

# 2010 SPRING

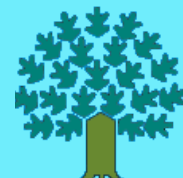
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### UFM Puts the Community in Education! www.tryufm.org



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 PERMIT NO. 134  
 MANHATTAN, KS 66502



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



or Current Resident



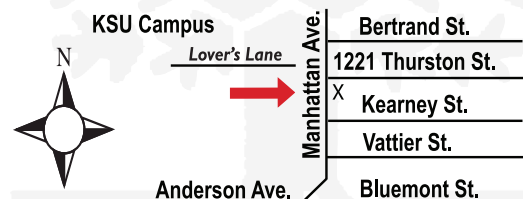
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Monday - Friday | 8:30 am - 5 pm  
(Closed Noon - 1 pm)  
1221 Thurston St. | Manhattan, KS 66502  
785.539.8763 | 785.539.9460 (fax)  
info@tryufm.org

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



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#### UFM's MISSION:

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

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**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.



**BECOME A FAN OF UFM ON FACEBOOK!**  
>>>SEARCH UFM COMMUNITY LEARNING CENTER



**FOLLOW US ON TWITTER**  
HTTP://TWITTER.COM/UFMCLC

#### 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.

#### ON CAMPUS REGISTRATIONS

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

DATE: January 28, 2010 (Thursday)  
TIME: 11:00 AM to 1:00 PM  
LOCATION: KSU Student Union

## ENROLL ONLINE AT [WWW.TRYUFM.ORG](http://WWW.TRYUFM.ORG)



# UFM PROGRAMS

WWW.TRYUFM.ORG



## EDUCATION

UFM'S EDUCATION PROGRAM OFFERS DIVERSE CREDIT AND NONCREDIT CLASSES AS WELL AS TEST PREPARATION COURSES. CLASSES ARE TAUGHT BY PEOPLE WHO WANT TO SHARE THEIR INTEREST WITH OTHERS. PARTICIPANTS RANGE FROM STUDENTS, MANHATTAN AREA RESIDENTS AND KSU FACULTY/STAFF.

## CRA-STATE OUTREACH

UFM'S STATE OUTREACH PROGRAM PROVIDES CONSULTATION, TECHNICAL ASSISTANCE AND MINI-GRANTS TO KANSAS COMMUNITIES INTERESTED IN STARTING THEIR OWN COMMUNITY EDUCATION AND DEVELOPMENT PROGRAMS.

## LOU DOUGLAS LECTURE SERIES 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 TO YOUTH WHO HAVE TROUBLE RELATING TO TRADITIONAL YOUTH PROGRAMS. A VARIED CURRICULUM IS PLANNED WITH OPPORTUNITIES FOR RECREATION AND LEARNING EXPERIENCES. MIDDLE AND HIGH SCHOOL GROUP MEETS TWO DAYS A WEEK AFTER SCHOOL. CALL AMBER AT 539.8763 OR AMBER@TRYUFM.ORG.

## MANHATTAN COMMUNITY GARDEN

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

## FLINT HILLS COMMUNITY RADIO

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



**FOR MORE INFORMATION:**

**785.539.8763 | [www.tryufm.org](http://www.tryufm.org) | [info@tryufm.org](mailto:info@tryufm.org)**



## LEARN TO SWIM CLASSES

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

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

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

### SWIM PROGRAM MAKE-UP & REFUND POLICY

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

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

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



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

Session A:	Monday, Feb. 8 to April 19 (No class 3/15)
Session B:	Tuesday, Feb. 9 to April 20 (No class 3/16)
Session C:	Wednesday, Feb. 10 to April 21 (No class 3/17)
Session D:	Thursday, Feb. 11 to April 22 (No class 3/18)
Session *E:	Saturday, Feb. 13 to April 17 (No classes 3/13, 3/20)

\*Session E will meet 8 times for 45 minutes for Levels I-VI and Adult Swim; 4 times for 35 minutes for Privates, Tot Transition and Parent and Child)

### 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 are also introduced that are directed to parents.

Fee: \$29.00 per session (5 lessons)

Monday	6:00 PM to 6:30 PM
AQ-01P1	Feb. 8 to March 8
AQ-01P2	March 22 to April 19

Thursday	6:00 PM to 6:30 PM
AQ-04P1	Feb. 11 to March 11
AQ-04P2	March 25 to April 22

### PARENT AND CHILD AQUATICS CONTINUED

Saturday	9:30 AM to 10:05 AM
*AQ-05P1E	Feb. 13 to March 6
*AQ-05P2E	March 27 to April 17

### 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)

Tuesday	6:00 PM to 6:30 PM
AQ-01T1	Feb. 9 to March 9
AQ-01T2	March 23 to April 20

Wednesday	6:00 PM to 6:30 PM
AQ-03T1	Feb. 10 to March 10
AQ-03T2	March 24 to April 21

Saturday	9:30 AM to 10:05 AM
*AQ-05T1E	Feb. 13 to March 6
*AQ-05T2E	March 27 to April 17

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.

**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](http://www.manhattanmarlins.org)

For more information contact: Jeff Bullock at 785/317.4100 or Curtis Robinson at 916/813.4648





**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)

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

**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)

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



**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 and safety skills will be presented.

Fee: \$54.00 per session (10 lessons)

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

**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)

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

**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)

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

**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)

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

**Adult Swim Lessons**

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

Fee: \$54.00 per session (8 lessons)

AQ-22E	Saturday	9:30 AM to 10:15 AM
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**Lap Swimming: Ages 13+**

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

Fee: \$19.00 per session (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
AQLSE	Saturday	9:30 AM to 11:00 AM

**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
AQLPE	Saturday	9:30 AM to 11:00 AM



**Shallow Water Aerobics: Water Exercise**

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

Session AQSHA: 01/19/2009 to 02/11/2009  
Monday - Thursday (6:40pm to 7:30pm)

Session AQSHB: 02/15/2009 to 03/11/2009  
Monday - Thursday (6:40pm to 7:30pm)

Session AQSHC: 03/22/2009 to 04/15/2009  
Monday - Thursday (6:40pm to 7:30pm)

Session AQSHD: 04/19/2009 to 05/13/2009  
Monday - Thursday (6:40pm to 7:30pm)

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

**Shallow Water Aerobics for the Entire Semester**

Session AQSHE: 01/19/2009 to 05/13/2009  
Monday - Thursday (6:40pm to 7:30pm)

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

**Deep Water Aerobics**

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

Session A: 01/19/2009 to 02/11/2009  
AQ-100A 6:40 PM to 7:30 PM (Tu/Th)

Session B: 02/16/2009 to 03/11/2009  
AQ-100B 6:40 PM to 7:30 PM (Tu/Th)

Session C: 03/23/2009 to 04/15/2009  
AQ-100C 6:40 PM to 7:30 PM (Tu/Th)

Session D: 04/20/2009 to 05/13/2009  
AQ-100D 6:40 PM to 7:30 PM (Tu/Th)

Fee: \$29.00 per session (2x)  
\$18.00 per session (1x)

**Deep Water Hydroaerobics for the Entire Semester**

Session E: 01/19/2009 to 05/13/2009  
AQ-100E 6:40 PM to 7:30 PM (Tu/Th)

Fee: \$62.00 (2x)  
\$38.00 (1x)





**Private Swim Lessons AQ103**  
 Private lessons provide one-on-one instruction for any level of swimmer. Lessons occur once a week. M-Th lessons are 30 minutes for 5 lessons; Sat lessons are 35 minutes for 4 lessons. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. Due to time constraints, THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

**Beginning and Ending Dates for Private Lessons:**

Session A1:	Monday	Feb. 8 to March 8
Session A2:	Monday	March 22 to April 19
Session B1:	Tuesday	Feb. 9 to March 9
Session B2:	Tuesday	March 23 to April 20
Session C1:	Wednesday	Feb. 10 to March 10
Session C2:	Wednesday	March 24 to April 21
Session D1:	Thursday	Feb. 11 to March 11
Session D2:	Thursday	March 25 to April 22
*Session E1:	Saturday	Feb. 13 to March 6
*Session E2:	Saturday	March 27 to April 17

Times for Monday - Thursday sessions:  
 6:00 PM to 6:30 PM

Times for Saturday sessions: 9:30 AM to 10:05 AM

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

**Open Swim Appreciation 10AAQ31A**  
 For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. There is no charge for this activity. However, registration with the number of participants planning to attend is requested so that we can provide adequate lifeguards. The session may be cancelled if no pre-registration is received.

Date: 04/11/2010 (Su)  
 Time: 5:00 PM to 7:00 PM  
 Fee: No charge  
 Location: Natatorium, KSU Campus

**Open Swim Appreciation 10AAQ31B**

Date: 04/25/2010 (Su)  
 Time: 5:00 PM to 7:00 PM  
 Fee: No charge  
 Location: Natatorium, KSU Campus

**Sunday Family Swim 10AAQ32**  
 Bring the family out for a refreshing evening of swimming. Take advantage of the indoor pool at K-State on Sunday evenings. You must register in advance so we can plan for adequate lifeguards.

