset and will be held in outdoor locations around Manhattan. Students will meet at the UFM parking lot on Sundays and then caravan to the shooting locations. Handouts and examples will be provided during the course.

Instructor: Scott Bean, (785) 341-1047
scott@scottbeanphoto.com

Date: 10/28/2010 to 11/18/2010 (Th/Su)
Time: 7:00 PM to 9:00 PM
Fee: \$74.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Novelty Soap Making

10CCF127A

Learn to make cute, melt and pour soaps with a microwave. Color lathering and embedding methods will be used to create inexpensive wedding and baby shower gift soaps, or for your personal use. This class will also teach you to use herbs and all natural soap bases to make your own low cost, nourishing soaps. Instructor will provide all materials. Students will each take home two 4 ounce soap bars after every lesson. While waiting for soaps to cool in the mold, touching true stories of Chinese women will be shared. Instructor: Cherry Leaym, (785) 537-0179 Ext153 (785) 341-8732, cherryleaym@yahoo.com

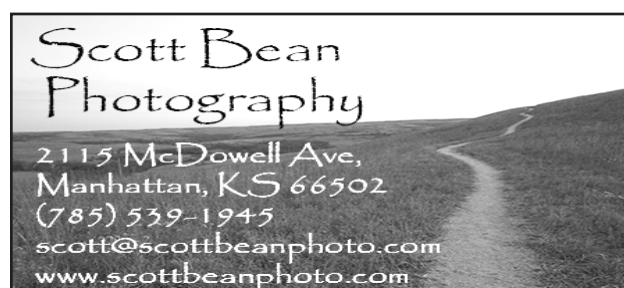
Date: 09/11/2010 to 10/16/2010 (Sa)
Time: 6:00 PM to 7:30 PM
Fee: \$46.00
Location: UFM Kitchen, 1221 Thurston St.

Novelty Soap Making

10CCF127B

Instructor: Cherry Leaym, (785) 537-0179 Ext153 (785) 341-8732, cherryleaym@yahoo.com

Date: 10/23/2010 to 12/04/2010 (Sa)
(No class 11/27)
Time: 6:00 PM to 7:30 PM
Fee: \$46.00
Location: UFM Kitchen, 1221 Thurston St.



CREATIVE FREE TIME

Philosophy of Gurdjieff & Ouspensky

10CCF128

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

Date: 09/16/2010 to 10/28/2010 (Th)
Time: 7:30 PM to 9:00 PM
Fee: \$19.00
Location: UFM Solar Addition, 1221 Thurston St.

Introduction to Voiceovers

10CCF129

Fun, one-on-one, online class to get started in Professional Voice Acting, covering some of the many details of the industry. Receive a professional voice evaluation. This class is taught by a professional voice actor from the voice acting training company, Voices For All. Requirements: Students must have Internet Access and Video Chatting capabilities using either of the following free methods: Skype (for PC users) or iChat (for Mac Users) to conduct the class from the convenience of your home. Please be sure to include email and phone number with registration. NOTE: Instructor will contact student with further information regarding time/date. **This class meets only once.** View www.tryufm.org for information.
Instructor: Voices For All, LLC

Date: 09/07/2010 to 12/07/2010 (Tu)
Time: See class description
Fee: \$30.00
Location: See class description



NetSmartz Workshop on Internet Safety

10CCF130A

Do you wonder what your kids are doing when they are online? Do you wonder what information people can find out about you on the internet? If so, the NetSmartz Workshop is for you. The NetSmartz Workshop is an interactive presentation that discusses ways to protect yourself, and your kids from identity theft, online predators, and other online risks while surfing the internet.
Instructor: Jacqueline Coggins, (785) 539-1947
ksnetsmartz@gmail.com

Date: 09/13/2010 (M)
Time: 7:00 PM to 8:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

NetSmartz Workshop on Internet Safety

10CCF130B

Instructor: Jacqueline Coggins, (785) 539-1947
ksnetsmartz@gmail.com

Date: 10/12/2010 to 10/12/2010 (Tu)
Time: 7:00 PM to 8:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

NetSmartz Workshop on Internet Safety

10CCF130C

Instructor: Jacqueline Coggins, (785) 539-1947
ksnetsmartz@gmail.com

Date: 11/11/2010 (Th)
Time: 1:30 PM to 2:30 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Are YOU Distressed?

10CCF131

This class is designed to provide fun stress relief using distressing techniques while creating an adorable and fabulous "Mixed Up" Mini Chipboard Album. You will learn updated tips and techniques on distressing techniques designed to create many different looks to your projects, such as vintage, antiqued, grungy or trendy. You will be given materials to construct and go home with a finished mini album worthy of your precious memories. Please bring your favorite adhesive to class, as it is not included in the class fee, or purchase available adhesive offered at class.
Instructor: Amy Muse

Date: 08/26/2010 (Th)
Time: 7:00 PM to 8:30 PM
Fee: \$23.00
Location: UFM Fireplace Room, 1221 Thurston St.





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

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Live Theatre

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Amadeus
Nov 5-7 & 11-14

Drinking Alone
Feb 25-27 & Mar 3-6

Seussical The Musical
Apr 29-May 1 & May 5-8

Live Music
Popular to Classical

Galleries
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Manhattan Arts Center**



**MACademy
Youth Theatre**

A Christmas Carol
Dec 3, 4 & 5

Missoula Children's Theatre
Jan 24-29

Adult & Kids' Classes

Clay, Theatre, Music, Painting, Violin, Mixed Media & more

Starting in September

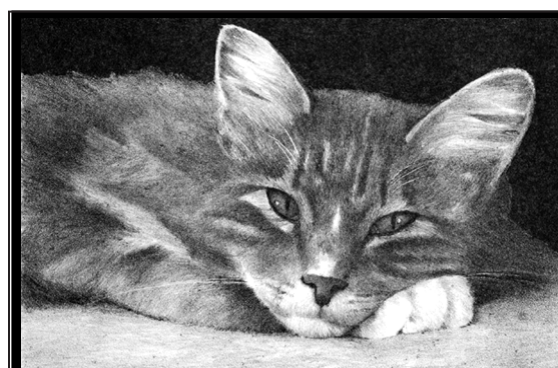
Ongoing Adult Studios

Clay Open Studio
Watercolor Studio
Writers' Studio



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by phone at (785) 537-4420 or at 1520 Poyntz





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LANGUAGE

All About the Chipboard 10CCF132

Learn how to use chipboard products in your paper craft projects by creating a popular 6" X 12" My Word Chipboard Album. You will learn how to choose your supplies, adhering techniques for chipboard, discover easy ways to cover chipboard using various tools and accessories, work with acrylic paint, and learn unique embellishing techniques. You will be given materials and tools to construct and go home with a finished album worthy of your precious memories. Please bring your favorite adhesive to class, as it is not included in the class fee, or purchase available adhesive at class.

Instructor: Amy Muse

Date: 09/16/2010 (Th)
 Time: 7:00 PM to 8:30 PM
 Fee: \$23.00
 Location: UFM Fireplace Room, 1221 Thurston St.

Just Because Card Workshop 10CCF133

If you think making cute hand made cards to give friends and family is beyond your reach, this class is for you. You will be given materials to create 20 dramatic cards, two of each kind in the standard 5 1/2" by 4 1/4" size using just six sheets of paper, plus card bases. This is a quick, easy and economical way to let the ones you love know they are appreciated...Just Because! Please bring your favorite adhesive to class, as it is not included in the class fee, or purchase available adhesive at class.

Instructor: Amy Muse

Date: 10/21/2010 (Th)
 Time: 7:00 PM to 8:30 PM
 Fee: \$23.00
 Location: UFM Fireplace Room, 1221 Thurston St.

Scrapbooking on a Budget 10CCF134

Have you ever noticed how expensive paper crafting embellishments can be? Learn a few tricks and some fabulous tips on how to use seemingly ordinary items in extraordinary ways. If you think scrapbooking is expensive and time consuming, this class is for you. You will be given materials and tools to construct and go home with a finished album worthy of displaying on the coffee table. Please bring your favorite adhesive, as it is not included in the class fee or purchase available adhesive at class.

Instructor: Amy Muse

Date: 11/18/2010 (Th)
 Time: 7:00 PM to 8:30 PM
 Fee: \$23.00
 Location: UFM Fireplace Room, 1221 Thurston St.

Solving a Rubik's Cube 10CCF135

A step-by-step course on how to solve a standard 3x3 Rubik's cube. The class will cover a brief history to gain an appreciation of the cube and demonstrate a few methods of solving it. We will go in depth on one specific method and discuss some advanced techniques just for fun. The class will be mostly lab-style; practicing and brainstorming as a group will make the information more fun to learn and easier for the students to remember.

Instructor: Gregory Brown

Date: 09/15/2010 to 10/20/2010 (W)
 Time: 7:00 PM to 9:00 PM
 Fee: \$10.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Music Sign Language Class 10CCF30

This is a sign language class that focuses on learning vocabulary through music. This class will learn techniques involved in signing music, with a focus on Christmas music. In December, the class will perform as a group with the Manhattan Silent Singers in their annual Christmas performance at the mall. Individuals will be encouraged to also learn other Christmas songs that might be performed as solos or duets.

Instructor: Susie Stanfield, (785) 313-7307, isign@cox.net

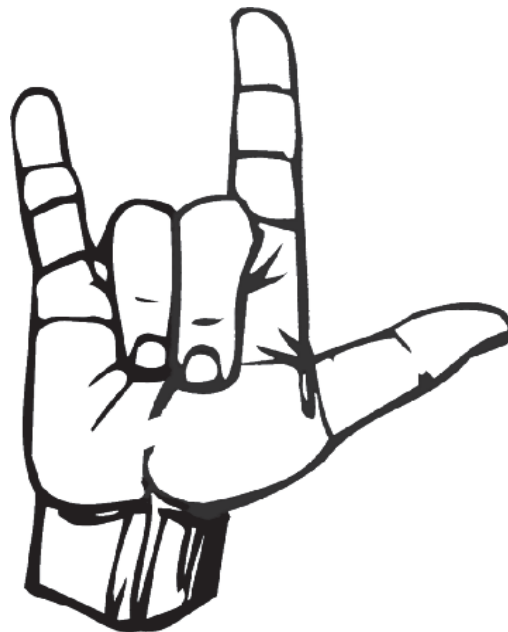
Date: 10/04/2010 to 12/06/2010 (M)
 Time: 7:00 PM to 8:00 PM
 Fee: \$78.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd Floor

Basic Chinese 10CLA31

The Basic Chinese class will lead students through the door of learning Chinese. We will start from the most basic level. By the end of the course, you will learn: Pin Yin - spelling and pronunciation; basic character writing - explaining the story of each simple character and how they are put together to become another word.

Instructor: Ken Guan, kenguan@ksu.edu

Date: 09/13/2010 to 11/01/2010 (M)
 Time: 7:00 PM to 8:00 PM
 Fee: \$46.00
 Location: UFM Fireplace Room, 1221 Thurston St.



Check for K-State events this fall related to The Hunger Games!
 Visit website: www.k-state.edu/ksbn/

Find us on Facebook!
www.facebook.com/UFMCLC

Look for special promotions and discounts for fans!!

Movies on the Grass 2010



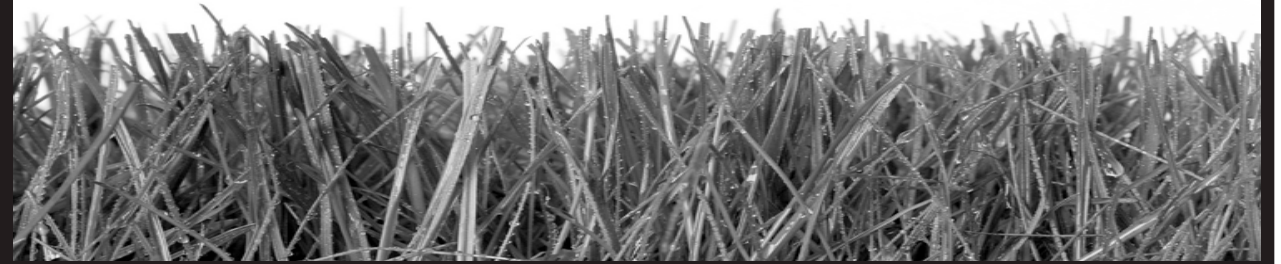
AUGUST 29 - BAG IT

SEPTEMBER 12 - A POWERFUL NOISE

SEPTEMBER 19 - PAPERS

Location for all movies: K-State Library, Coffman Commons. Showtime begins at dusk, Sunday evenings* shortly after 8 pm.