Date: 04/11/2010 to 05/02/2010 (Su)  
 Time: 5:00 PM to 7:00 PM  
 Fee: \$8.00/Individual; \$20.00/Family  
 Location: Natatorium, KSU Campus



**Lifeguard Training 10AAQ35AZ**  
 The American Red Cross program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. There will be a lunch or dinner break. Enrollment and certification requirements for this class are listed at [www.tryufm.org](http://www.tryufm.org). Materials are required and NOT included in fee; please pick up at UFM, 1221 Thurston St. before class begins.  
 Instructor: Carol Russell, [iteach@ksu.edu](mailto:iteach@ksu.edu)

Date: 04/12/2010 to 04/24/2010 (M/F/Sa)  
 Time: Precourse: 4/12 from 6:00 PM to 7:30 PM (M)  
 4/16 & 4/23 from 4:00 PM to 8:00 PM (F)  
 4/17 & 4/24 from 8:00 AM to 6:00 PM (Sa)  
 Fee: \$149.00 (Available for KSU Credit)  
 Location: Natatorium, KSU Campus

**Lifeguard Training 10AAQ35A**  
 Instructor: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com)

Date: 04/23/2010 to 04/25/2010 (F/Sa/Su)  
 Time: 6:00 PM to 10:00 PM (F)  
 8:00 AM to 8:00 PM (Sa)  
 8:00 AM to 5:00 PM (Su)  
 Fee: \$149.00  
 Location: Natatorium, KSU Campus

**Lifeguard Training 10AAQ35B**  
 Instructor: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com)

Date: 05/31/2010 to 06/02/2010 (M-W)  
 Time: 6:00 PM to 9:00 PM (M)  
 8:00 AM to 6:00 PM (Tu)  
 8:00 AM to 6:00 PM (W)  
 Fee: \$149.00  
 Location: Natatorium, KSU Campus

**Scuba Diving 10AAQ105AZ**

This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$75.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from \$100 to \$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.  
 Instructor: Jeff Wilson, (785) 313-4231  
[wheatlandsports@twinvalley.net](mailto:wheatlandsports@twinvalley.net)

Date: 01/25/2010 to 03/01/2010 (M)  
 Time: 6:00 PM to 10:00 PM  
 Fee: \$257.00 (Available for KSU Credit)  
 Location: Natatorium, KSU Campus

**Scuba Diving 10AAQ105BZ**  
 Instructor: Jeff Wilson, (785) 313-4231  
[wheatlandsports@twinvalley.net](mailto:wheatlandsports@twinvalley.net)

Date: 03/22/2010 to 04/26/2010 (M)  
 Time: 6:00 PM to 10:00 PM  
 Fee: \$257.00 (Available for KSU Credit)  
 Location: Natatorium, KSU Campus

**ENROLL ONLINE AT WWW.TRYUFM.ORG**



**Scuba Diving**

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

Date: 01/23/2010 to 03/06/2010 (Sa)  
(No class 2/6)  
Time: 9:30 AM to 1:30 PM  
Fee: \$257.00 (Available for KSU Credit)  
Location: Natatorium, KSU Campus

**Lifeguard Review****10AAQ106**

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

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 06/02/2010 (W)  
Time: 5:00 PM to 10:00 PM  
Fee: \$25.00  
Location: Natatorium, KSU campus

**Fitness Swimming****10AAQ108AZ**

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. Students interested in this course MUST be able to demonstrate the five basic strokes, using rhythmic breathing.

Instructor: Melissa Copp, mcopp@ksu.edu

Date: 01/26/2010 to 03/11/2010 (Tu/Th)  
Time: 6:00 PM to 7:30 PM  
Fee: \$82.00 (Available for KSU Credit)  
Location: Natatorium, KSU Campus

**Fitness Swimming****10AAQ108BZ**

Instructor: Melissa Copp, mcopp@ksu.edu

Date: 3/23/2010 to 05/06/2010 (Tu/Th)  
Time: 6:00 PM to 7:30 PM  
Fee: \$82.00 (Available for KSU Credit)  
Location: Natatorium, KSU Campus

**Intermediate Kayak****Chapter Workshop****10AAQ109A**

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

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

Instructors will:

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

**EQUIPMENT AND LOCATION NEEDS:**

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

**NOTE:**

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

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

Date: 01/24/2010 (Su)  
Time: 8:30 AM to 12:30 PM  
Fee: \$22.00  
Location: Natatorium, KSU Campus, Park in west parking lot. Drop boats off in the Natatorium Alley.

**Intermediate Kayak****Chapter Workshop****10AAQ109B**

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

Date: 02/21/2010 (Su)  
Time: 8:30 AM to 12:30 PM  
Fee: \$22.00  
Location: Natatorium, KSU Campus, Park in west parking lot. Drop boats off in the Natatorium Alley.

**WSI-Water Safety Instructor****10AAQ121Z**

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach Swimming and Water Safety Program courses, including the Basic Water Rescue course, the six levels of Learn-to-Swim, WSI-aide, Water Safety Outreach presentations, and Parent and Child Aquatics. Please Note: The WSI course is NOT designed to teach you the required strokes and skills. Paired practice, coaching and drills are used to refine skills. Be prepared for reading, homework and presentations. Enrollment and certification requirements for this class are listed at [www.tryufm.org](http://www.tryufm.org). Materials are required and NOT included in fee; please pick up at UFM, 1221 Thurston St. before class begins.

Instructor: Carol Russell, iteach@ksu.edu

Dates: 04/26/2010 to 5/08/2010 (M/F/Sa)  
Time: 4/26 from 6:00 PM to 9:00 PM (M)  
4/30 from 6:00 PM to 9:00 PM (F)  
5/1 & 5/8 from 8:00 AM to 6:00 PM (Sa)  
5/3 from 4:00 PM to 9:00 PM (M)  
5/7 from 4:00 PM to 8:00 PM (F)

Fee: \$180.00 (Available for KSU Credit)  
Location: Natatorium, KSU Campus

**Lifeguard Instructor (LGI)****10AAQ122Z**

This class will provide candidates with the knowledge and skills necessary to teach Lifeguarding (including First Aid), Lifeguard Management, CPR for the Professional Rescuer, AED Essentials, Oxygen Administration for the Professional Rescuer, Community Water Safety, and Basic Water Rescue. With additional training and for those meeting the prerequisites, interested candidates would also be able to teach Safety Training for Swim Coaches and/or Waterfront Lifeguarding. Enrollment and certification requirements for this class are listed at [www.tryufm.org](http://www.tryufm.org). Materials are required and NOT included in fee; please pick up at UFM, 1221 Thurston St. before class begins.

Instructor: Carol Russell, iteach@ksu.edu

Dates: 04/09/2010 to 4/24/2010 (M/F/Sa)  
Time: Precourse: 4/9 from 6:00 PM to 8:00 PM (F)  
4/10 from 8:00 AM to 6:00 PM (Sa)  
4/12 (M) & 4/23 (F) from 4:00 PM to 8:00 PM  
4/17 & 4/24 from 8:00 AM to 6:00 PM (Sa)

Fee: \$149.00 (Available for KSU Credit)  
Location: Natatorium, KSU Campus

## \*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](http://www.tryufm.org), click on noncredit classes.

Enroll at [www.tryufm.org](http://www.tryufm.org) or call 539.8763





# career & finance

## GRE Prep Course 10AFC06

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: Calley Crisman

Date: 01/25/2010 to 03/03/2010 (M/W)  
Time: 6:00 PM to 8:00 PM  
Fee: \$270.00  
Location: KSU Justin Hall Room 256

## LSAT Prep Course 10AFC24

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

Instructor: Blake Cauble-Johnson

Date: 03/23/2010 to 04/20/2010 (Tu/Th)  
Time: 6:30 PM to 9:30 PM  
Fee: \$270.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Photo Editing and Printing Online 10AFC53

In this digital age, everyone is getting digital cameras! What happened to just developing your film? If you have a collection of photos on your computer or camera but are not sure about editing or printing them, then this is class for you! Learn how to edit your digital pictures and print, email, and share them. Some of the Web Sites that will be discussed during class are Walgreens Photo, Wal-Mart Photo, Flickr, FotoFlexer, and Picnik.

Instructor: Amy Trujillo, amyellen@me.com

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

Date: 04/17/2010 (Sa)  
Time: 1:00 PM to 3:00 PM  
Fee: \$12.00  
Location: Manhattan Public Library -  
Computer Classroom, 629 Poyntz Ave.

## Microsoft Excel Basics 10AFC54

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: 04/17/2010 (Sa)  
Time: 12 N to 1:00 PM  
Fee: \$12.00  
Location: Manhattan Public Library -  
Computer Classroom, 629 Poyntz Ave.



## PowerPoint Basics 10AFC55

This is a basic class covering the basic PowerPoint features. We will be covering the toolbars, the difference between the versions of PowerPoint, templates, adding pictures, transitions, and how to save, print, and email your document. It is a great class for those that have not had exposure to PowerPoint. This is also a helpful class to enroll in if you want to take the Digital Photo Albums in PowerPoint class in the afternoon.

Instructor: Amy Trujillo, amyellen@me.com

Date: 02/20/2010 (Sa)  
Time: 10:00 AM to 11:00 AM  
Fee: \$12.00  
Location: Manhattan Public Library -  
Computer Classroom, 629 Poyntz Ave.

## Microsoft Word Basics 10AFC85

This is a basic class covering the basic Word features. We will cover the toolbars, the differences between the versions of Word, templates, 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 Word) anymore.