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



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!



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Libuse Binder

"10 Ways to Change the World in Your 20s"



Tuesday, September 14, 2010, 7:00 p.m.

Forum Hall, K-State Student Union

- An overview of the ideas featured in her book, *10 Ways to Change the World in Your 20s*, which are geared towards the next generation of leaders
- Tangible steps that each person can take to shape the world today
- Suggestions for resources and organizations that are active on campus and in the local community
- Tips on finding careers that align with students' passions and values
- A chance to ask questions and offer suggestions about local and global activism

Binder provides a timely roadmap for individuals looking to make a difference – from eating locally and reducing waste, to starting a nonprofit organization or finding a career dedicated to helping others.

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Scholarships cover up to 50% of the program cost up to \$100

All youth in preschool to 12th grade are eligible

Funded by the City of Manhattan Social Services Advisory Board and
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Call UFM Community Learning Center at 539-8763 or go to www.tryufm.org for more information



EARTH & NATURE

Fly Fishing

10CEN04AZ

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

Instructor: Paul Sodamann, (785) 494-2340

Date: 10/18/2010 to 10/28/2010 (M/Tu/W/Th)
Time: 6:00 PM to 8:00 PM
Fee: \$95.00
Location: K-State Durland Hall Room 1061

Home Greenhouses and Sunrooms: Design Thoughts for Plants & Warmth

10CEN21

Whether you want flowers and winter greens or just to heat adjoining rooms, sunrooms are certain to add light and enjoyment to your home. With slides, we will discuss examples of sunrooms built here in Manhattan and talk of the various design considerations for both growing plants and exporting warmth. Bring your blueprints. Bill will be happy to discuss your particular home and plans.

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

Date: 10/02/2010 to 10/02/2010 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: UFM Solar Addition, 1221 Thurston St.

Plugging into the Sun:

Solar Energy

10CEN53

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

We are expanding this class to two Saturdays with two distinct subjects: Independent Power Supplies and Connected to the Power Lines (electric systems connected powerlines in KS). We'll discuss both choices as well as the hardware required to do either.

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

Date: 10/03/2010 to 10/03/2010 (Su)
Time: 1:00 PM to 3:00 PM
Fee: No Charge
Location: UFM Solar Addition, 1221 Thurston St.

How to Choose, Use and Prepare Local Fruits & Vegetables

10CEN58

The class will cover some fruit and vegetable basics. We will answer questions while strolling through the farmers' market and observing vegetables in their natural habitat (the field) at the K-State Student farm (transportation provided). No prior knowledge is required. Attendees and their family and friends are invited to cook-out pot-luck lunch at the student farm after the class.

Instructor: Jennifer Guilford, 1veggielady@gmail.com

Date: View www.tryufm.org for updated info.
Time: TBA
Fee: No charge
Location: View www.tryufm.org for updated info.



Wildflower Walks at Tuttle Creek Lake

10CEN69

Join members of the Kansas Native Plant Society, who also serve as Konza Prairie docents, on wildflower walks at Tuttle Creek Lake. We will identify and talk about the incredible variety of wildflowers which grace our local tall grass prairie environs. You are sure to come away with a renewed appreciation for Flint Hills flora. Please preregister so that we will know how many persons to expect.

Instructor: Paul Weidhaas, (785) 539-8511

Date: 08/28/2010 to 08/28/2010 (Sa)
Time: 1:30 PM to 3:30 PM
Fee: No Charge
Location: Tuttle Creek Lake Visitor's Center
5020 Tuttle Creek Blvd

Circle of Simplicity

10CEN70

According to author Cecile Andrews, "the Simplicity Circle is a small group, participatory form of learning that helps people create lives focused on the well-being of both people and the planet. A simplicity circle is part discussion group, part consciousness raising group, part support group, part action group." We will use Andrews text as the basis for our discussion as we gather in the cool of the evening. Deadline for registration is May 28.

**NOTE TO STUDENTS: Please purchase required textbook, "The Circle of Simplicity" for \$12.95 before class. Enrollment fee of \$5 will cover the cost of the UFM eco-bag that you will receive at class. **

Instructor: Carol Barta, (785) 410-8608

Date: 09/16/2010 to 11/04/2010 (Th)
Time: 6:30 PM to 8:00 PM
Fee: \$5.00
Location: UFM Banquet Room, 1221 Thurston St.



5 WAYS TO START LIVING GREEN

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

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FUN FOODS

Thai Noodles 10CFF12A

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

Instructor: Chulee Yaeger, ccyaege@hotmail.com

Date: 08/28/2010 to 09/11/2010 (Sa)
 Time: 10:30 AM to 11:30 AM
 Fee: \$68.00
 Location: UFM Kitchen, 1221 Thurston St.

Thai Noodles 10CFF12B

Instructor: Chulee Yaeger, ccyaege@hotmail.com

Date: 09/18/2010 to 10/02/2010 (Sa)
 Time: 10:30 AM to 11:30 AM
 Fee: \$68.00
 Location: UFM Kitchen, 1221 Thurston St.

Evening of Southern Italian Cooking 10CFF35A

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

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

Date: 08/13/2010 (F)
 Time: 6:30 PM to 8:30 PM
 Fee: \$29.00
 Location: UFM Banquet/Kitchen, 1221 Thurston

Evening of Southern Italian Cooking 10CFF35B

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

Date: 09/10/2010 (F)
 Time: 6:30 PM to 8:30 PM
 Fee: \$29.00
 Location: UFM Banquet/Kitchen, 1221 Thurston

Beer Tasting 10CFF39

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

Instructor: Jeff Gill

Date: 10/01/2010 (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.



Sweets of the Sun: Mediterranean Desserts 10CFF58

Join us in preparing sweet delicacies from the sun-drenched countries of the Mediterranean. From France to Morocco, this class will awaken your appetite to a variety of surprisingly gorgeous flavors and aromas. This course will include copies of featured recipes along with a few extras! Deadline for registration is August 27th.

Instructor: Dominique Saunders
 dominique.saunders@gmail.com

Date: 09/03/2010 (F)
 Time: 6:30 PM to 9:00 PM
 Fee: \$29.00
 Location: UFM Kitchen, 1221 Thurston St.



The Simple Healthy Cookery 10CFF63

Join me in preparing a variety of simplistic and healthy, vegetarian friendly dishes. This class is intended to reveal that simple and healthy cuisine can indeed enliven your palate. This class is vegetarian friendly and will also include copies of feature recipes, along with a few extras. Deadline for registration is October 1st.

Instructor: Dominique Saunders
 dominique.saunders@gmail.com

Date: 10/08/2010 (F)
 Time: 6:30 PM to 9:00 PM
 Fee: \$29.00
 Location: UFM Kitchen, 1221 Thurston St.

An Evening with Annapurna: Northern Indian Cuisine 10CFF64

Join me as we discover Northern Indian Cuisine, renowned for its exotic flavors. In this class you will learn how to create a variety of simple yet sweet and savory dishes, in addition to learning about commonly used spices and a brief culinary history of the northern region of India. This class is vegetarian friendly and will include copies of featured recipes, and additional resources for Indian cuisine. Students will also be able to take home several spice packets to easily create the dishes at home. Deadline for registration is November 5th.

Instructor: Dominique Saunders
 dominique.saunders@gmail.com

Date: 11/12/2010 (F)
 Time: 6:30 PM to 9:00 PM
 Fee: \$29.00
 Location: UFM Kitchen, 1221 Thurston St.



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Au Gourmet Gourmand:

At the French Table 10CFF65

Bon Appetit! Join me as we explore French gastronomy through a variety of rich, delectable and time-honored dishes. This class is vegetarian friendly and will also include copies of featured recipes and additional resources for French cuisine. Deadline for registration is December 3rd.

Instructor: Dominique Saunders
dominique.saunders@gmail.com

Date: 12/10/2010 (F)
Time: 6:30 PM to 9:00 PM
Fee: \$29.00
Location: UFM Kitchen, 1221 Thurston St.

Ayo Makanan Indonesia Dua! 10CFF66

Ayo Makanan Indonesia Dua! (Let's Go Indonesian Part 2!) will sample a variety of Indonesian dishes from different islands such as Sulawesi, Java and Bali. There will be a number of new dishes not featured in the first Ayo Makanan Indonesian! class. The class is vegetarian friendly and will feature as many local, organic and fresh ingredients as possible. Learn about culture and cuisine of this fascinating country as we combine fresh vegetables and fruits with tasty spices and herbs.

Instructor: Kendra Staley, kstaley327@hotmail.com

Date: 10/01/2010 (F)
Time: 6:30 PM to 9:00 PM
Fee: \$29.00
Location: UFM Kitchen, 1221 Thurston St.



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Buen Provecho!

La Comida Guatemalteca 10CFF68

Come try Guatemalan tipico (typical food), street food and las bebidas (drinks). The class is vegetarian friendly and will feature as many local, organic and fresh ingredients as possible. We'll explore the culture and cuisine of this beautiful country famous for the Mayan ruins of Tikal.

Instructor: Kendra Staley, kstaley327@hotmail.com

Date: 11/05/2010 (F)
Time: 6:30 PM to 9:00 PM
Fee: \$29.00
Location: UFM Kitchen, 1221 Thurston St.

Favorite Spanish Dishes

with Chef David 10CFF67

Enjoy a collection of Chef David Espenosa's favorite Spanish dishes from past UFM classes. Students will help prepare a menu that includes appetizers, an entree and dessert. Drinks will be served for 21 and over.

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

Date: 11/19/2010 (F)
Time: 6:00 PM to 9:00 PM
Fee: \$30.00
Location: Clarion Hotel, 530 Richards Dr.

Exploring Wines of Kansas 10CFF69

Kansas is more known for its "amber waves of grain" than grape vines, but there was a time (prior to Prohibition) when Kansas and the Midwest produced MOST of America's wines. Wine production was not allowed again in Kansas until 1985, but since then, Kansas vineyards and wineries have returned to producing outstanding wines! Come learn about and taste some of the fine wines that Kansas has to offer from a local winemaker. Enroll in all wine classes and receive a discount!

Instructor: Britt Nicholls

Date: 09/14/2010 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$25.00; Enroll in all 3 sessions, \$70.00
Location: UFM Banquet Room, 1221 Thurston St.

Fruits of Autumn:

North American White Wines 10CFF70

The wines you serve should change with the seasons. Cool weather calls for crisp wines that make you think of changing leaves and cool, clear nights. Join us for a fun and relaxing evening led by a local vintner to learn and sample white wines, which are best defined by their light color, body and complex taste.

Instructor: Britt Nicholls

Date: 10/05/2010 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$25.00; Enroll in all 3 sessions, \$70.00
Location: Vin Vivante Winery
514 Lincoln St in Wamego, KS

Fruits of Autumn:

North American Red Wines 10CFF71

Fruity and spicy, strong and sweet, red wines vary widely in flavor and color. Enjoy an evening learning about the characteristics of several North American reds - a perfect way to warm up a cool fall evening! Enroll in all wine classes and receive a discount!

Instructor: Britt Nicholls

Date: 11/09/2010 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$25.00; Enroll in all 3 sessions, \$70.00
Location: UFM Banquet Room, 1221 Thurston St.

Cooking Chinese Food 10CFF72

From the most basic cold dish (appetizer) to the main course. Nothing too fancy, but homemade food. Delicious!

Instructor: Ken Guan, kenguan@ksu.edu

Date: 11/11/2010 to 12/02/2010 (Th)
Time: 6:30 PM to 8:30 PM
Fee: \$36.00
Location: UFM Kitchen, 1221 Thurston St.