Instructor: Amy Trujillo, amyellen@me.com

Date: 03/13/2010 (Sa)  
Time: 12 N to 1:00 PM  
Fee: \$12.00  
Location: Manhattan Public Library -  
Computer Classroom, 629 Poyntz Ave.

## 100 Top Web Sites 10AFC86

Find out about fun and educational web sites for children, how to decide if a web site is appropriate, safety guidelines, and online resources for parents. The 100 Top Web Sites will be available online so participants can get updated web sites even after class is over. If your children are taking the Computing for Kids, they are welcome to attend this class as well. They will be able to visit the web sites discussed during class.

Instructor: Amy Trujillo, amyellen@me.com

Date: 01/23/2010 (Sa)  
Time: 10:00 AM to 11:00 AM  
Fee: \$12.00  
Location: Manhattan Public Library -  
Computer Classroom, 629 Poyntz Ave.

## Digital Photo Albums in PowerPoint 10AFC87

Bring your photos to class and create a digital photo album that will awe your friends! PowerPoint is an easy way to share your vacation photos with family and friends. Learn how to import photos, select music, do your own narration and make a beautiful slideshow. Please bring photos on a thumb drive so you have digital copies of them and you can save your PowerPoint slideshow.

Instructor: Amy Trujillo, amyellen@me.com

Date: 02/20/2010 (Sa)  
Time: 12 N to 1:00 PM  
Fee: \$12.00  
Location: Manhattan Public Library -  
Computer Classroom, 629 Poyntz Ave.

## Business Cards and Resumes 10AFC88

Everyone deserves a business card! Learn how to create your own personalized business cards and resume in this one-hour class. Resume basics will also be covered including templates, organization, information to include, and where to post it online.

Instructor: Amy Trujillo, amyellen@me.com

Date: 03/13/2010 (Sa)  
Time: 10:00 AM to 11:00 AM  
Fee: \$12.00  
Location: Manhattan Public Library -  
Computer Classroom, 629 Poyntz Ave.

## Recipes Online 10AFC89

Summer is approaching! Ready for some new recipes? Visit top-rated recipe web sites, rate recipes, write reviews, and email recipes. Recipes applications are also available for iPod Touches and iPhones. If you have one of those, bring it along and check out the yummiest recipe apps! If not, there is still plenty of recipes and web sites that you can use.

Instructor: Amy Trujillo, amyellen@me.com

Date: 05/15/2010 (Sa)  
Time: 10:00 AM to 11:00 AM  
Fee: \$12.00  
Location: Manhattan Public Library -  
Computer Classroom, 629 Poyntz Ave.





**YouTube and TeacherTube 10AFC90**

Learn how to search, download and share videos. We will also create an account so we can keep our favorites and learn to post our own videos. This class is designed for beginners but everyone is welcome. If you have videos that you want to upload, please bring them to class on a flash drive or email them to yourself so we can access them during class.

Instructor: Amy Trujillo, amyellen@me.com

Date: 05/15/2010 (Sa)  
 Time: 12 N to 1:00 PM  
 Fee: \$12.00  
 Location: Manhattan Public Library -  
 Computer Classroom, 629 Poyntz Ave.

**Investment Perspective - Current Topics of Investing 10AFC91**

The topics we will be discussing are current investment issues discussed in detail in the February issue of Investment Perspective. Investment Perspective is a monthly newsletter focusing on investment strategy and market commentary specifically geared toward individual investors. A complimentary subscription to the newsletter will be included for class participants.

Instructor: Gail Urban

Date: 02/02/2010 (Tu)  
 Time: 7:00 PM to 8:00 PM  
 Fee: \$12.00  
 Location: UFM Conference Room, 1221 Thurston

**Foundations of Investing 10AFC92**

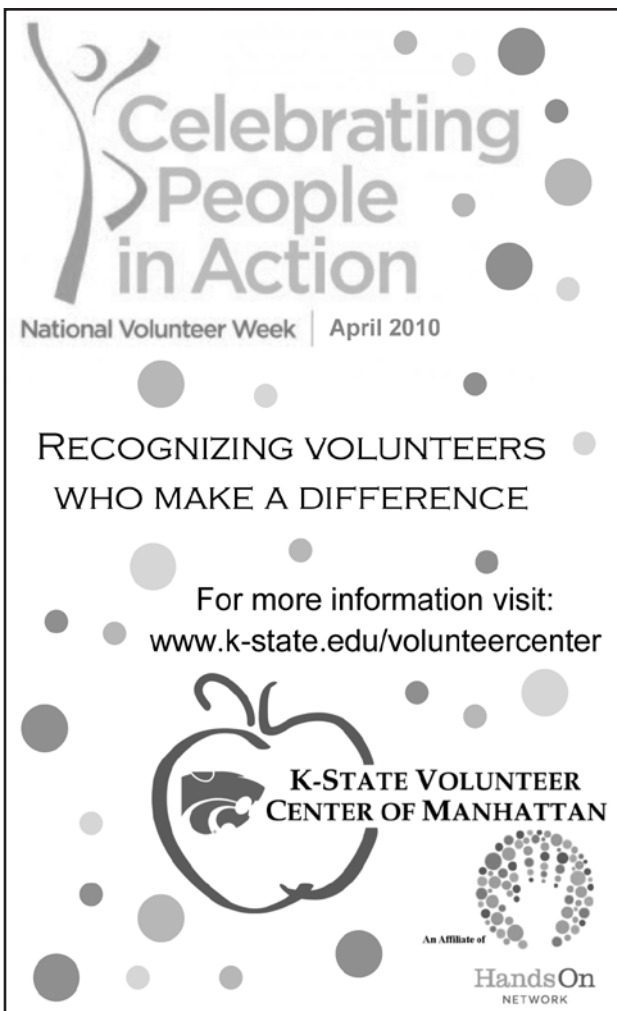
Fear of the unknown sometimes prevents people from investing in the future. Developing an understanding of the basics simplifies the process of getting started in an investment program. This seminar addresses needs of new investors as well as those needing a refresher.

During the seminar, participants will learn more about:

- The key features of bonds, stocks and mutual funds
- The importance of asset allocation
- The impact of inflation on your long-term goals

Instructor: Gail Urban

Date: 04/06/2010 (Tu)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$12.00  
 Location: UFM Conference Room, 1221 Thurston



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Hello! My name is Amy Trujillo. That is pronounced True-he-yo if you are wondering. I am the wife of James Trujillo, a Web Page design student at Full Sail University. My children are Zakk and Ellen. Zakk is in kindergarten now and Ellen is in fifth grade. During the school year, I am the English Language Learner (ELL) teacher at Spring Valley Elementary in Junction City. This is my third year of teaching and I am loving every moment of it. I serve on the PTO at the kid's school and on the Site Council of the school I work at. I transfer my love of technology, especially in the classroom, to articles and lesson plans that I write for The Master Teacher. I also work for the Ogden Green House as a maintenance volunteer.

**INSTRUCTOR SPOTLIGHT****AMY TRUJILLO**

I started conversing with the UFM in January 2008 about teaching computer classes and started teaching them that summer. It feels like I have always known the people at UFM and the wonderful students that enroll in the classes. If there is a class that someone wants to have offered, I am always willing to add it to the schedule. I try to make the computer classes stress-free, low-cost, educational, and fun. I want to make sure that everyone feels welcome, regardless of language, abilities, or backgrounds. Hope to see you in class!

**Amy volunteers her time as an instructor for UFM. We appreciate her time and all the wonderful computer classes she offers.**





# creative free time

## Beginning Knitting 10ACF05A

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

Instructor: Kennita Tully, (785) 537-1826

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

Date: 02/17/2010 to 03/10/2010 (W)  
Time: 7:00 PM to 8:30 PM  
Fee: \$31.00  
Location: 300 Poyntz Ave.  
Wildflower Yarns and Knitwear

## Beginning Knitting 10ACF05B

Instructor: Kennita Tully, (785) 537-1826

Date: 03/24/2010 to 04/14/2010 (W)  
Time: 7:00 PM to 8:30 PM  
Fee: \$31.00  
Location: 300 Poyntz Ave.  
Wildflower Yarns and Knitwear

## Intermediate Knitting 10ACF07A

This is designed as a continuation of beginning knitting. Students will make a hat, knit on circular needles and a small felted bag. 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: 01/20/2010 to 02/10/2010 (W)  
Time: 6:30 PM to 8:30 PM  
Fee: \$40.00  
Location: 300 Poyntz Ave.  
Wildflower Yarns and Knitwear

## Intermediate Knitting 10ACF07B

Instructor: Kennita Tully, (785) 537-1826

Date: 04/21/2010 to 05/12/2010 (W)  
Time: 6:30 PM to 8:30 PM  
Fee: \$40.00  
Location: 300 Poyntz Ave.  
Wildflower Yarns and Knitwear



## Real Time Socks 10ACF115

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: 01/23/2010 to 02/06/2010 (Sa)  
Time: 9:00 AM to 12 N  
Fee: \$45.00  
Location: 300 Poyntz Ave.  
Wildflower Yarns and Knitwear

## Sock Techniques 10ACF116

Learn the basics of sock knitting technique and knit a mini-sock in this 3 hour class. Materials necessary include size US4 double point needles and sport weight yarn. Must know how to knit and purl.