Sandwich Masterpieces 10CFF005

Have you ever wanted to make a sandwich and didn't know where to start? There are so many layers and it can be overwhelming. Sign up and learn what lunchmeats work well together, choosing the right condiment and how bread can help your sandwich go from Po' Boy to a Masterpiece. We will take field trips to nearby sandwich shops to witness true sandwich construction by the pros.

Instructor: Del A. Citessen

Del has been making sandwich masterpieces since Captain James Cook founded the Sandwich Islands in 1778.

Date: 08/23/2010 (M)
Time: Lunch time
Fee: -\$1.00
Location: Home Counter

Gluten-Free Pizza Party - At Home! 10CFF73

Wish you could enjoy a pizza on Friday night without driving over an hour to a restaurant with gluten-free crust? You can! In the time it takes other people to order takeout, you can whip up a fabulous gluten-free pizza crust, bake and top it, and throw a pan of amazing gluten-free brownies in the oven. Come hungry and ready to cook.

Instructor: Jo Maseberg-Tom

Date: 09/24/2010 (F)
Time: 6:00 PM to 8:30 PM
Fee: \$30.00
Location: UFM Kitchen, 1221 Thurston St.

Gluten-Free Holiday Cooking 10CFF74

Thanksgiving, Hanukah, and Christmas are right around the corner. We picture the turkey with tasty bread stuffing, the pecan and pumpkin pies, beautiful fried potato latkes, and delicate Christmas cookies being passed about at work... and cringe. Cringe no more! Come learn to make gluten-free bread stuffing (with homemade gluten-free bread), fantastic gluten-free pie crust, gorgeous potato latkes and Christmas cookies your friends will swear contain gluten (even though they don't!). Treat yourself or someone you love to a gluten-free holiday feast they'll talk about all year. Come ready to bake: ingredients and recipes provided.

Instructor: Jo Maseberg-Tom

Date: 11/06/2010 (Sa)
Time: 2:00 PM to 5:00 PM
Fee: \$30.00
Location: UFM Kitchen, 1221 Thurston St.



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THIS
CATALOG!!**



HEALTH & WELLNESS

Sahaj Marg Meditation 10CHW02

Sahaj Marg translates to "The Natural Path." It is a natural, simple system of meditation and spiritual practice that helps one realize the ultimate potential within one's self. Regular spiritual practice under capable guidance enables aspirants to progressively experience the sublime presence of the divine in their daily lives. The Sahaj Marg system is freely offered to seekers worldwide, and is effectively practiced by individuals from all walks of life, diverse nationalities, religious backgrounds, and various social conditions. The first class will be an overview of the system and involves one-on-one training sessions followed by weekly group meditation sessions.

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

Date: 09/26/2010 to 12/19/2010 (Su)
Time: 7:30 AM to 9:30 AM
Fee: No Charge
Location: UFM Solar Addition, 1221 Thurston St.

Living the Art: Jin Shin Jyutsu 10CHW08A

Living the Art JSJ is an ancient art that through simple practice promotes harmony within our mind, body and spirit. It is based on the premise that we are energetic beings and when energy becomes stuck or stagnant (whether from lifestyle, injuries, attitudes, environment) we feel discomfort, pain or may experience illness. JSJ is a way to get to know and help one's self and promote happiness. Healing may be a side effect! We will be engaged in self help during most of class time. Wear comfortable clothes, sack lunch for Saturday class and bring a smile!
Instructor: Kate Cashman, (785) 537-1911

Date: 09/13/2010 to 09/27/2010 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$26.00
Location: 1421 Colorado Street

Living the Art: Jin Shin Jyutsu 10CHW08A

Instructor: Kate Cashman, (785) 537-1911

Date: 10/09/2010 (Sa)
Time: 10:00 AM to 3:00 PM
Fee: \$22.00
Location: 1421 Colorado Street

Jin Shin Jyutsu and Our Animal Friends 10CHW103

Jin Shin Jyutsu is a harmonizing art that is helpful not only to us, but to our pets. Come learn and practice this simple, profound art. We'll meet the first time with our pets to learn basic self help, the second time we will practice JSJ with the cats at Purrfect Paws (a nonprofit feline sanctuary).

Animals must be on leashes; bring a blanket and water for you and your pet. We will be practicing outside, so bug repellent may be important! If it isn't applicable to bring your pet, please just bring yourself.
Instructor: Kate Cashman, (785) 537-1911

Date: 09/11/2010 to 09/18/2010 (Sa)
Time: 9/11 from 10:00 AM to 12 N
9/18 from 2:00 PM to 4:00 PM
Fee: \$14.00
Location: 1421 Colorado Street



Beginning Yoga 10CHW15AZ

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

Date: 08/23/2010 to 10/13/2010 (M/W)
(No class 9/6)

Time: 10:30 AM to 11:40 AM
Fee: \$99.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Beginning Yoga 10CHW15BZ

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

Date: 08/23/2010 to 10/13/2010 (M/W)
(No class 9/6)

Time: 5:30 PM to 6:30 PM
Fee: \$99.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Beginning Yoga 10CHW15CZ

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

Date: 08/24/2010 to 10/12/2010 (Tu/Th)
Time: 10:30 AM to 11:30 AM

Fee: \$99.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Beginning Yoga 10CHW15DZ

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

Date: 10/18/2010 to 12/08/2010 (M/W)
(No class 11/22, 11/24)

Time: 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Beginning Yoga 10CHW15EZ

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

Date: 10/18/2010 to 12/08/2010 (M/W)
(No class 11/22, 11/24)

Time: 5:30 PM to 6:30 PM
Fee: \$99.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Intermediate Yoga 10CHW21Z

This course will increase the student's understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and study of Yoga Sutras. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the individual body-type.

Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class.

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

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

Date: 10/14/2010 to 12/09/2010 (Th/Tu)
(No class 11/23, 11/25)

Time: 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Yoga Over Forty 10CHW99

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

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

Date: 10/05/2010 to 11/30/2010 (Tu)
(No class 11/23)

Time: 5:30 PM to 6:30 PM
Fee: \$80.00
Location: Yoga Connection
321 Poyntz Ave, Ste A



Responding to Emergencies 10CHW19AZ

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Materials not included in fee; need to buy book and mask for \$49 at UFM, 1221 Thurston St. before class.
Instructor: Henry Brown

Date: 10/03/2010 to 10/17/2010 (Su/Sa)
Time: 12 N to 6:30 PM
Fee: \$154.00
Location: UFM Banquet Room, 1221 Thurston St.

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

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**Community CPR,
First Aid & AED**
10CHW25A

This course includes training in Adult, Child, Infant CPR, First Aid and AED. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; control bleeding; and many other useful skills. Textbook included in fee. There will be a \$20 non-refundable deposit for this class.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/29/2010 to 08/29/2010 (Su)
Time: 9:00 AM to 4:00 PM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Community CPR,
First Aid & AED**
10CHW25B

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/10/2010 to 09/11/2010 (F/Sa)
Time: 6:30 PM to 9:30 PM;
Sa from 8:00 AM to Noon
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Community CPR,
First Aid & AED**
10CHW25C

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/11/2010 to 09/11/2010 (Sa)
Time: 11:00 AM to 6:00 PM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Community CPR,
First Aid & AED**
10CHW25D

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 10/22/2010 to 10/23/2010 (F/Sa)
Time: 6:30 PM to 9:30 PM;
Sa from 8:00 AM to Noon
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Community CPR,
First Aid & AED**
10CHW25E

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 10/23/2010 to 10/23/2010 (Sa)
Time: 11:00 AM to 6:00 PM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Beginning Tai Chi Chaun
10CHW31

Practiced by millions of people around the world, the ancient and gentle Chinese martial art of tai chi offers the perfect balance of mind and body, strength and flexibility, grace and agility. Its smooth, fluid movements offer exercisers of all ages improved fitness, stress reduction, and total relaxation. In this class, we will introduce the Yang style short form, which can be practiced by young and old, anytime, any place.

Instructor: Mei Hwa (Tina) Terhune, (785) 539-4277

Date: 09/08/2010 to 09/29/2010 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$48.00
Location: UFM Banquet Room, 1221 Thurston St.

Blended Learning:
CPR/First Aid
10CHW70A

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. No textbook required and the date listed is for test. You will be contacted with login information. There will be a \$20 non-refundable deposit for this class.

***Please enroll at least 48 hours before the testing date to ensure you have ample time to complete the online portion. Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/29/2010 to 08/29/2010 (Su)
Time: 2:00 PM to 3:00 PM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning:
CPR/First Aid
10CHW70B

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/29/2010 to 08/29/2010 (Su)
Time: 3:00 PM to 4:00 PM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning:
CPR/First Aid
10CHW70C

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/11/2010 to 09/11/2010 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning:
CPR/First Aid
10CHW70D

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 10/23/2010 to 10/23/2010 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Flint Hills PFLAG

(Parents, Families and Friends
of Lesbians and Gays)


Monthly Educational meetings:

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

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

Family Support:

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

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

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785.539.8763 | INFO@TRYUFM.ORG

HEALTH & WELLNESS

Beginning Pilates

10CHW73A

Pilates exercise dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. Pilates teaches body awareness, good posture and easy, graceful movement. It improves flexibility, agility and economy of motion. Pilates is a safe, sensible exercise system using a floor mat, that will help you look and feel your very best. No matter your age or condition, it will work for you. (information courtesy of Balanced Body Pilates website, www.pilates.com)
Instructor: Alison Watson, (816) 522-5028
awatson421@gmail.com

Date: 10/12/2010 to 11/04/2010 (Tu/Th)
Time: 9:15 AM to 10:15 AM
Fee: \$61.00

Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Beginning Pilates

10CHW73B

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

Date: 11/09/2010 to 12/09/2010 (Tu/Th)
(No classes 11/23, 11/25)
Time: 9:15 AM to 10:15 AM
Fee: \$61.00

Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Evening Yoga

10CHW88A

Close your day with gentle yogic movements and breathing practices to help you relax, rejuvenate and restore your energy! No experience necessary. Yoga is for everybody.
Instructor: Debbie Newton, dnewton@flinthills.com

Date: 08/23/2010 to 09/20/2010 (M)
(No class 9/6)
Time: 7:15 PM to 8:45 PM
Fee: \$27.00

Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Evening Yoga

10CHW88B

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 09/27/2010 to 10/18/2010 (M)
(No class 9/6)
Time: 7:15 PM to 8:45 PM
Fee: \$27.00

Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Evening Yoga

10CHW88C

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 10/25/2010 to 11/15/2010 (M)
(No class 9/6)
Time: 7:15 PM to 8:45 PM
Fee: \$27.00

Location: K-State Ahearn Room 301, College Heights St. and Denison Ave.

Morning Yoga

10CHW89A

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

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 08/21/2010 to 09/18/2010 (Sa)
(No class 9/4)
Time: 9:30 AM to 11:00 AM
Fee: \$27.00

Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Morning Yoga

10CHW89B

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 09/25/2010 to 10/16/2010 (Sa)
(No class 9/5)
Time: 9:30 AM to 11:00 AM
Fee: \$27.00

Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Morning Yoga

10CHW89C

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 10/23/2010 to 11/13/2010 (Sa)
(No class 9/5)
Time: 9:30 AM to 11:00 AM
Fee: \$27.00

Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Hypnosis for Weight Loss

10CHW102A

Hypnosis is a self-awareness expansion technique. It can be used to eliminate old habits or build new ones, giving you control of your life. You will also learn self-hypnosis techniques.

*PLEASE NOTE: HYPNOSIS IS NOT EFFECTIVE FOR EVERYONE. RESULTS MAY VARY.

Instructor: Steven Paul

Date: 08/23/2010 to 10/04/2010 (M)
(No class 9/6)

Time: 7:00 PM to 9:00 PM
Fee: 6 classes-Weight Loss only \$90.00
Location: UFM Multipurpose Room, 1221 Thurston

Hypnosis for Weight Loss

10CHW102B

Instructor: Steven Paul

Date: 10/11/2010 to 11/15/2010 (M)
Time: 7:00 PM to 9:00 PM

Fee: 6 classes-Weight Loss only \$90.00
Location: UFM Multipurpose Room, 1221 Thurston

Hypnosis for

Smoking Cessation

10CHW112A

Hypnosis is a self-awareness expansion technique. It can be used to eliminate old habits or build new ones, giving you control of your life. You will also learn self-hypnosis techniques.