Instructor: Kennita Tully, (785) 537-1826

Date: 02/16/2010 (Tu)  
Time: 6:00 PM to 9:00 PM  
Fee: \$35.00  
Location: 300 Poyntz Ave.  
Wildflower Yarns and Knitwear

## Basic Jewelry Making 10ACF11

In this class, students will learn the basic techniques of fabricating fine jewelry through a series of 3 planned projects. All projects will be in sterling silver and include a basic band, a bezel ring set with a genuine semi-precious gem and pierced earrings. Techniques learned will include sawing, bending, soldering, forming, filing, sanding, polishing, furnishing, piercing (metal, not ears), etc. Children under 15 must be accompanied by an adult or have parent registered.

NOTE: Fee covers materials for all projects including silver and gemstones. Recommended tools list will be sent to all participants and can be purchased at cost through the instructor.

Instructor: Daniel Bostrom  
daniel\_j\_bostrom@sbcglobal.net

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

Date: 03/13/2010 to 05/01/2010 (Sa)  
(No class 3/20)  
Time: Sa from 9:00 AM to 12 N  
Fee: \$125.00  
Location: UFM Solar Addition, 1221 Thurston St.





**The Digital Darkroom for Photographers: Introduction to Photoshop, Image Processing & Printing 10ACF65**

The first part of this class will cover some basics of getting started in the "digital darkroom" and will cover the idea of a "workflow" for processing digital images, image file types, image size and resolution and how they are related.

The class will also cover an introduction to image processing using Photoshop Elements 5 and basic adjustments such as cropping and resizing images, adjusting the tonality using levels, color correction, image cleanup using the healing brush and clone stamp tools, an introduction to layers and how to use them in your workflow, black and white conversions, putting panoramas together, high dynamic range photography and an introduction to camera RAW.

Issues such as color management, file management, and backing up your work will also be covered. Students will have the opportunity to work on photos in class and are encouraged to bring their own laptops (not required though) and photos to the class.

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

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

Date: 04/06/2010 to 04/15/2010 (Tu/Th)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$48.00  
 Location: UFM Computer Lab, 1221 Thurston St.

**GOT AN IDEA FOR A UFM CLASS OR INTERESTED IN TEACHING A CLASS? CALL US AT 539.8763 OR EMAIL UFM@KSU.EDU TO SHARE YOUR IDEAS!**



**Introduction to Photography 10ACF78**

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

Topics that will be covered include basic camera settings and operation, how f-stop and shutter speed affect your photos, how to select the right settings, and choosing and using different lenses. The class will also cover an introduction to exposure, metering and controlling light, composition and learning to see creatively. Discussion of issues relevant to digital photography such as white balance and image resolution will also be covered. The class will emphasize landscape and nature photography, but anyone interested in photography will benefit.

The class will include 5 classroom meetings and 3 field trips. Exact times of the field trips will be discussed at the first class, but will be on Saturday evenings a couple of hours before sunset. Participants will be responsible for their own film and development costs if applicable. Instructor: Scott Bean, (785) 776-2725, srbean@ksu.edu

Date: 02/17/2010 to 03/11/2010 (W/Sa)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$66.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

**Scrapbook Album in a Box 10ACF94**

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

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

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

Date: 01/19/2010 (Tu)  
 Time: 6:00 PM to 8:00 PM  
 Fee: \$10.00  
 Location: UFM Multipurpose Room, 1221 Thurston

**Name in a Frame 10ACF95**

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

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

Date: 02/23/2010 to 02/23/2010 (Tu)  
 Time: 6:00 PM to 8:00 PM  
 Fee: \$10.00  
 Location: UFM Multipurpose Room, 1221 Thurston



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## CREATIVE FREE TIME

### Card Workshop

10ACF96

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

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

Date: 03/23/2010 (Tu)  
Time: 6:00 PM to 8:00 PM  
Fee: \$10.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

### Scrapbook Basics and Rubber Stamping

10ACF118

Learn about basic layout patterns and how to understand scrapbook terms and techniques. You'll also learn how to use clear stamps in your scrapbooking or card making. You'll get to make two complete 12 x 12 page layouts at class! Deadline for registration one week before class.

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

Date: 04/20/2010 (Tu)  
Time: 6:00 PM to 8:00 PM  
Fee: \$10.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

### Beginning Adult Drawing

10ACF93A

For ages 16+. Learn to draw, no matter what your skill level. All materials provided. See [www.tryufm.org](http://www.tryufm.org) for more details.

Instructor: Linda Rae, (785) 317-4499  
lindarae@lindaraestudio.com

*Linda has taught children's and adult art classes and workshops in formal educational settings as well as private instruction.*

Date: 01/25/2010 to 03/01/2010 (M)  
Time: 6:15 PM to 7:15 PM  
Fee: \$67.00  
Location: UFM Conference Room, 1221 Thurston

### Beginning Adult Drawing

10ACF93B

Instructor: Linda Rae, (785) 317-4499  
lindarae@lindaraestudio.com

Date: 03/22/2010 to 04/26/2010 (M)  
Time: 6:15 PM to 7:15 PM  
Fee: \$67.00  
Location: UFM Conference Room, 1221 Thurston



### Beginning Guitar Class

10ACF104

This class is designed to give beginning guitar players the tools and references to be able to perform at a level that they can play songs they have heard of, like, or would like to play. A portion of the class will be about music theory, but most will be focused on performance skills in class and individual basis. This will allow the student to be comfortable playing simple songs to friends and family. Hopefully it will inspire students to continue their studies at their leisure and be proficient and knowledgeable to play with other people of similar talents. Ages 4+.

Instructor: Mark F. Vacca, [vaccamark@hotmail.com](mailto:vaccamark@hotmail.com)

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

Date: 03/22/2010 to 04/14/2010 (M/W)  
Time: 5:30 PM to 6:30 PM  
Fee: \$50.00  
Location: UFM Solar Addition, 1221 Thurston St.

### Beginning Wire Jewelry

10ACF111A

This class will teach you how to set different shaped stones in metal wire settings to create one-of-a-kind high end jewelry. Students will create their own favorite gold/silver/gemstone pieces. Bracelets, earrings and pendants will be covered. Only pliers and a wire cutter are needed.

Instructor: Cherry Leaym, [cherryleaym@yahoo.com](mailto:cherryleaym@yahoo.com)

*Cherry Leaym started learning to make hand-crafted jewelry in 2005. She enrolled in an internet class and went through a lot of material. She has owned her own jewelry sales website and has sold to retailers and at craft shows.*

Date: 01/21/2010 to 02/25/2010 (Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$54.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

### Beginning Wire Jewelry

10ACF111B

Instructor: Cherry Leaym, [cherryleaym@yahoo.com](mailto:cherryleaym@yahoo.com)

Date: 03/04/2010 to 04/15/2010 (Th)  
(No class 3/18)  
Time: 7:00 PM to 8:00 PM  
Fee: \$54.00  
Location: UFM Multipurpose Room  
1221 Thurston St.



## — Manhattan Arts Center —

### Children's Theatre

Missoula Children's Theatre

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Paul Mesner Puppets

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March 13 4pm

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#### CLUE: THE MUSICAL

Lyrics by Tom Chiodo

Music by Galen Blum,

Wayne Barker &

Vinnie Martucci

Script by Peter De Pietro

April 30-May 2 & May 6-9

### In the MAC galleries:

Jan 9-Feb 21 "A Creative Journey Together" and "Take A Stand: the WONDER WORKSHOP Underground Railroad Children's Quilt"

Feb 27-April 10 The Columbian Artists

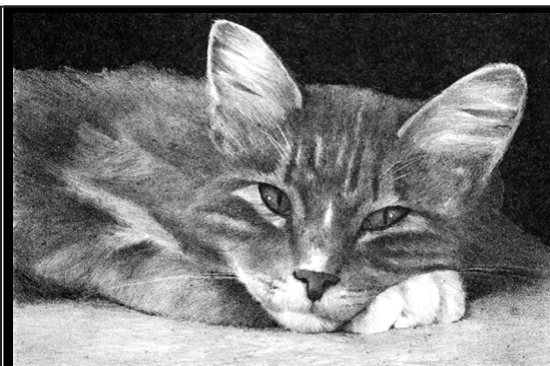
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[www.manhattanarts.org](http://www.manhattanarts.org) [www.facebook.com/manhattanarts](http://www.facebook.com/manhattanarts)

The Manhattan Arts Center is supported in part by the Kansas Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency, which believes that a great nation deserves great art. Additional funding is provided by the City of Manhattan, the Manhattan Fund, a fund of the McCormick Tribune Foundation, and MAC members and friends.



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**Fearless Creative Writing 10ACF105**

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

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

Instructor: Linda Madl, lsmadl@att.net

*Linda Madl's work includes ten novels, nine novellas, short stories, and numerous nonfiction articles and newsletters. She is also a charter member and past president of Kansas Fiction Writers Inc. and a Fellow of the Kansas Center for the Book. She has presented programs and workshops at numerous conferences.*

Date: 02/10/2010 (W)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$22.00  
 Location: UFM Multipurpose Room  
 1221 Thurston St.



**Scene and Structure for Your Novel 10ACF112**

Give your novel drama through the scenes. Scene requires characters with purpose, conflict, and then the next step. Scenes make up chapters and chapters make up a book. Examine what's a strong scene and what's a weak scene and how to make a weak scene stronger. In addition, point of view, dialogue, and conflict will be discussed.