*PLEASE NOTE: HYPNOSIS IS NOT EFFECTIVE FOR EVERYONE. RESULTS MAY VARY.

Instructor: Steven Paul

Date: 08/31/2010 to 08/31/2010 (Tu)
Time: 7:00 PM to 9:00 PM

Fee: \$60.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Hypnosis for

Smoking Cessation

10CHW112B

Instructor: Steven Paul

Date: 09/28/2010 to 09/28/2010 (Tu)
Time: 7:00 PM to 9:00 PM

Fee: \$60.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Hypnosis for

Smoking Cessation

10CHW112C

Instructor: Steven Paul

Date: 10/26/2010 to 10/26/2010 (Tu)
Time: 7:00 PM to 9:00 PM

Fee: \$60.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Hypnosis for

Smoking Cessation

10CHW112D

Instructor: Steven Paul

Date: 11/30/2010 to 11/30/2010 (Tu)
Time: 7:00 PM to 9:00 PM

Fee: \$60.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



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and ask for tour
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Tues. - Fri. 8:30 - 5:00

Wolf House Museum
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Sun. 2:00 - 5:00

Pioneer Log Cabin
Manhattan City Park
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April-October
2:00 - 5:00



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Touch for Health I**10CHW108**

Touch for Health (TFH), level 1, introduces the basics for accurate muscle testing for both lay-people and professionals. You will learn the core techniques of muscle testing for the primary 14 acupuncture energy meridians and the standard balancing-as-you-go technique for the body's energies. These procedures can also be utilized in balancing your body's energies to achieve your personal goals. Touch for Health also introduces kinesiology in the form of muscle testing to indicate negative reactions to food, allergens and environmental toxins as well as to determine appropriate nutritional supplementation.

The theory of TFH and the acupuncture meridians are introduced with the western reflex techniques. They are used to restore balance for dramatically improving posture, alleviating pain and stress, and for enhancing vitality and mental performance. This course satisfies the Brain Gym level 200 Anatomy requirement for Brain Gym Certification. If you own a massage table, please bring to class. There will be a lunch break. Registration deadline is Sept 1. Instructor: Richard Ahrens, (360) 748-4154 kansastfh@gmail.com

Date: 09/11/2010 to 09/12/2010 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: \$250.00
Location: UFM Multipurpose Room, 1221 Thurston

Touch for Health II**10CHW109**

This course introduces additional muscle tests, more energy balancing techniques and theory, from western and Oriental medicines. New techniques and concepts presented in TFH II are: Circuit Locating which helps identify the body's preference for balancing technique; Alarm Points for over-energy detection; the Meridian Wheel and Time of Day Balance; the Law of Five Elements as well as several balancing and self-balancing techniques are taught in this level.

Touch for Health also introduces kinesiology in the form of muscle testing to indicate negative reactions to food, allergens and environmental toxins as well as to determine appropriate nutritional supplementation. If you own a massage table, please bring to class. There will be a lunch break. Registration deadline is Oct 1. Pre-requisite: Touch for Health 1. Instructor: Richard Ahrens, (360) 748-4154 kansastfh@gmail.com

Date: 10/16/2010 to 10/17/2010 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: \$250.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Touch for Health III**10CHW110**

Students will learn 14 more muscle tests in this level along with additional techniques for balancing the body's energy. Techniques for dealing with chronic and recent pain are also introduced along with deeper understanding of the Five Elements theory. The interaction of muscles is studied further and the topic of Reactive Muscles is presented coupled with the Circuit Retaining Mode technique.

Touch for Health also introduces kinesiology in the form of muscle testing to indicate negative reactions to food, allergens and environmental toxins as well as to determine appropriate nutritional supplementation. If you own a massage table, please bring to class. There will be a lunch break. Registration deadline is Nov 1. Pre-requisite: Touch for Health 2. Instructor: Richard Ahrens, (360) 748-4154 kansastfh@gmail.com

Date: 11/13/2010 to 11/14/2010 (Sa/Su)
Time: 8:00 AM to 5:00 PM
Fee: \$250.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Pregnancy Wellness**10CHW111A**

An informative discussion about the benefits of chiropractic care during and after pregnancy. The discussion will present information regarding nutritional counseling, what foods are healthy and safe to eat during pregnancy and what foods to avoid. We will discuss nutrients necessary for proper baby development; the developmental stages of the embryo; and natural remedies for ailments that occur during pregnancy.

Instructors: Thad Dall & Mark Ahrens, (785) 539-9113

Date: 08/24/2010 to 08/24/2010 (Tu)
Time: 6:00 PM to 7:00 PM
Fee: \$10.00
Location: Chiropractic Natural Health Care
1130 Wesport Ste. #5

Pregnancy Wellness**10CHW111B**

Instructors: Thad Dall & Mark Ahrens, (785) 539-9113

Date: 09/23/2010 to 09/23/2010 (Th)
Time: 6:00 PM to 7:00 PM
Fee: \$10.00
Location: Chiropractic Natural Health Care
1130 Wesport Ste. #5

Pregnancy Wellness**10CHW111C**

Instructors: Thad Dall & Mark Ahrens, (785) 539-9113

Date: 10/21/2010 to 10/21/2010 (Th)
Time: 6:00 PM to 7:00 PM
Fee: \$10.00
Location: Chiropractic Natural Health Care
1130 Wesport Ste. #5

Recovering Your Life-Surviving a Stroke and Coming Back**10CHW113**

Discussion and identification of the 6 stages of stroke recovery. Class will identify resources, motivation and recovery strategies for stroke survivors and care givers.

Instructor: Linda Clemens, (323) 679-5223
clemens333@gmail.com

Date: 08/24/2010 to 10/05/2010 (Tu)
Time: 6:30 PM to 8:00 PM
Fee: \$10.00
Location: UFM Multipurpose Room, 1221 Thurston

Yoga for Life**10CHW114A**

Take time to rejuvenate and relax from your busy life by practicing yoga basics. Regular yoga practice helps to relieve stress while helping improve our flexibility, strength and balance. Breath coordination with the movement will be taught, helping us to relax!

Instructor: Karen Polson

Date: 08/23/2010 to 10/13/2010 (M/W)
(No class 9/6)
Time: 6:30 PM to 7:30 PM
Fee: \$80.00
Location: Pro Fitness, 1125 Laramie St.

Yoga for Life**10CHW114B**

Instructor: Karen Polson

Date: 10/18/2010 to 12/13/2010 (M/W)
(No class 11/24)
Time: 6:30 PM to 7:30 PM
Fee: \$80.00
Location: Pro Fitness, 1125 Laramie St.

Peace Meditations:**Global Prayer Project****10CHW71**

Guided meditations meets twice per month and is focused on creating peace in our lives and the world. Featuring James & Salle Redfield and the global prayer project (www.celestinevision.com). Class will meet at 2421 Vaughn Drive. Sponsored by Unity Church of Manhattan. Instructors: Palma Holden, (785) 539-1183 & Tim Sidorsky

Date: 09/07/2010 to 12/07/2010 (Tu)
Time: 7:00 PM to 8:15 PM
Fee: No Charge
Location: 2421 Vaughn Dr, Manhattan, KS

2012 & Beyond:**Let's Talk About the Shift****10CHW116**

Some say the end is near. Others say the planet is awakening. Bring an open mind as we discuss the events of today and predictions for 2012 as opportunities to shift from an era of fear and separation to one of greater connection, innovation and love. Includes ways to foster peace and groundedness within ourselves and the planet, and resources of groups and individuals focused on raising the frequency of love and light around the globe.

Instructor: Palma Holden, (785) 539-1183

Date: 09/20/2010 to 09/20/2010 (M)
Time: 6:30 PM to 8:30 PM
Fee: \$22.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Change Your Beliefs, Change Your Perspective**10CHW117**

Are you a fairly positive person, yet feel blocked in some way of thinking or behavior that feels unproductive? Does one aspect of your life feel out of sync with the rest? It's possible you might be operating from beliefs about life, yourself and others that you've outgrown, like clothing that no longer fits who you are today. In this session, we'll explore where our beliefs may have come from; uncover those beliefs that have served us well in the past, and begin to rewrite the beliefs that no longer meet our greatest needs, wants, and desires.

Instructor: Palma Holden, (785) 539-1183

Date: 10/16/2010 to 10/16/2010 (Sa)
Time: 10:00 AM to 12 N
Fee: \$22.00
Location: UFM Solar Addition
1221 Thurston St.

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MARTIAL ARTS

Tae Kwon Do I

10CMA01Z

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. At the end of the semester, students will have the option to be tested for their orange belt. Instructor: David Moore

Date: 08/24/2010 to 12/09/2010 (Tu/Th)
(No class 11/23, 11/25)
Time: 7:00 PM to 8:00 PM
Fee: \$72.00
Location: Sun Yi's Academy
1650 Hayes Dr.

Basic White Phoenix System 10CMA03

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

Date: 09/13/2010 to 11/15/2010 (M)
(No class 10/5)
Time: 6:30 PM to 7:30 PM
Fee: \$60.00
Location: K-State Ahearn Fieldhouse

Lao Hu Pai Kung Fu

10CMA05

Students will learn and be promoted in a unique system where the founder mastered the Chinese (Tibetan) Kung Fu and Japanese (Okinawan) Karate. Students will learn basic stances, blocks, punches, kicks, exercises, and forms. Students will soon learn take downs and opponent control (jujutsu and chi na). Animal fighting techniques will be taught as students advance. This class is for students age 14+. Instructor: Michael Tran, mtrandpm@cox.net

Date: 09/01/2010 to 12/08/2010 (W)
(No class 11/24)
Time: 6:00 PM to 8:00 PM
Fee: \$62.00
Location: K-State Ahearn Gym, 2nd floor

Judo I

10CMA08Z

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

Date: 08/24/2010 to 12/09/2010 (Tu/Th)
(No classes 11/23, 11/25)
Time: 8:00 PM to 9:00 PM
Fee: \$75.00
Location: K-State Ahearn Room 301

Karate & Self-Defense (Adults & Youth)

10CMA10

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

Date: 10/07/2010 to 11/18/2010 (Th)
(No class 11/27)
Time: 6:30 PM to 7:30 PM
Fee: \$51.00
Location: K-State Ahearn Fieldhouse



Ninjutsu Plus

10CMA16

In this class, we will work on power development (breathing/dynamic tension exercises) from Korean, Okinawan, and Chinese martial arts, plus the one and two person forms (kata) from Togakure Rye Ninjutsu.

This is not a basic class although beginners are welcome. The two person forms are self-defense oriented, but they are not basic self-defense techniques. There will be two books supplied with this class and are included in the fee. Instructor: Stan Wilson

Date: 09/15/2010 to 11/17/2010 (W)
Time: 7:00 PM to 8:00 PM
Fee: \$90.00
Location: K-State Ahearn Fieldhouse



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RECREATION & FITNESS



Zumba Dance 10CRF08D

Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com

Date: 11/16/2010 to 12/14/2010 (Tu)
(No class 11/23)
Time: 5:30 PM to 6:30 PM
Fee: \$38.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10CRF08E

Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com

Date: 09/01/2010 to 09/22/2010 (W)
Time: 6:40 PM to 7:40 PM
Fee: \$38.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10CRF08F

Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com

Date: 09/29/2010 to 10/27/2010 (W)
(No class 10/20)
Time: 6:40 PM to 7:40 PM
Fee: \$38.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.



Zumba Dance 10CRF08A

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.
Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com

Date: 08/17/2010 to 09/07/2010 (Tu)
Time: 5:30 PM to 6:30 PM
Fee: \$38.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10CRF08G

Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com

Date: 11/03/2010 to 12/01/2010 (W)
(No class 11/24)
Time: 6:40 PM to 7:40 PM
Fee: \$38.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Introduction to Golf 10CRF04A

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. **First class meets from 6-7 pm, the second and third meet from 6-7:30 pm.
Instructor: Jim Gregory, (785) 539-1041

Date: 08/26/2010 to 09/09/2010 (Th)
Time: 6:00 PM to 7:00 PM; 6:00 PM to 7:30 PM
Fee: \$41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Zumba Dance 10CRF08B

Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com

Date: 09/14/2010 to 10/05/2010 (Tu)
Time: 5:30 PM to 6:30 PM
Fee: \$38.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance 10CRF08C

Instructor: Elsa Toburen, (785) 844-2016
elsatob@hotmail.com

Date: 10/12/2010 to 11/09/2010 (Tu)
(No class 10/19)
Time: 5:30 PM to 6:30 PM
Fee: \$38.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Introduction to Golf 10CRF04B

**First class meets from 6-7 pm, the second and third meet from 6-7:30 pm.
Instructor: Jim Gregory, (785) 539-1041

Date: 09/16/2010 to 09/30/2010 (Th)
Time: 6:00 PM to 7:00 PM; 6:00 PM to 7:30 PM
Fee: \$41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.





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RECREATION & FITNESS

Beginning Belly Dance 10CRF09A

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

Date: 09/07/2010 to 11/30/2010 (Tu)
(No class 11/23)
Time: 7:00 PM to 8:00 PM
Fee: \$96.00
Location: K-State International Student Center
Multipurpose Room

Intermediate Belly Dance 10CRF10

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

Instructor: Brandi Anola Kiekol

Date: 09/13/2010 to 12/06/2010 (M)
(No class 11/22)
Time: 5:45 PM to 6:45 PM
Fee: \$96.00
Location: K-State International Student Center,
Multipurpose Room

Advanced Belly Dance 10CRF11

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

Instructor: Cathia Bailey Krehbiel

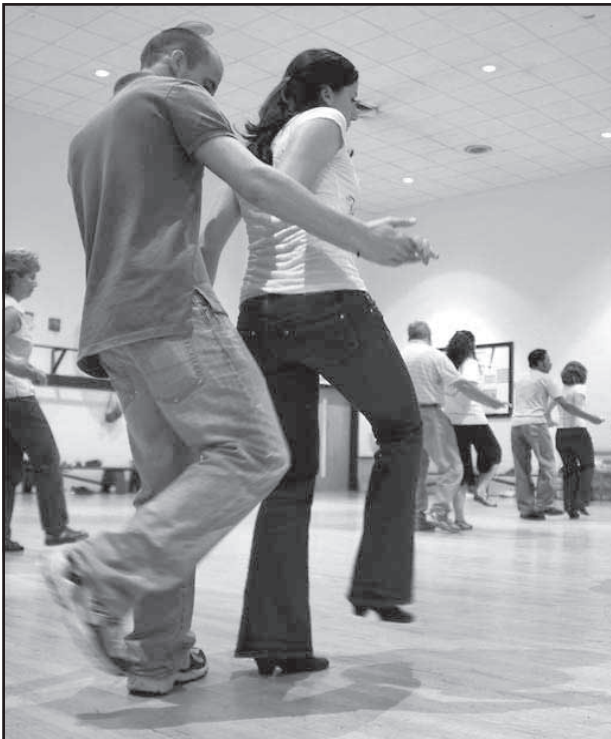
Date: 09/13/2010 to 12/06/2010 (M)
(No class 11/22)
Time: 7:00 PM to 8:00 PM
Fee: \$96.00
Location: K-State International Student Center,
Multipurpose Room



Professional Dance Troupe 10CRF152

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

Date: 09/13/2010 to 12/06/2010 (M)
(No class 11/22)
Time: 8:10 PM to 8:40 PM
Fee: \$48.00
Location: K-State International Student Center
Multipurpose Room
Corner of Midcampus Drive and Claflin



Ballroom Dance 10CRF13A

Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. Swing, foxtrot, waltz, and Latin dancing are just a few of the steps you will learn. Come experience the elegant world of Ballroom Dance. Learn something new each time you enroll! Classes fill rapidly, and it is advisable to register early. Partners are welcome but not required for this class.

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 08/27/2010 to 10/01/2010 (F)
Time: 7:00 PM to 8:00 PM
Fee: Individual - \$50.00
Location: ECM-1021 Denison Ave.

Ballroom Dance 10CRF13B

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 10/08/2010 to 11/12/2010 (F)
Time: 7:00 PM to 8:00 PM
Fee: Individual - \$50.00
Location: ECM-1021 Denison Ave.

Ballroom Dance II 10CRF28Z

This course is an intermediate level course in the principles of ballroom dancing. It includes further emphasis on dance position, correct body alignment and positions, and partnering. Leading and following as well as the formal dance patterns and advanced variations of several Smooth, Rhythmic and Latin forms will be taught. Selected dances for this course may include but are not limited to the following: American Waltz, Viennese Waltz, Quickstep, Foxtrot, Tango, Paso Doble, West Coast Swing, Jitterbug, Lindyhop, Jive, Merengue, Samba, Mambo, and ChaCha.

Prerequisites: Ballroom Dance 1 AND Swing and Salsa; OR a minimum of two semesters of social level dance classes; OR significant training in Ballet, Jazz, or Modern dance is strongly recommended before enrolling in this dance course. No textbook is required for this course; however, ordering information for optional text/DVD/dance shoes is available from the instructor. Partners are welcome but not required for this class.

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 08/24/2010 to 12/07/2010 (Tu)
(No class 11/23)
Time: 6:00 PM to 7:00 PM
Fee: Individual - \$75.00
Location: ECM-1021 Denison Ave.

Swing & Salsa Dancing 10CRF27AZ

This is an intermediate course on swing dancing that emphasizes technique and style of Jitterbug, Lindy and West Coast swing. The emphasis will be on partnering and rhythmic articulation. Demonstrations, performances and videos will supplement the course. Prerequisites: Ballroom Dance I or a minimum of 6 months of social level dance classes or significant training in Ballet, Jazz or Modern dance is strongly recommended before entering this swing and salsa dance course. Partners are welcome but not required for this class.

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 08/24/2010 to 12/07/2010 (Tu)
(No class 11/23)
Time: 7:00 PM to 8:00 PM
Fee: Individual - \$75.00
Location: ECM-1021 Denison Ave.

Swing & Salsa Dance 10CRF27A

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

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 08/27/2010 to 10/01/2010 (F)
Time: 7:00 PM to 8:00 PM
Fee: Individual - \$50.00
Location: ECM-1021 Denison Ave.

Swing & Salsa Dance 10CRF27B

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 10/08/2010 to 11/12/2010 (F)
Time: 7:00 PM to 8:00 PM
Fee: Individual - \$50.00
Location: ECM-1021 Denison Ave.

Beginning Dance for Couples 10CRF38A

"For Couples Only!" Bring your partner and HAVE FUN learning how to dance to rhythms of Foxtrot, Swing, and Latin. This class is designed for beginning dancers who wish to learn how to dance with their partners and for intermediate or experienced dancers who wish to spend time dancing with that "special someone". Learn something new each time you enroll! A partner is required for this class. Each partner needs to register and pay individually.

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 08/27/2010 to 10/01/2010 (F)
Time: 6:00 PM to 7:00 PM
Fee: Individual - \$50.00
Location: ECM-1021 Denison Ave.

Beginning Dance for Couples 10CRF38B

"For Couples Only!" Bring your partner and HAVE FUN learning how to dance to rhythms of Foxtrot, Swing, and Latin. This class is designed for beginning dancers who wish to learn how to dance with their partners and for intermediate or experienced dancers who wish to spend time dancing with that "special someone". Learn something new each time you enroll! A partner is required for this class. Each partner needs to register and pay individually.

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 10/08/2010 to 11/12/2010 (F)
Time: 6:00 PM to 7:00 PM
Fee: Individual - \$50.00
Location: ECM-1021 Denison Ave.

Tennis 10CRF19AZ

The focus of this tennis class will be to introduce the proper technique of each tennis stroke. Scoring, rules, single and doubles formations, shot selection, and match play will also be covered. Come enjoy the "Sport of a Lifetime." All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Students must provide their own tennis rackets.
Instructor: Bill Fraley

Date: 09/07/2010 to 11/16/2010 (Tu)
Time: 1:30 PM to 3:00 PM
Fee: \$82.00
Location: 3615 Claflin Road,
Cotton Wood Racquet Club

Tennis 10CRF19BZ

Instructor: Bill Fraley

Date: 09/08/2010 to 11/17/2010 (W)
Time: 1:30 PM to 3:00 PM
Fee: \$82.00
Location: 3615 Claflin Road,
Cotton Wood Racquet Club

Beginning Fencing 10CRF21Z

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

Date: 08/23/2010 to 12/06/2010 (M)
(No class 9/6, 11/22)
Time: 6:00 PM to 7:30 PM
Fee: Has equipment - \$60.00,
use instructors - \$93.00
Location: K-State Ahearn Fieldhouse

Intermediate Fencing 10CRF22Z

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

Date: 08/23/2010 to 12/06/2010 (M)
(No class 9/6, 11/22)
Time: 7:30 PM to 9:00 PM
Fee: Has equipment - \$60.00
use instructors - \$93.00
Location: K-State Ahearn Fieldhouse

Golf in Junction City 10CRF30AZ

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

Date: 08/24/2010 to 10/12/2010 (Tu)
Time: 5:00 PM to 7:00 PM
Fee: \$143.00
Location: Rolling Meadows Golf Course,
6514 Old Milford Rd., Junction City

Golf in Junction City 10CRF30BZ

Instructor: Jim Peterson

Date: 08/25/2010 to 10/13/2010 (W)
Time: 5:00 PM to 7:00 PM
Fee: \$143.00
Location: Rolling Meadows Golf Course,
6514 Old Milford Rd., Junction City



Archery Instructor Training & Certification 10CRF37Z

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

Instructor: Tom Korte, (785) 494-8889

Date: 09/27/2010 to 11/15/2010 (M)
Time: 7:00 PM to 8:45 PM
Fee: \$101.00
Location: Archery Range, 8330 East HWY 24



Find us on Facebook!
www.facebook.com/UFMCLC
Look for special promotions and discounts for fans!!

Marathon Training 10CRF68

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. In addition, there will be opportunities to meet with the instructor at different locations outside of regularly scheduled classes for organized runs.

This course is recommended for individuals that have been running at least 30 minutes per day, 4-7 days per week for 6 weeks. You must be able to run at least 6 miles the first week of class. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to train for, complete and survive a marathon. Class will meet Tuesday from 530-630 pm at UFM and work outs will be Thursday from 530-630 pm at Memorial Stadium outdoor track meet at south end.
Instructor: Dan Boyle, (785) 532-0134, dboyle@ksu.edu

Date: 09/07/2010 to 10/28/2010 (Tu/Th)
Time: 5:30 PM to 6:30 PM
Fee: \$140.00
Location: UFM Conference room,
1221 Thurston St. and Memorial
Stadium outdoor track



TEACH a Class at UFM

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

Call UFM at 539.8763

RECREATION & FITNESS

Let's Get Running!

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

Instructor: Dan Boyle, (785) 532-0134, dboyle@ksu.edu

Date: 09/08/2010 to 10/18/2010 (W/F/M)
(No class 10/5)
Time: 6:00 PM to 7:00 PM
Fee: \$145.00
Location: K-State Ahearn Field House Indoor Track

10CRF72

Adult Ballet

This ballet class is challenging and fun for teens or adults looking to learn or refresh an enjoyment of classical ballet. This class is geared toward beginning students, but intermediate and advanced students are welcome. We'll work on body placement, technique at the barre, and center exercises including turns, jumps and leaps. Ballet slippers are recommended, but socks are fine. All ages welcome.

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

Date: 10/12/2010 to 11/02/2010 (Tu)
Time: 6:30 PM to 8:00 PM
Fee: \$53.00

Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Adult Ballet

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

10CRF71A

Dance Conditioning

A varied and challenging class, Dance Conditioning is based on the fundamental elements that professional dancers use in their everyday training. The lessons will be as beneficial to the aspiring dancer as to someone wanting the benefits of a structured exercise regimen. The training provides a great overall workout, including exercises that tone and strengthen, exercise for balance, and exercises for movement and agility. You will become familiar with your own body's strengths and weaknesses, and learn what keeps a dancer healthy in body and mind and able to perform at their personal optimal level.