The class will feature lecture elements, in-class readings of appropriate scenes from published stories, and in-class discussion about memorable scenes. Class will include handouts and in-class writing exercises. Bring pen and paper. Registration deadline is February 14.

Instructor: Linda Madl, lsmadl@att.net

Date: 02/17/2010 (W)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$22.00  
 Location: UFM Multipurpose Room, 1221 Thurston

**Story: Beginning, Middle and End 10ACF113**

Fulfill your promise to give the reader a tight, thrilling story: Make the beginning exciting, the middle strong and the ending worth the read. This class will outline the basics of the Beginning, Middle, and Ending of fiction stories and explore the elements that deliver on your author's promise to satisfy the reader to the last page.

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

Instructor: Linda Madl, lsmadl@att.net

Date: 02/24/2010 (W)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$22.00  
 Location: UFM Multipurpose Room, 1221 Thurston

**Making a Leather Journal Cover 10ACF110**

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

The course fee covers the project materials and instruction booklet. All tools will be provided for the class. Tool kits will also be available for optional purchase for students who want to have their own tools. Enrollment deadline is February 13.

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

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

Date: 02/27/2010 (Sa)  
 Time: 1:00 PM to 4:00 PM  
 Fee: \$48.50  
 Location: UFM Solar Addition, 1221 Thurston St

**Robot Building 10ACF117**

Are you ready for some serious play? Come and learn to build a robot! The instructor will provide parts: embedded controllers (Ridgesoft Intellibrain and the Parallax Javelin), parts (GPS receivers, radios, various sensors, etc.), and mobile bases (an MMP5, R/C cars capable of 30 mph, a 1/8 scale Stuart tank, etc.). This is cutting edge technology and only the serious should attend!

Instructor: Bill Rust

Date: 01/19/2010 to 03/30/2010 (Tu)  
 (No class 3/16)  
 Time: 7:00 PM to 9:00 AM  
 Fee: \$130.00  
 Location: UFM Multipurpose Room, 1221 Thurston

**ENROLL ONLINE AT WWW.TRYUFM.ORG**

**"Volunteer Leadership in Manhattan"**

Join other volunteer leaders from K-State and the Manhattan community to learn what's happening right now in the Little Apple. Find out what's working for volunteer organizations in the community and how you can work together for the common good.

**Classes meet on Tuesdays from 7-9 pm and are free.**

- February 2 - Creating and Sustaining a Volunteer Training Program**  
 - Facilitated by Sunflower CASA Project at UFM Community Learning Ctr, 1221 Thurston
- February 9 - Civic Organizations and Volunteer Collaboration**  
 - Facilitated by Pilot Club of Manhattan at Manhattan Hy-Vee, 601 3rd Pl
- February 16 - Faith-Based Volunteer Outreach**  
 - Facilitated by First United Methodist Church at 612 Poyntz
- February 23 - K-State Volunteer Center of Manhattan Open House**  
 - Facilitated by K-State Volunteer Center at 2323 Anderson Ave, Suite 125
- March 2 - Working w/ Greek Groups for Community Service & Volunteer Involvement**  
 - Facilitated by Gamma Phi Beta Sorority at 1807 Todd Road
- March 9 - Corporate Volunteering for Community Engagement**  
 - Facilitated by Target at UFM, 1221 Thurston

**For more information:**  
 Contact Dr. Olivia Collins, Director, ocollins@k-state.edu  
 American Humanics School of Leadership Studies



View class information and enroll online at [www.tryufm.org](http://www.tryufm.org) or call UFM at 539.8763.



**Sponsored by**  
 K-State Volunteer Center of Manhattan ([www.k-state.edu/volunteercenter](http://www.k-state.edu/volunteercenter))  
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# earth & nature

## Fly Fishing

**10AEN04BZ**

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: 04/19/2010 to 04/29/2010 (M-Th)  
Time: 6:00 PM to 8:00 PM  
Fee: \$95.00  
Location: KSU Durland Hall Room 1061

## Gardening 101 for Novices

**10AEN05**

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

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

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

Date: 03/13/2010 (Sa)  
Time: 10:00 AM to 12 N  
Fee: \$12.00



Location: UFM Fireplace Room, 1221 Thurston St.

## Successful Container Gardening

**10AEN16**

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

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

Date: 04/17/2010 (Sa)  
Time: 10:00 AM to 12 N  
Fee: \$12.00  
Location: UFM Fireplace Room, 1221 Thurston St.



## Growing Veggies 4 Flavor & Fun

**10AEN61**

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

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

Date: 04/03/2010 (Sa)  
Time: 10:00 AM to 12 N  
Fee: \$12.00  
Location: UFM Fireplace Room, 1221 Thurston St.



## Perennial Flowers & Grasses

**10AEN62**

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

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

Date: 04/17/2010 (Sa)  
Time: 1:00 PM to 3:00 PM  
Fee: \$12.00  
Location: UFM Fireplace Room, 1221 Thurston St.

## Let's Make Hypertufa!

**10AEN64**

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

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

Date: 05/08/2010 (Sa)  
Time: 9:00 AM to 11:00 AM  
Fee: \$30.00  
Location: UFM Solar Addition, 1221 Thurston St.

## Spring Plant Swap

**10AEN37**

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

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

Date: 05/08/2010 (Sa)  
Time: 11:00 AM to 12 N  
Fee: No Charge  
Location: UFM Solar Addition, 1221 Thurston St.





**Home Landscape Design 10AEN08**

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

Instructor: Gregg Eyestone

Date: 02/03/2010 to 02/17/2010 (W)  
 Time: 6:30 PM to 8:30 PM  
 Fee: Individual-\$21.00/Couple-\$30.00  
 Location: Cico Park-Pottorf Hall



**Transition Manhattan 10AEN66**

The two toughest challenges facing humankind at the beginning of the 21st century are climate change and peak oil. While climate change is well documented and very visible in the media, there is much less public awareness around the issue of peak oil. And yet, the imminent decline of fossil fuel availability that peak oil refers to may well prevent the economic and social stability that is essential if we are to mitigate the threats posed by climate change. Transition Initiatives, designed to achieve relocalization at the community level, currently represent one of the most promising ways of engaging people and communities in strengthening themselves against the effects of these two monumental challenges, resulting in a life that is more fulfilling, socially connected and resilient.

Join us in a conversation about transitioning to a greener and more locally focused Manhattan community. \*Meets 2/4, 3/11, 4/1 at UFM and 5/6 class will be held at Long's Park. There will be four stand alone sessions:

1. Dreaming a greener, more local Manhattan
2. Planning a greener, more local Manhattan
3. Creating a greener, more local Manhattan
4. Celebrating a greener, more local Manhattan

Instructors: Rhonda Janke, (785) 532-0409  
 rrjanke@ksu.edu and Carla Barta, (785) 410-8608  
 snowsage54@hotmail.com

*Rhonda Janke teaches sustainable agriculture at KSU and co-owns an organic farm in Wamego.*

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

Date: \*02/04/2010 to 05/06/2010 (Th)  
 Time: 6:00 PM to 8:00 PM  
 Fee: No Charge  
 Location: UFM Solar Addition, 1221 Thurston St.



**RECYCLE THIS CATALOG!!**

**Second Tuesday Sustenance 10AEN67**

Sustainable relationships need sustenance. This gathering is an opportunity to share stories of our efforts to relate sustainably. Bring something for the vegetarian soup and we'll eat at 6. \*Meets 2/9, 3/9 and 4/13.

Instructor: Thea Nietfeld, thean@ksu.edu

*Convenor Thea Nietfeld is a community minister affiliated with the Unitarian Universalist Fellowship and K-State Campaign for Nonviolence.*

Date: \*02/09/2010 to 04/13/2010 (Tu)  
 Time: 5:00 PM to 7:00 PM  
 Fee: No Charge  
 Location: UFM Solar Addition, 1221 Thurston St.

**Enroll online at our website:**  
[www.tryufm.org](http://www.tryufm.org)  
 \*View class descriptions  
 \*Times, dates and locations

**Utility-Connected Photovoltaics for Your Home 10AEN68**

Lessons learned from three different Manhattan systems... three of the first in Kansas. With step-by-step photos of designing and installing solar electric systems using the latest hardware, we're going to discuss the advantages and disadvantages of various choices. We can also talk about how these systems compare with battery backup or independent systems. Come with questions and new information for discussion.

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

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

Date: 03/06/2010 (Sa)  
 Time: 10:00 AM to 12 N  
 Fee: No Charge  
 Location: UFM Solar Addition, 1221 Thurston St.



**B**ECOME A FAN OF UFM ON FACEBOOK! >>>search UFM COMMUNITY LEARNING CENTER  
**A**ND FOLLOW US ON TWITTER  
<http://twitter.com/ufmclc>



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

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

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



**2010 MANHATTAN COMMUNITY GARDEN SIGN UP**  
**\*NEW GARDENERS\***  
 ORIENTATION & SIGN UP  
 FEBRUARY 3 AT 7 PM (W)  
 FEBRUARY 13 AT 10-NOON (SA)  
 ALL DATES ABOVE AT UFM, 1221 THURSTON ST.



# fun foods



## Beer Tasting

**10AFF39**

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: 04/16/2010 (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.