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

Date: 10/13/2010 to 12/08/2010 (W/M)
(No class 11/22, 11/24)
Time: 9:15 AM to 10:15 AM

Fee: \$75.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Dance Conditioning

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

Date: 10/13/2010 to 12/08/2010 (W/M)
(No class 11/22, 11/24)
Time: 1:30 PM to 2:30 PM

Fee: \$75.00
Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

10CRF96AZ

10CRF96BZ



K-STATE LEADS

with options for your education

K-State offers many opportunities to help you fit classes into your busy schedule.

k-stateevening

K-State Evening College is the perfect opportunity to take classes while balancing your busy lifestyle.

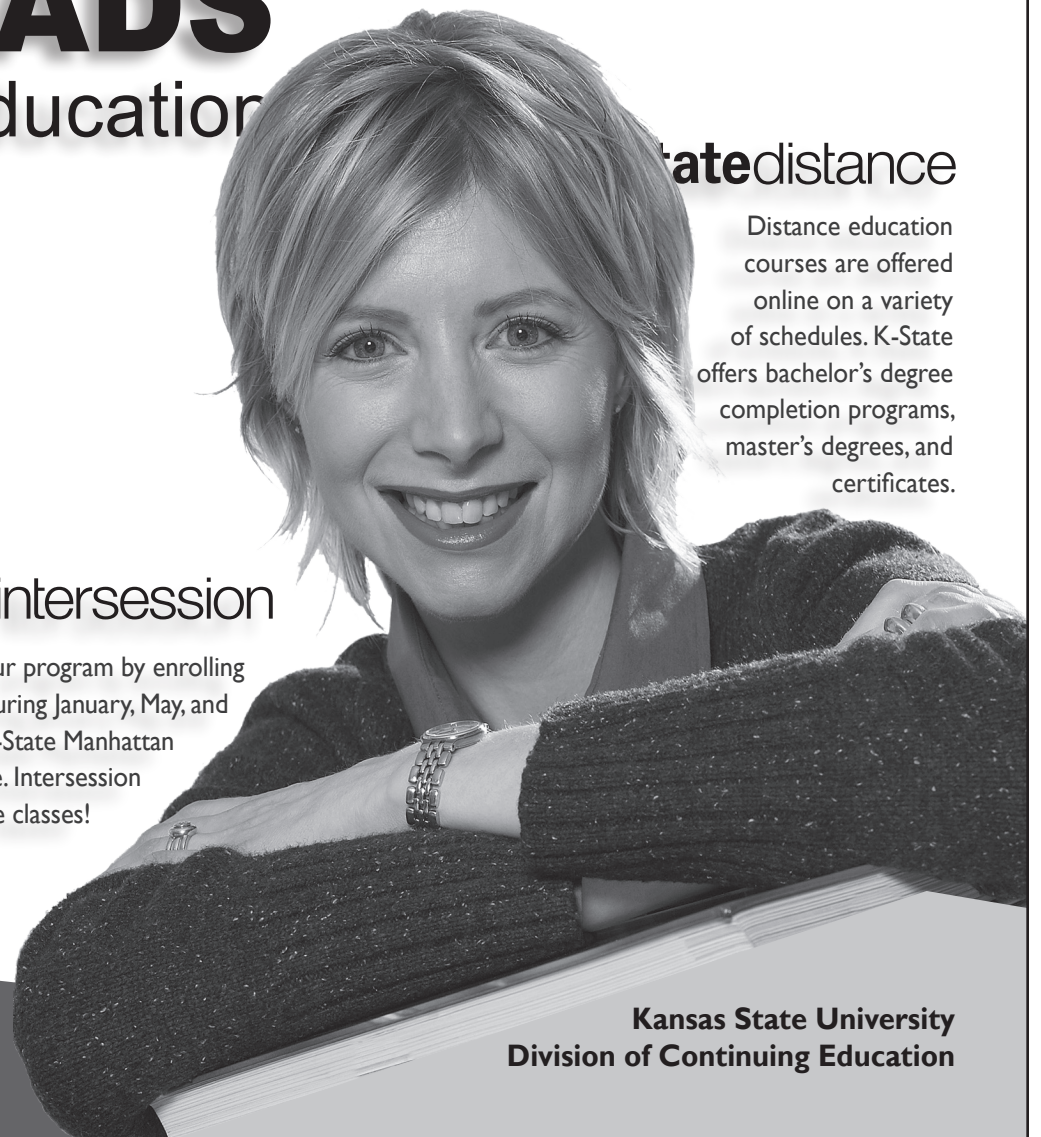
Classes are offered on the K-State campus in Manhattan in both 8- and 16-week schedules between 5:30 and 10:30 p.m.

k-stateintersession

Accelerate in your program by enrolling in Intersession during January, May, and August on the K-State Manhattan campus or online. Intersession now offers online classes!

k-state distance

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



For more information, visit www.dce.k-state.edu

Kansas State University
Division of Continuing Education

Introduction to Highland Dance 10CRF94A

Introduction to Highland Dance will outline some of the historical dances of Scotland, their stories, and their performance. A four step Highland Fling will be learned during each session as well as a few Scottish social dances, if time allows. Highland Dance can best be described as a solo form of athletic dancing and it was once used for calisthenics in the Scottish armies.
Instructor: Brooke Hollis, (816) 898-4280
bdhollis@ksu.edu

Date: 08/25/2010 to 10/13/2010 (W)
Time: 4:00 PM to 5:20 PM
Fee: \$51.00

Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Introduction to Highland Dance 10CRF94B

Instructor: Brooke Hollis, (816) 898-4280
bdhollis@ksu.edu

Date: 10/20/2010 to 12/08/2010 (W)
(No class 11/24)
Time: 4:00 PM to 5:20 PM
Fee: \$51.00

Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Soukous Fitness 10CRF95A

Soukous Ndombolo is a style of music and dance from the Congo. It is a fast-paced, energetic style of African dance that resembles African rumba. This fast, hip rolling, feet stomping class will have you feeling the African heat! If you love African drum music and dance, then this class is definitely for you!

Instructor: Karen Sanders, (785) 317-6567

Date: 08/10/2010 to 08/26/2010 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$58.00

Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Soukous Fitness 10CRF95B

Instructor: Karen Sanders, 785) 317-6567

Date: 09/03/2010 to 10/08/2010 (F)
Time: 6:00 PM to 7:00 PM
Fee: \$58.00

Location: K-State Ahearn Room 301, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Bootcamp Fitness 10CRF97AZ

Bootcamp Fitness is a comprehensive fitness class geared toward beginners to advanced participants. This course is designed for students who want to improve their physical fitness through high intensity cardio and conditioning. Various forms of exercise will be introduced, such as weight training, agility exercises and drills, circuit training, aerobic and anaerobic exercises, jogging/running, flexibility and core conditioning to produce cross-training effects. Pre and post tests will be conducted as a means of measuring their results.

Instructor: Meghan Olson, (620) 253-6458
olson.meghan@yahoo.com

Date: 08/23/2010 to 10/13/2010 (M/W)
(No class 9/6)
Time: 11:30 AM to 12:30 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Bootcamp Fitness 10CRF97FZ

Instructor: Meghan Olson, (620) 253-6458
olson.meghan@yahoo.com

Date: 10/18/2010 to 12/08/2010 (M/W)
(No classes 11/22, 11/24)
Time: 11:30 AM to 12:30 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Bootcamp Fitness 10CRF97BZ

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

Date: 08/24/2010 to 10/12/2010 (Tu/Th)
Time: 9:30 AM to 10:30 AM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Bootcamp Fitness 10CRF97CZ

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

Date: 08/24/2010 to 10/12/2010 (Tu/Th)
Time: 12 N to 1:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Bootcamp Fitness 10CRF97DZ

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

Date: 10/14/2010 to 12/09/2010 (Tu/Th)
(No classes 11/23, 11/25)
Time: 9:30 AM to 10:30 AM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Bootcamp Fitness 10CRF97EZ

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

Date: 10/14/2010 to 12/09/2010 (Tu/Th)
(No classes 11/23, 11/25)
Time: 12 N to 1:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 10CRF142AZ

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

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

Date: 08/23/2010 to 10/13/2010 (M/W)
(No class 9/6)
Time: 9:00 AM to 10:00 AM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 10CRF142BZ

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

Date: 08/23/2010 to 10/13/2010 (M/W)
(No class 9/6)
Time: 1:30 PM to 2:30 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 10CRF142CZ

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

Date: 08/24/2010 to 10/12/2010 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 10CRF142DZ

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

Date: 10/18/2010 to 12/08/2010 (M/W)
(No class 11/22, 11/24)
Time: 9:00 AM to 10:00 AM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 10CRF142EZ

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

Date: 10/18/2010 to 12/08/2010 (M/W)
(No class 11/22, 11/24)
Time: 1:30 PM to 2:30 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 10CRF142FZ

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

Date: 10/14/2010 to 12/09/2010 (Th/Tu)
(No class 11/23, 11/25)
Time: 7:00 PM to 8:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.



Morning Bootcamp 10CRF154A

Start your day with a morning session of cardio, strength and core conditioning done in a bootcamp style fashion. Some sessions may be held outdoors.

Instructor: Meghan Olson, (620) 253-6458
olson.meghan@yahoo.com

Date: 08/23/2010 to 10/13/2010 (M/W)
Time: 6:00 AM to 7:00 AM
Fee: \$80.00
Location: Pro Fitness, 1125 Laramie St.

Morning Bootcamp 10CRF154B

Instructor: Meghan Olson, (620) 253-6458
olson.meghan@yahoo.com

Date: 10/18/2010 to 12/13/2010 (M/W)
Time: 6:00 AM to 7:00 AM
Fee: \$80.00
Location: Pro Fitness, 1125 Laramie St.

Morning Bootcamp 10CRF154C

Instructor: Meghan Olson, (620) 253-6458
olson.meghan@yahoo.com

Date: 08/24/2010 to 10/12/2010 (Tu/Th)
Time: 6:00 AM to 7:00 AM
Fee: \$80.00
Location: Pro Fitness, 1125 Laramie St.

Morning Bootcamp 10CRF154D

Instructor: Meghan Olson, (620) 253-6458
olson.meghan@yahoo.com

Date: 10/14/2010 to 12/09/2010 (Th/Tu)
Time: 6:00 AM to 7:00 AM
Fee: \$80.00
Location: Pro Fitness, 1125 Laramie St.

Introduction to Nutcracker Ballet and Tap Dancing

10CYO06

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 to delightful music will be learned. After three lessons, students may continue dance lessons through private instruction. No dance experience or formal dance attire necessary. For girls and boys ages 4-12. NOTE: Children can be divided by age if needed. Tennis shoes can be used as tap shoes.

Instructor: Randi Dale, (785) 539-5767

Date: 09/13/2010 to 09/27/2010 (M)
 Time: 6:00 PM to 6:30 PM
 Fee: \$21.00
 Location: 2416 Rogers Blvd.



Hispanic Heritage Awareness

10CYO56

- Week 1: Overview of history & holiday
- Week 2: Culture
- Week 3: Language lessons
- Week 4: Food
- Week 5: Problems in Community

*Deadline registration Sept. 1.
 Instructor: Ariel Anib, ariel957@ksu.edu

Date: 09/15/2010 to 10/13/2010 (W)
 Time: 5:15 PM to 6:15 PM
 Fee: No Charge
 Location: UFM Multipurpose Room
 1221 Thurston St.

Basic Computer and Internet Skills

10CFC51

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

Date: 12/11/2010 (Sa)
 Time: 10:00 AM to 12 N
 Fee: \$12.00
 Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.



Computer classes for the family!
 Check out page 8 for dates/times!

Youth Weightlifting

10CYO55A

For Ages 9-17. Experience the benefits of "correct form" weightlifting mixed with endurance training. Health, weight control, self esteem, sports performance, etc. Professional Body Builder Walter Barr will introduce weightlifting in a way that is both informative and fun. A great "after school" activity. Participants will be separated to address specific needs. Other trainers will assist as necessary.

Instructor: Walter Barr

Date: 08/23/2010 to 10/13/2010 (M/W)
 Time: 3:30 PM to 4:30 PM
 Fee: \$115.00
 Location: Pro Fitness, 1125 Laramie St.

Youth Weightlifting

10CYO55B

Instructor: Walter Barr

Date: 10/18/2010 to 12/13/2010 (M/W)
 Time: 3:30 PM to 4:30 PM
 Fee: \$115.00
 Location: Pro Fitness, 1125 Laramie St.

Karate & Self-Defense (Adults & Youth)

10CMA10

Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion ("Kihon") with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combat principles and sparring ("Kumite"). No matter your current situation, you will be guided step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+).

Instructor: Habib Diop, hdiop@ksu.edu

Date: 10/07/2010 to 11/18/2010 (Th)
 (No class 11/27)
 Time: 6:30 PM to 7:30 PM
 Fee: \$51.00
 Location: K-State Ahearn Fieldhouse



NetSmartz Workshop on Internet Safety

10CCF130A

Do you wonder what your kids are doing when they are online? Do you wonder what information people can find out about you on the internet? If so, the NetSmartz Workshop is for you. The NetSmartz Workshop is an interactive presentation that discusses ways to protect yourself, and your kids from identity theft, online predators, and other online risks while surfing the internet.

Instructor: Jacqueline Coggins, (785) 539-1947
 ksnetsmartz@gmail.com

Date: 09/13/2010 (M)
 Time: 7:00 PM to 8:00 PM
 Fee: No Charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

NetSmartz Workshop on Internet Safety

10CCF130B

Instructor: Jacqueline Coggins, (785) 539-1947
 ksnetsmartz@gmail.com

Date: 10/12/2010 to 10/12/2010 (Tu)
 Time: 7:00 PM to 8:00 PM
 Fee: No Charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

NetSmartz Workshop on Internet Safety

10CCF130C

Instructor: Jacqueline Coggins, (785) 539-1947
 ksnetsmartz@gmail.com

Date: 11/11/2010 (Th)
 Time: 1:30 PM to 2:30 PM
 Fee: No Charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

UFM Teen Mentoring Program

Our Program!

Here at UFM the main focus of our program is for students to have fun and to build positive relationships with other mentors and students. Activities may include:

- Splatter Painting
- Elbow Basketball
- Blind Fold Pizza making
- Bowling

We also do many educational segments on topics discussing things like:

- Conflict Resolution
- Dating Violence
- Drug & Alcohol Prevention

More Info?
 Contact Amber:
 (785) 539-8763 or
 amber@tryufm.org

Fall Mentoring Dates:

Grades 9-12

September:
14,21,28

October:
5,12,19,26

November:
2,9,16,30

Grades 7-8

September:
16,23,30

October:
7,14,21,28

November:
4,11,19

December:
3



K-STATE CREDIT COURSES

- These Recreational courses are offered for KSU credit through the
- **DIVISION OF CONTINUING EDUCATION** with the cooperation of
- various Kansas State University departments.
- For full class descriptions and information visit: www.tryufm.org **OR**
- <http://www.dce.k-state.edu/courses/recreational.shtml>
- Registration available on iSIS <https://isis.k-state.edu>

TITLE	REFERENCE #	DATE	TIME	FEE	LOCATION
DANCE 599 BALLROOM DANCE I <i>Rebecca Hickert</i> <i>beckys@ksu.edu</i>	20749	08/24/2010 to 12/07/2010 (Tu) (No class 11/23)	8:00 PM to 9:00 PM	\$365	ECM Auditorium, 1021 Denison Ave
BALLROOM DANCE II	20750	08/24/2010 to 12/07/2010 (Tu) (No class 11/23)	6:00 PM to 7:00 PM	\$365	ECM Auditorium, 1021 Denison Ave
SWING AND SALSA DANCE	20748	08/24/2010 to 12/07/2010 (Tu) (No class 11/23)	7:00 PM to 8:00 PM	\$365	ECM Auditorium, 1021 Denison Ave
BEGINNING MIDDLE EASTERN DANCE (Belly Dance) <i>Cathia Bailey</i>	21379	09/09/2010 to 11/18/2010 (Th)	6:00 PM to 7:30 PM	\$294.40	K-State Ahearn Room 301
BEGINNING YOGA <i>Ana Franklin, (785) 537-8224</i> <i>yogini@ksu.edu</i>	21178	08/23/2010 to 10/13/2010 (M/W) (No class 9/6)	10:30 AM to 11:30 AM	\$294.40	K-State Ahearn Room 301
BEGINNING YOGA	21181	08/23/2010 to 10/13/2010 (M/W) (No class 9/6)	5:30 PM to 6:30 PM	\$294.40	K-State Ahearn Room 301
BEGINNING YOGA	21183	08/24/2010 to 10/12/2010 (Tu/Th)	10:30 AM to 11:30 AM	\$294.40	K-State Ahearn Room 301
BEGINNING YOGA	21182	10/18/2010 to 12/08/2010 (M/W) (No class 11/22, 11/24)	10:30 AM to 11:30 AM	\$294.40	K-State Ahearn Room 301
BEGINNING YOGA	21177	10/18/2010 to 12/08/2010 (M/W) (No class 11/22, 11/24)	5:30 PM to 6:30 PM	\$294.40	K-State Ahearn Room 301
INTERMEDIATE YOGA <i>Ana Franklin</i>	21184	10/14/2010 to 12/09/2010 (Tu/Th) (No class 11/23, 11/25)	10:30 AM to 11:30 AM	\$294.40	K-State Ahearn Room 301
DANCE CONDITIONING <i>Alison Watson</i>	21834	10/13/2010 to 12/8/2010 (M/W) (No class 11/22, 11/24)	9:15 AM to 10:15 AM	\$294.40	K-State Ahearn Room 301
DANCE CONDITIONING	21833	10/13/2010 to 12/8/2010 (M/W) (No class 11/22, 11/24)	1:30 PM to 2:30 PM	\$294.40	K-State Ahearn Room 301
RRES-200 ARCHERY INSTRUCTOR TRAINING AND CERTIFICATION - LEVEL I <i>Tom Korte</i>	21141	09/27/2010 to 11/15/2010 (M)	7:00 PM to 8:45 PM	\$358	Archery Range, 8330 E. HWY 24
ARCHERY	21142	09/27/2010 to 11/15/2010 (M)	8:00 PM to 9:45 PM	\$358	Archery Range, 8330 E. HWY 24
BEGINNING BOWLING <i>Terri Eddy</i>	21261	08/23/2010 to 12/06/2010 (M) (No class 9/6, 11/22)	10:30 AM to 11:30 AM	\$274.40	K-State Union Recreation Center
BEGINNING BOWLING	21244	08/24/2010 to 12/07/2010 (Tu) (No class 11/23)	10:30 AM to 11:20 AM	\$274.40	K-State Union Recreation Center
BEGINNING BOWLING <i>John Garetson</i>	21242	08/24/2010 to 12/07/2010 (Tu) (No class 11/23)	2:30 PM to 3:20 PM	\$274.40	K-State Union Recreation Center
BEGINNING BOWLING	21222	08/25/2010 to 12/08/2010 (W) (No class 11/24)	2:30 PM to 3:20 PM	\$274.40	K-State Union Recreation Center
BOOTCAMP FITNESS <i>Meghan Olson, (785) 539-7095</i>	21253	08/23/2010 to 10/13/2010 (M/W) (No class 9/6)	11:30 AM to 12:30 PM	\$357	Pro Fitness, 1125 Laramie St.
BOOTCAMP FITNESS	21249	10/18/2010 to 12/08/2010 (M/W) (No class 11/22, 11/24)	11:30 AM to 12:30 PM	\$357	Pro Fitness, 1125 Laramie St.
BOOTCAMP FITNESS <i>Diana Knox, (785) 539-7095</i> <i>dknox@ksu.edu</i>	21247	08/24/2010 to 10/12/2010 (Tu/Th)	9:30 AM to 10:30 AM	\$357	Pro Fitness, 1125 Laramie St.
BOOTCAMP FITNESS	21259	08/24/2010 to 10/12/2010 (Tu/Th)	12:00 PM to 1:00 PM	\$357	Pro Fitness, 1125 Laramie St.
BOOTCAMP FITNESS	21258	10/14/2010 to 12/09/2010 (Tu/Th) (No class 11/23, 11/25)	9:30 AM to 10:30 AM	\$357	Pro Fitness, 1125 Laramie St.



KSU CREDIT COURSES

TITLE	REFERENCE #	DATE	TIME	FEE	LOCATION
BOOTCAMP FITNESS	21218	10/14/2010 to 12/09/2010 (Tu/Th) (No class 11/23, 11/25)	12:00 PM to 1:00 PM	\$357	Pro Fitness, 1125 Laramie St.
BOXING <i>Lorissa Ridley-Fink, (785) 341-1708 lorissa@ksu.edu</i>	20743	08/23/2010 to 10/13/2010 (M/W) (No class 9/6)	2:00 PM to 3:00 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING	20746	08/23/2010 to 10/13/2010 (M/W) (No class 9/6)	6:30 PM to 7:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING	20744	08/24/2010 to 10/12/2010 (Tu/Th)	2:00 PM to 3:00 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING	20747	08/24/2010 to 10/12/2010 (Tu/Th)	6:30 PM to 7:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING	20745	10/14/2010 to 12/09/2010 (Tu/Th) (No class 11/23, 11/25)	2:00 PM to 3:00 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING	20741	10/14/2010 to 12/09/2010 (Tu/Th) (No class 11/23, 11/25)	6:30 PM to 7:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING	20742	10/18/2010 to 12/08/2010 (M/W) (No class 11/22, 11/24)	2:00 PM to 3:00 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING	20816	10/18/2010 to 12/08/2010 (M/W) (No class 11/22, 11/24)	6:30 PM to 7:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
INTERMEDIATE BOXING	20813	08/23/2010 to 10/13/2010 (M/W) (No class 9/6)	7:30 PM to 8:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
INTERMEDIATE BOXING	20812	08/24/2010 to 10/12/2010 (Tu/Th)	7:30 PM to 8:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
INTERMEDIATE BOXING	20794	10/14/2010 to 12/09/2010 (Tu/Th) (No class 11/23, 11/25)	7:30 PM to 8:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
INTERMEDIATE BOXING	20811	10/18/2010 to 12/08/2010 (M/W) (No class 11/22, 11/24)	7:30 PM to 8:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
ESSENTIALS TO RIVER CANOEING <i>Mick O'Shea</i>	21190	09/25/2010 to 09/26/2010 (Sa/Su)	8:30 AM to 4:30 PM	\$365	UFM Conference room, 1221 Thurston
BEGINNING FENCING <i>Jeff Gwartz</i>	21257	08/23/2010 to 12/06/2010 (M) (No class 9/6, 11/22)	6:00 PM to 7:30 PM	\$276.40	K-State Ahearn Fieldhouse
INTERMEDIATE FENCING	21220	08/23/2010 to 12/06/2010 (M) (No class 9/6, 11/22)	7:30 PM to 9:00 PM	\$276.40	K-State Ahearn Fieldhouse
FIRST AID/CPR/AED <i>Henry Brown</i>	20807	08/28/2010 to 08/29/2010 (Sa/Su)	Noon to 7:30 PM	\$333	UFM Banquet Room, 1221 Thurston
FIRST AID/CPR/AED	20808	09/12/2010 to 09/19/2010 (Su)	Noon to 7:30 PM	\$333	UFM Banquet Room, 1221 Thurston
FIRST AID/CPR/AED	20806	09/25/2010 to 09/26/2010 (Sa/Su)	Noon to 7:30 PM	\$333	UFM Banquet Room, 1221 Thurston
FIRST AID/CPR/AED	20809	10/23/2010 to 10/24/2010 (Sa/Su)	Noon to 7:30 PM	\$333	UFM Banquet Room, 1221 Thurston
FIRST AID/CPR/AED	20793	11/13/2010 to 11/14/2010 (Sa/Su)	Noon to 7:30 PM	\$333	UFM Banquet Room, 1221 Thurston
FIRST AID/CPR/AED	20810	12/4/2010 to 12/5/2010 (Sa/Su)	Noon to 7:30 PM	\$333	UFM Banquet Room, 1221 Thurston
FITBALL FUSION <i>Jenni Brenner</i>	21246	08/24/2010 to 10/12/2010 (Tu/Th)	10:00 AM to 11:00 AM	\$357	Mercy Fitness West, 315 Seth Childs
FITBALL FUSION	21243	10/14/2010 to 12/09/2010 (Tu/Th) (No class 11/23, 11/25)	10:00 AM to 11:00 AM	\$357	Mercy Fitness West, 315 Seth Childs
FITNESS SWIMMING <i>Melissa Copp, mcopp@ksu.edu</i>	20814	08/24/2010 to 10/12/2010 (Tu/Th)	6:00 PM to 7:30 PM	\$280.40	Natatorium, K-State Campus
FITNESS SWIMMING	20815	10/14/2010 to 12/09/2010 (Tu/Th) (No class 11/23, 11/25)	6:00 PM to 7:30 PM	\$280.40	Natatorium, K-State Campus
FLY FISHING <i>Paul Sodamann</i>	21186	10/18/2010 to 10/28/2010 (M-Th)	6:00 PM to 8:00 PM	\$284.40	K-State Durland Hall Room 1061
FUNDAMENTALS OF CANOEING <i>Mick O'Shea</i>	21187	09/18/2010 to 09/19/2010 (Sa/Su)	8:30 AM to 4:30 PM	\$365	UFM Conference room, 1221 Thurston
GOLF <i>Jim Gregory, (785) 539-1041</i>	20817	08/24/2010 to 10/12/2010 (Tu)	2:30 PM to 4:30 PM	\$377	4441 Fort Riley Blvd. Stagg Hill Golf
GOLF	20795	08/25/2010 to 10/13/2010 (W)	1:30 PM to 3:30 PM	\$377	4441 Fort Riley Blvd. Stagg Hill Golf
GOLF	20818	08/25/2010 to 10/13/2010 (W)	5:30 PM to 7:30 PM	\$377	4441 Fort Riley Blvd. Stagg Hill Golf
GOLF	20819	08/26/2010 to 10/14/2010 (Th)	9:30 AM to 11:30 AM	\$377	4441 Fort Riley Blvd. Stagg Hill Golf
GOLF IN JUNCTION CITY <i>Jim Peterson</i>	20820	08/24/2010 to 10/12/2010 (Tu)	5:00 PM to 7:00 PM	\$377	Rolling Meadows Golf Course 6514 Old Milford Rd., Junction City
GOLF IN JUNCTION CITY	20821	08/25/2010 to 10/13/2010 (W)	5:00 PM to 7:00 PM	\$377	Rolling Meadows Golf Course 6514 Old Milford Rd., Junction City