## Peruvian Cuisine

**10AFF48**

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

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

*Elsa Toburen was born and raised in Tarapoto, Peru. She grew up listening to Latin music. Her mother is a Peruvian folk dancer. She became a Zumba instructor in 2007.*

Date: 03/05/2010 (F)  
Time: 6:30 PM to 8:30 PM  
Fee: \$24.00

Location: UFM Kitchen, 1221 Thurston St.

## Asian Cuisine

**10AFF57**

The cooking class will cover the most popular food in both China and Korea. This workshop allows students to prepare whole course meals in class and they are encouraged to do everything hands-on. They will learn about basic ingredients, cooking, storing, cleaning and marinating methods, presentation, and a little background history. Dishes include: Chinese dumplings, Korean mixed vegetables, spicy rice cake and other side dishes. Students are encouraged to bring Tupperware to take home samples or stay after class to relax and share their meal.

Instructor: Pei Liu

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

Date: 01/15/2010 (F)  
Time: 6:00 PM to 8:00 PM  
Fee: \$22.00

Location: UFM Kitchen, 1221 Thurston St.



## Sweets of the Sun:

### Mediterranean Desserts

**10AFF58**

Join us in preparing sweet delicacies from the sun-drenched counties 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 January 22nd.

Instructor: Dominique Saunders  
dominique.saunders@gmail.com

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

Date: 01/29/2010 (F)  
Time: 7:00 PM to 8:30 PM  
Fee: \$29.00

Location: UFM Kitchen, 1221 Thurston St.

## Dining with Edesia:

### Modern Greek Cuisine

**10AFF59**

Giasou! Join us in preparing authentic and modern Greek cuisine, where we will explore a variety of techniques and flavors. We will end our evening with a wonderful dinner, sure to delight your palate and inspire your cooking. This class is vegetarian friendly and will also include copies of featured recipes and Greek recipe resources. Deadline for registration is March 19th.

Instructor: Dominique Saunders  
dominique.saunders@gmail.com

Date: 03/26/2010 (F)  
Time: 7:00 PM to 8:30 PM  
Fee: \$29.00

Location: UFM Kitchen, 1221 Thurston St.



## Su-Meshi: The Joy of Making Maki-Sushi, Onigiri and Abura-Age

**10AFF60**

Join us in exploring a variety of delightful Japanese foods that can be prepared using su-meshi. This class is designed to teach you the basic knowledge and techniques of how to make rolled sushi (Maki), stuffed rice triangles (Onigiri) and filled fried tofu pouches (Abura-Age). This will also include instruction on how to prepare vinegar rice (Su-Meshi), an explanation of basic ingredients and equipment for sushi making, and the history of sushi. This class is vegetarian friendly and will also include copies of featured recipes. Deadline for registration is April 9th.

Instructor: Dominique Saunders  
dominique.saunders@gmail.com

Date: 04/16/2010 (F)  
Time: 7:00 PM to 8:30 PM  
Fee: \$29.00

Location: UFM Kitchen, 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)









## HEALTH & WELLNESS

### Yoga Over Forty 10AHW99

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: 01/19/2010 to 03/09/2010 (Tu)  
Time: 5:30 PM to 6:30 PM  
Fee: \$80.00  
Location: Yoga Connection  
321 Poyntz Ave., Ste A

### Responding to Emergencies 10AHW19AZ

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: 02/06/2010 to 02/20/2010 (Sa/Su)  
Time: 12 N to 6:30 PM  
Fee: \$148.00  
Location: UFM Banquet Room, 1221 Thurston St.

### Community CPR, First Aid & AED 10AHW25A

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: 01/22/2010 to 01/23/2010 (F/Sa)  
Time: F from 6:30 PM to 9:30 PM;  
Sa from 8 AM to Noon  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### Community CPR, First Aid & AED 10AHW25B

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/23/2010 (Sa)  
Time: 12:00 PM to 7:00 PM  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### Community CPR, First Aid & AED 10AHW25C

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/29/2010 to 01/30/2010 (F/Sa)  
Time: F from 6:30 PM to 9:30 PM;  
Sa from 8 AM to Noon  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### Community CPR, First Aid & AED 10AHW25D

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/30/2010 (Sa)  
Time: 12:00 PM to 7:00 PM  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### Community CPR, First Aid & AED 10AHW25E

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 04/09/2010 to 04/10/2010 (F/Sa)  
Time: F from 6:30 PM to 9:00 PM;  
Sa from 8 AM to Noon  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### Community CPR, First Aid & AED 10AHW25F

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 04/10/2010 (Sa)  
Time: 12:00 PM to 7:00 PM  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### CPR Review for Professional Rescuer 10AHW27A

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

Date: 06/01/2010 (Tu)  
Time: 6:00 PM to 9:00 PM  
Fee: \$20.00  
Location: Natatorium, KSU campus



### Beginning Tai Chi Chaun 10AHW31

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

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

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

Date: 02/10/2010 to 03/03/2010 (W)  
Time: 5:30 PM to 6:30 PM  
Fee: \$43.00  
Location: UFM Banquet Room, 1221 Thurston St.

### Guided Meditation: Journey to the Seven Directions 10AHW66A

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

*Palma Holden is a lightworker and intuitive, providing spiritual guidance, teachings and readings to those wishing to bridge the practical and spiritual.*

Date: 02/13/2010 (Sa)  
Time: 10:00 AM to 12 N  
Fee: \$26.00  
Location: UFM Conference Room  
1221 Thurston St

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## Take a Peek at the Past



**Riley County Historical Museum**  
2309 Claflin Road, Manhattan, KS 66502  
Open: Tues. - Fri. 8:30 - 5:00  
Sat. - Sun. 2:00 - 5:00  
Research Library by appointment  
(785) 565-6490

**Goodnow House Museum**  
**State Historic Site**  
2301 Claflin Rd.  
Go to Riley County Historical Museum  
and ask for tour  
Sat. - Sun. 2:00 - 5:00  
Tues. - Fri. 8:30 - 5:00

**Wolf House Museum**  
630 Fremont St.  
Open:  
Sat. 1:00 - 5:00  
Sun. 2:00 - 5:00

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



\*\*\* Free Admission at All Sites \*\*\*





**Guided Meditation:****Journey to the Seven Directions 10AHW66B**  
Instructor: Palma Holden, (785) 539-1183

Date: 04/15/2010 (Th)  
Time: 7:00 PM to 9:00 PM  
Fee: \$26.00  
Location: UFM Solar Addition, 1221 Thurston St

**Introduction to Meditation 10AHW69A**

Experience the immediate benefits of meditation as we discuss and participate in creating sacred space; centering and grounding; varying the breath; using hand mudras, and clearing our energy centers (chakras).  
Instructor: Palma Holden, (785) 539-1183

Date: 03/06/2010 (Sa)  
Time: 10:00 AM to 12 N  
Fee: \$28.00  
Location: UFM Conference Room  
1221 Thurston St

**Introduction to Meditation 10AHW69B**

Instructor: Palma Holden, (785) 539-1183

Date: 04/08/2010 (Th)  
Time: 7:00 PM to 9:00 PM  
Fee: \$28.00  
Location: UFM Solar Addition, 1221 Thurston St

**Peace Meditations:****Global Prayer Project 10AHW71**

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

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

Date: 0/19/2010 to 05/04/2010 (Tu)  
Time: 7:00 PM to 8:15 PM  
Fee: \*No charge  
Location: UFM Solar Addition, 1221 Thurston

**CPR/First Aid Blended Learning 10AHW70A**

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.

Instructor: Abby Thrash  
abbythrash@gmail.com

Date: 01/23/2010 (Sa)  
Time: 10:00 AM to 11:00 AM  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**CPR/First Aid Blended Learning 10AHW70B**

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/23/2010 (Sa)  
Time: 11:00 AM to 12 N  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**CPR/First Aid Blended Learning 10AHW70C**

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/30/2010 (Sa)  
Time: 10:00 AM to 11:00 AM  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**CPR/First Aid Blended Learning 10AHW70D**

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/30/2010 (Sa)  
Time: 11:00 AM to 12 N  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**CPR/First Aid Blended Learning 10AHW70E**

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 04/10/2010 (Sa)  
Time: 10:00 AM to 11:00 AM  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**CPR/First Aid Blended Learning 10AHW70F**

Instructor: Abby Thrash  
abbythrash@gmail.com

Date: 04/10/2010 (Sa)  
Time: 11:00 AM to 12 N  
Fee: \$45.00  
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

**Evening Yoga 10AHW88A**

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

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

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

Date: 01/18/2010 to 02/08/2010 (M)  
Time: 7:15 PM to 8:45 PM  
Fee: \$27.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

**Evening Yoga 10AHW88B**

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

Date: 02/15/2010 to 03/08/2010 (M)  
Time: 7:15 PM to 8:45 PM  
Fee: \$27.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

**Evening Yoga 10AHW88C**

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

Date: 03/22/2010 to 04/12/2010 (M)  
Time: 7:15 PM to 8:45 PM  
Fee: \$27.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.