TITLE	REFERENCE #	DATE	TIME	FEE	LOCATION
INDOOR CYCLING <i>Jenni Brenner</i>	21219	08/23/2010 to 10/13/2010 (M/W) (No class 9/6)	11:30 AM to 12:30 PM	\$357	Mercy Fitness West, 315 Seth Childs
INDOOR CYCLING	21255	10/18/2010 to 12/08/2010 (M/W) (No class 11/22, 11/24)	11:30 AM to 12:30 PM	\$357	Mercy Fitness West, 315 Seth Childs
RESPONDING TO EMERGENCIES <i>Henry Brown</i>	20822	10/03/2010 to 10/17/2010 (Su/Sa) (Su)10/3, (Sa)10/9, (Su)10/10, (Sa)10/16, (Su)10/17	Noon to 6:30 PM	\$666 <i>2 hour K-State credit</i>	UFM Banquet room, 1221 Thurston
SCUBA DIVING <i>Jeff Wilson, (785) 313-4231</i>	21251	09/13/2010 to 10/18/2010 (M)	6:00 PM to 10:00 PM	\$432.40	Natatorium, K-State Campus
SCUBA DIVING	21245	10/25/2010 to 12/06/2010 (M) (No class 11/22)	6:00 PM to 10:00 PM	\$432.40	Natatorium, K-State Campus
TAE KWON DO I <i>David Moore</i>	20823	08/24/2010 to 12/09/2010 (Tu/Th) (No class 11/23, 11/25)	7:00 PM to 8:00 PM	\$333	Sun Yi's Academy, 1650 Hayes Dr.
TENNIS <i>Bill Fraley</i>	20824	09/07/2010 to 11/16/2010 (Tu)	1:30 PM to 3:00 PM	\$341	Cottonwood Racket Club, 3615 Claflin
TENNIS	20825	09/08/2010 to 11/17/2010 (W)	1:30 PM to 3:00 PM	\$341	Cottonwood Racket Club, 3615 Claflin.
TOTAL BODY TONING <i>Jenni Brenner</i>	21221	08/23/2010 to 10/13/2010 (M/W) (No class 9/6)	10:00 AM to 11:00 AM	\$357	Mercy Fitness West, 315 Seth Childs.
TOTAL BODY TONING	21217	10/18/2010 to 12/08/2010 (M/W) (No class 11/22, 11/24)	10:00 AM to 11:00 AM	\$357	Mercy Fitness West, 315 Seth Childs
TOTAL BODY TONING	21250	08/23/2010 to 10/13/2010 (M/W) (No class 9/6)	1:00 PM to 2:00 PM	\$357	Mercy Fitness West, 315 Seth Childs
TOTAL BODY TONING	21241	10/18/2010 to 12/08/2010 (M/W) (No class 11/22, 11/24)	1:00 PM to 2:00 PM	\$357	Mercy Fitness West, 315 Seth Childs
TOTAL BODY TONING <i>Abigail Kluttz</i>	21224	08/23/2010 to 10/13/2010 (M/W) (No class 9/6)	10:30 AM to 11:30 AM	\$357	Pro Fitness, 1125 Laramie St.
TOTAL BODY TONING	21382	08/23/2010 to 10/13/2010 (M/W) (No class 9/6)	4:20 PM to 5:20 PM	\$357	Pro Fitness, 1125 Laramie St.
TOTAL BODY TONING	21254	10/18/2010 to 12/08/2010 (M/W) (No class 11/22, 11/24)	10:30 AM to 11:30 AM	\$357	Pro Fitness, 1125 Laramie St.
TOTAL BODY TONING	21252	10/18/2010 to 12/08/2010 (M/W)	4:20 PM to 5:20 PM	\$357	Pro Fitness, 1125 Laramie St.
TURBO KICK™ <i>Jenni Brenner</i>	21248	08/24/2010 to 10/12/2010 (Tu/Th)	4:00 PM to 5:00 PM	\$357	Mercy Fitness West, 315 Seth Childs
TURBO KICK™	21256	10/14/2010 to 12/09/2010 (Tu/Th) (No class 11/23, 11/25)	4:00 PM to 5:00 PM	\$357	Mercy Fitness West, 315 Seth Childs
YOGILATES <i>Diana Knox, (785) 539-7095 dknox@ksu.edu</i>	20829	08/23/2010 to 10/13/2010 (M/W) (No class 9/6)	9:00 AM to 10:00 AM	\$357	Pro Fitness, 1125 Laramie St.
YOGILATES	20826	08/23/2010 to 10/13/2010 (M/W) (No class 9/6)	1:30 PM to 2:30 PM	\$357	Pro Fitness, 1125 Laramie St.
YOGILATES	20828	08/24/2010 to 10/12/2010 (Tu/Th)	7:00 PM to 8:00 PM	\$357	Pro Fitness, 1125 Laramie St.
YOGILATES	20827	10/18/2010 to 12/08/2010 (M/W) (No class 11/22, 11/24)	9:00 AM to 10:00 AM	\$357	Pro Fitness, 1125 Laramie St.
YOGILATES	20830	10/18/2010 to 12/09/2010 (M/W) (No class 11/22, 11/24)	1:30 PM to 2:30 PM	\$357	Pro Fitness, 1125 Laramie St.
YOGILATES	20831	10/14/2010 to 12/09/2010 (Tu/Th) (No class 11/23, 11/25)	7:00 PM to 8:00 PM	\$357	Pro Fitness, 1125 Laramie St.
ZUMBA <i>Jenni Brenner</i>	21260	08/24/2010 to 10/12/2010 (Tu/Th)	1:00 PM to 2:00 PM	\$357	Mercy Fitness West, 315 Seth Childs
ZUMBA	21223	10/14/2010 to 12/09/2010 (Tu/Th) (No class 11/23, 11/25)	1:00 PM to 2:00 PM	\$357	Mercy Fitness West, 315 Seth Childs



U F M P R O G R A M S



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.

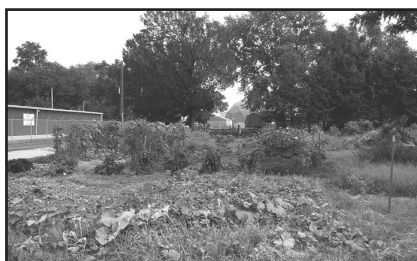


LOU DOUGLAS LECTURE SERIES ON PUBLIC ISSUES

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 WITH VARIED CURRICULUM. OPPORTUNITIES ARE PLANNED FOR RECREATION AND LEARNING EXPERIENCES. MIDDLE AND HIGH SCHOOL GROUP MEETS TWO DAYS A WEEK AFTER SCHOOL. CALL AMBER AT 539.8763 OR AMBER@TRYUFM.ORG.



MANHATTAN COMMUNITY GARDEN

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

FLINT HILLS COMMUNITY RADIO

KONZ IS UFM'S NEWEST COLLABORATIVE PROJECT. IT WILL PROVIDE FORUMS FOR DISCUSSING PUBLIC ISSUES AND WILL OFFER UNDUPLICATED ENTERTAINMENT. STAY TUNED AS FLINT HILLS COMMUNITY RADIO BECOMES A REALITY! TO LEARN MORE AND GET INVOLVED, VISIT WWW.KONZFM.ORG.



FOR MORE INFORMATION

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INFO@TRYUFM.ORG

WAYS TO REGISTER



Visit UFM's secure website: www.tryufm.org
 >CLICK on non-credit classes
 >VIEW the list of currently scheduled courses
 > CHOOSE course group



Call UFM at 785.539.8763 or fax registration form(s) to 785.539.9460. We gladly accept Debit, Mastercard, Visa and Discover.



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.



Stop by the UFM House at 1221 Thurston between 8:30-Noon & 1:00-5:00 PM (Monday - Friday). After-hours drop box available.

On K-State campus? Visit UFM table at Student Union on Wednesday, Aug 25 from 11 am to 1 pm.

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 your registration receipt.

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

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	Amount	Total Paid
Date Received _____	Check _____	<input type="text"/>
Entered _____	Cash _____	
Computer _____	Discover _____	Date _____

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

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 _____

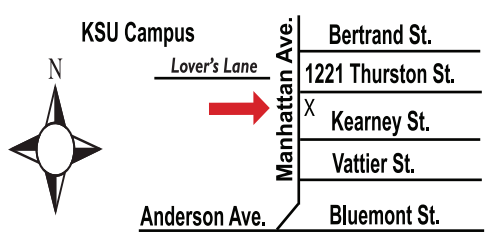
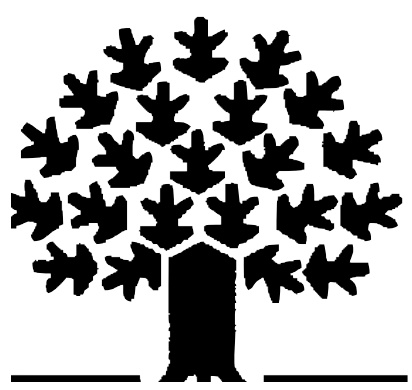
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Signature** Date

**Signature of Parent or Guardian required for minors.

Office Use Only	Amount	Total Paid
Date Received _____	Check _____	<input type="text"/>
Entered _____	Cash _____	
Computer _____	Discover _____	Date _____

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



UFM Community Learning Center
1221 Thurston St
Manhattan, KS 66502

OR CURRENT RESIDENT

FALL 2010
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