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[unityonline.org](http://unityonline.org) 1-800-NOW-PRAY

**ENROLL ONLINE AT [WWW.TRYUFM.ORG](http://WWW.TRYUFM.ORG)**



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## HEALTH & WELLNESS

### Evening Yoga 10AHW88D

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

Date: 04/19/2010 to 05/10/2010 (M)  
Time: 7:15 PM to 8:45 PM  
Fee: \$27.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

### Morning Yoga 10AHW89A

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

Date: 01/16/2010 to 02/06/2010 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: \$27.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

### Morning Yoga 10AHW89B

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

Date: 02/13/2010 to 03/06/2010 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: \$27.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

### Morning Yoga 10AHW89C

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

Date: 03/13/2010 to 04/03/2010 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: \$27.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

### Morning Yoga 10AHW89D

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

Date: 04/10/2010 to 05/01/2010 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: \$27.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

### Awareness-Based Stress Reduction 10AHW95

Please come once and see for yourself how wonderful life can be with less stress and more awareness.  
Instructor: Dr. Matthew Cobb

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

Date: 01/25/2010 to 05/17/2010 (M)  
(No class 3/15)  
Time: 5:15 PM to 6:00 PM  
Fee: No Charge  
Location: UFM Solar Addition, 1221 Thurston St.

Ask about our Adult & Youth  
scholarships at 539.8763



## Building Community Through Radio

A new radio station is coming to the Flint Hills. KONZ, Flint Hills Community Radio, will be a non-commercial, listener-supported community radio station. A wide spectrum of volunteers and a small paid staff will offer programming and services that promote deeper community dialogues, foster non-traditional educational experiences, and offer unduplicated entertainment programming.

### Now comes the challenge to make the station a reality.

UFM has been awarded a grant from the Public Telecommunications Facilities Program in the U.S. Department of Commerce. This grant will help purchase needed equipment for the radio station. A challenge has been issued for UFM to match this grant in the amount of \$73,000. Funds are also needed to underwrite radio station operations.

**Every dollar donated to the station is matched with three dollars from the U.S. Department of Commerce.**

### Please help by making a donation today!!

Send your donation to KONZ Radio Project, UFM, 1221 Thurston St, Manhattan, KS 66502.

Donations can also be made at [www.konzfm.org](http://www.konzfm.org) by clicking Donate Now.

## TEST PREPARATION CLASSES AT UFM!!

### BE PREPARED!!!

#### GRE Prep

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.

Date: 01/25/2010 to 03/03/2010 (M/W)  
Time: 6:00 PM to 8:00 PM  
Fee: \$270.00  
Location: KSU Justin Hall Room 256



#### LSAT Prep

Law School Admission Test Review Course. Comprehensive 28-hour review, in-class & at-home study materials, analytical lectures and test-taking strategies.

Date: 03/23/2010 to 04/20/2010 (Tu/Th)  
Time: 6:30 PM to 9:30 PM  
Fee: \$270.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**Enroll online at [www.tryufm.org](http://www.tryufm.org)  
or call UFM at 539.8763.**

Materials included in fee.

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





# language

## Beginning Spanish for Adults 10ALA02

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

Instructor: TBA

Date: View [www.tryufm.org](http://www.tryufm.org) for update info.  
 Time: TBA  
 Fee: TBA  
 Location: UFM

## French Language 10ALA04

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

Instructor: Emilie Rabbat, (785) 587-9036

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

Date: 01/20/2010 to 02/12/2010 (W/F)  
 Time: 10:00 AM to 11:00 AM  
 Fee: \$46.00  
 Location: UFM Fireplace Room  
 1221 Thurston St.

## Beginning Conversational Sign Language 10ALA23

This class will build a basic knowledge of American Sign Language including vocabulary used in everyday conversation. It will also cover a little about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language.

Instructors: Toni Kroll, (785) 313-5555 and Joyce Smith

*Toni Kroll is a Certified Interpreter who has 20 years of experience as a sign language interpreter. Toni has worked as an interpreter in Washington D.C., Seattle, and now Kansas. She is in her 4th year as a KSU interpreter as well as doing community work here in Manhattan and the surrounding area.*

Date: 01/20/2010 to 03/10/2010 (W)  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$59.00  
 Location: KSU-Justin Hall Room 341

## Chinese I 10ALA26

Throughout this class, you will not only learn basic Chinese such as greetings, numbers, bargaining, asking directions, etc, but also about the Chinese culture. You will have a chance to learn one or two Chinese songs. This class will be a good start for anyone who is interested in Chinese language and culture. It will be very helpful if you are planning a trip to China or for business or personal reasons, and much more.

Instructor: Yi (Lily) Xiao

Date: 01/21/2010 to 02/25/2010 (Th)  
 Time: 7:00 PM to 8:00 PM  
 Fee: \$47.00  
 Location: UFM Fireplace Room  
 1221 Thurston St.



## Chinese II 10ALA27

Throughout this class, you will learn very useful Chinese phrases and sentences, which you can find practical uses for, like asking directions, ordering food, seeking help, etc. You will also learn some basic knowledge about how to read and write Chinese characters. Some interesting Chinese traditions and customs will also be addressed during the class.

Instructor: Andrew Hua, [andrew0845@hotmail.com](mailto:andrew0845@hotmail.com)

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

Date: 01/20/2010 to 03/10/2010 (W)  
 Time: 7:00 PM to 8:00 PM  
 Fee: \$51.00  
 Location: UFM Fireplace Room  
 1221 Thurston St.

## Txt Ur Way 2 :) 10ALA000

Do you have trouble telling people how you really feel? How can you break up with someone when the love is no longer there? H2H talks may not b 4 U!

If you would like to avoid conflict, and learn a new communication skill, this is the class for you! How is this possible? Two words: text messaging. In this class, you will learn to express your feelings and use emoticons to your advantage! By using just 160 characters (or less!) get your worries off your chest! You will learn important abbreviations to say things like: I H8 U! We R Ova >:0 and U+me=<3 NOT!. The concepts learned can also be applied to your boss, intrusive in-laws or needy BFFs.

The best part is, you can always undo any damage with a simple j/k!

Date: 02/14/2010 (Su)  
 Time: 1:00 PM to 1:30 PM  
 Fee: -\$1.00  
 Location: Meet @ =(LVRS LN

Win \$1 off any UFM Class....  
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 included in this catalog!! Identify it  
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## 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](http://www.fhpflag.org)**





# martial arts

## Tae Kwon Do I

10AMA01Z

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

Instructor: David Moore

Date: 01/14/2010 to 05/06/2010 (Th/Tu)  
(No class 3/16, 3/18)  
Time: 6:30 PM to 7:30 PM  
Fee: \$72.00  
Location: Sun Yi's Academy, 1650 Hayes Dr

## Basic White Phoenix Systems

10AMA03

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

Instructor: Stan Wilson

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

Date: 02/01/2010 to 04/26/2010 (M)  
(No class 3/15)  
Time: 6:30 PM to 7:30 PM  
Fee: \$64.00  
Location: KSU-Ahearn Fieldhouse

## Advanced White Phoenix System

10AMA06

This class is open to anyone who has some experience in both the striking and grappling aspects of the martial arts. What we will work on depends on the needs of the students who sign up for the class. Advanced work in the WPS includes dynamic tension forms to build strength, two-person techniques for self-defense knowledge and solo forms for both exercise and self-defense skill. Ages 18+.

Instructor: Stan Wilson

Date: 02/01/2010 to 04/28/2010 (M)  
(No class 3/15)  
Time: 7:30 PM to 8:30 PM  
Fee: \$64.00  
Location: KSU-Ahearn Fieldhouse



## Aikijujutsu and Self-Defense

10AMA11

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

Instructor: Stan Wilson

Date: 02/03/2010 to 04/28/2010 (W)  
(No class 3/17)  
Time: 7:00 PM to 8:00 PM  
Fee: \$64.00  
Location: KSU-Ahearn Fieldhouse

## Lao Hu Pai Kung Fu

10AMA05

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

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

*Dr. Michael Tran has participated in the martial arts for 24 years. He holds black belt/sash in Lao Hu Pai Kung Fu, Won Hop Loong Chuan Kung Fu, and Goshin Aikijutsu. He also has training in: Vovinam Viet Vo Dao, Shaolin Long Fist, and Praying Mantis Kung Fu. Website: <http://www.honorabletiger martialarts.com/>*

Date: 01/20/2010 to 05/05/2010 (W)  
(No class 3/17)  
Time: 6:00 PM to 8:00 PM  
Fee: \$62.00  
Location: KSU Ahearn Gym-2nd floor

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## Judo I

10AMA08Z

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

Date: 01/14/2010 to 05/06/2010 (Th/Tu)  
(No class 3/16, 3/18)  
Time: 8:00 PM to 9:00 PM  
Fee: \$75.00  
Location: KSU Ahearn Room 302

## Judo II

10AMA09Z

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

Date: 01/14/2010 to 05/06/2010 (Th/Tu)  
(No class 3/16, 3/18)  
Time: 9:00 PM to 10:00 PM  
Fee: \$75.00  
Location: KSU Ahearn Room 302



## Karate & Self-Defense (Adults & Youth)

10AMA10

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

Instructor: Habib Diop, hdiop@ksu.edu

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

Date: 03/25/2010 to 05/06/2010 (Th)  
Time: 6:00 PM to 7:00 PM  
Fee: \$51.00  
Location: KSU-Ahearn Fieldhouse

**ENROLL ONLINE AT WWW.TRYUFM.ORG**



## Yama Bushi Kai Martial Arts

Manuals, books, videos, knives, swords, and martial arts supplies.

Owner is the founder of the White Phoenix System.

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





# personal interest

## Clutter Clearing

10API22

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

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

Date: 04/12/2010 to 04/26/2010 (M)  
Time: 7:00 PM to 9:00 PM  
Fee: \$35.00  
Location: 1421 Colorado St.

## Introduction to Citizen Journalism

10API14

If you are interested in being part of the news staff, then Introduction to Citizen Journalism is the course for you. It will focus on developing a news story, preparing a news program, script writing, journalism ethics, different writing formats for print, web, and radio stories, developing a "beat," etc. Participants will have weekly assignments that require reading and writing and will publish their stories to the Community News feature on the KONZ website. Participants need to have access to a computer in order to write their news stories and feature articles. (Ages 16 and older)

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

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

Date: 01/30/2010 to 03/13/2010 (Sa)  
(No class 2/20)  
Time: 10:00 AM to 11:30 AM  
Fee: No Charge  
Location: UFM Multipurpose Room  
1221 Thurston St.

## Reporting for Your Organization

10API64

KONZ is offering three training opportunities for organizations to learn to use the Community News feature on our webpage. The training session is three-hours long and will cover step-by-step directions on how to write your information and publish it using the webpage's platform. Organizations can choose ONE of the following meeting dates: January 23, February 6 OR March 27.  
Instructor: Christopher Renner, (785) 341-9459  
rennerchristopher@yahoo.com

Date: 01/23/2010 to 03/27/2010 (Sa)  
Time: 1:00 PM to 4:00 PM  
Fee: No Charge  
Location: UFM Multipurpose Room  
1221 Thurston St.



## I Want to DJ a Radio Show!

10API65

KONZ wants to feature an eclectic mix of adventurous music shows produced by knowledgeable and passionate DJs. Throughout the week we want listeners to be able to hear everything from world music to jazz, classic blues, old-time country, bluegrass & folk recordings to the latest from the local music scene and independent musicians. For people who are interested in hosting music shows or public affairs programs, we will offer a general orientation session and then will work one-on-one with interested individuals to develop program proposals, develop weekly content and help you become an award-winning DJ.

Please choose ONE from the following dates: April 10, 10:00 am - noon OR May 8 from 1:00 - 3:00 pm.  
Instructor: Christopher Renner, (785) 341-9459  
rennerchristopher@yahoo.com

Date: 04/10/2010 to 05/08/2010 (Sa)  
Time: 10:00 AM to 12 N or 1:00 PM to 3:00 PM  
Fee: No Charge  
Location: UFM Fireplace Room  
1221 Thurston St.



## The Modern Revolution in Physics

10API66

We will spend 5-6 classes together \*(bi-monthly) to discuss the modern revolution in physics since the beginning of 20th century. Before that, most physicists believed that the physics building had firmly been established by Newton (mechanics), Gibbs (thermodynamics), and Maxwell (electromagnetism). However, things have changed dramatically since then, and we physicists are still struggling to figure out what the physics building really looks like. We will try to cover the following topics:

1. Relativity
2. Rules of Randomness
3. Light as a Particle
4. Matter as a Wave
5. The Atom

Instructor: Dr. Chang-hua Zhang

*Dr. Chang-hua Zhang is from China and received his B.S. in 1993 from China and Ph.D in physics from the University of Arizona in 2004. He currently is a research associate in the Physics Department at K-State University.*

Date: \*02/06/2010 to 04/24/2010 (Sa)  
(No class 3/13, 3/20)  
Time: 1:00 PM to 2:00 PM  
Fee: \$20.00  
Location: UFM Conference Room, 1221 Thurston

## Introduction to Voiceovers

10API67

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](http://www.tryufm.org) for information.  
Instructor: Voices for All

Date: 01/19/2010 to 05/04/2010  
Time: Instructor will contact student  
Fee: \$30.00





# recreation & fitness



## Introduction to Golf 10ARF04A

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

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

Date: 04/08/2010 to 04/22/2010 (Th)  
Time: \*6:00 PM to 7:00 PM  
Fee: \$41.00  
Location: Stagg Hill Golf Club,  
4441 Fort Riley Blvd.

## Introduction to Golf 10ARF04B

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

Date: 05/06/2010 to 05/20/2010 (Th)  
Time: \*6:00 PM to 7:00 PM  
Fee: \$41.00  
Location: Stagg Hill Golf Club,  
4441 Fort Riley Blvd.

## Golf in Junction City 10ARF30AZ

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

Date: 03/02/2010 to 04/27/2010 (Tu)  
(No class 03/16)  
Time: 5:00 PM to 7:00 PM  
Fee: \$132.00  
Location: Rolling Meadows Golf Course,  
6514 Old Milford Rd., Junction City

## Golf in Junction City 10ARF30BZ

Instructor: Jim Peterson

Date: 03/03/2010 to 04/28/2010 (W)  
(No class 03/18)  
Time: 5:00 PM to 7:00 PM  
Fee: \$132.00  
Location: Rolling Meadows Golf Course,  
6514 Old Milford Rd., Junction City



## Zumba Dance 10ARF08A

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

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

Date: 01/05/2010 to 01/26/2010 (Tu)  
Time: 5:30 PM to 6:30 PM  
Fee: \$38.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

## Zumba Dance 10ARF08B

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

Date: 02/02/2010 to 02/23/2010 (Tu)  
Time: 5:30 PM to 6:30 PM  
Fee: \$38.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

## Zumba Dance 10ARF08C

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

Date: 03/02/2010 to 03/30/2010 (Tu)  
(No class 3/16)  
Time: 5:30 PM to 6:30 PM  
Fee: \$38.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

## Zumba Dance 10ARF08D

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

Date: 04/06/2010 to 04/27/2010 (Tu)  
Time: 5:30 PM to 6:30 PM  
Fee: \$38.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

## Zumba Dance 10ARF08E

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

Date: 05/04/2010 to 06/01/2010 (Tu)  
(No class 5/25)  
Time: 5:30 PM to 6:30 PM  
Fee: \$38.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

## Zumba Dance 10ARF08F

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

Date: 01/06/2010 to 01/27/2010 (W)  
Time: 6:40 PM to 7:40 PM  
Fee: \$38.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

## Zumba Dance 10ARF08G

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

Date: 02/03/2010 to 03/03/2010 (W)  
(No class 2/24)  
Time: 6:40 PM to 7:40 PM  
Fee: \$38.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.





**Zumba Dance 10ARF08H**

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

Date: 03/10/2010 to 04/07/2010 (W)  
(No class 3/17)  
Time: 6:40 PM to 7:40 PM  
Fee: \$38.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

**Zumba Dance 10ARF08I**

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

Date: 04/14/2010 to 05/05/2010 (W)  
Time: 6:40 PM to 7:40 PM  
Fee: \$38.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

**Zumba Dance 10ARF08J**

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

Date: 05/12/2010 to 06/02/2010 (W)  
Time: 6:40 PM to 7:40 PM  
Fee: \$38.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.



**Beginning Belly Dance 10ARF09A**

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

*Keegan has been studying different forms of dance all of her life. Ballet was her focus until she reached Kansas State, where she began taking classes with the Maya Zahira School. Since 2005, Keegan has found a new love in belly dance. She encourages women of all shapes and sizes to try the dance because it truly enables women to see themselves as beautiful on both the inside and on the outside.*

Date: 02/02/2010 to 04/27/2010 (Tu)  
(No class 3/16)  
Time: 7:00 PM to 8:00 PM  
Fee: \$96.00  
Location: KSU International Student Center, Multipurpose Room

**Beginning Belly Dance 10ARF09B**

Instructor: Keegan (Ketari) Schroeder

*Keegan has been studying different forms of dance all of her life. Ballet was her focus until she reached Kansas State, where she began taking classes with the Maya Zahira School. Since 2005, Keegan has found a new love in belly dance. She encourages women of all shapes and sizes to try the dance because it truly enables women to see themselves as beautiful on both the inside and on the outside.*

**Intermediate Belly Dance 10ARF10**

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

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

Date: 02/03/2010 to 04/28/2010 (W)  
(No class 3/17)  
Time: 6:30 PM to 7:30 PM  
Fee: \$96.00  
Location: KSU International Student Center, Multipurpose Room

**Professional Dance Troupe 10ARF152**

This is a rehearsal time for the Eyes of Bastet Belly Dance Troupe. We will review choreographies in order to prepare for upcoming performances. Students must contact instructor to receive permission to enroll for this course.  
Instructor: Lisa McNeil, (785) 565-3466  
bellydancerbarbie@hotmail.com

Date: 02/01/2010 to 03/08/2010 (M)  
Time: 6:30 PM to 8:00 PM  
Fee: \$48.00  
Location: KSU International Student Center, Multipurpose Room



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**Advanced Belly Dance 10ARF11**

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: Nichole Jarboe-Paxson

Date: 03/22/2010 to 04/26/2010 (M)  
Time: 6:30 PM to 8:30 PM  
Fee: \$48.00  
Location: KSU International Student Center, Multipurpose Room

**Belly Dance Conditioning Workout 10ARF12A**

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

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

Date: 01/27/2010 to 03/03/2010 (W)  
Time: 5:20 PM to 6:20 PM  
Fee: \$48.00  
Location: KSU International Student Center, Multipurpose Room

**Belly Dance Conditioning Workout 10ARF12B**

Instructor: Michele Janette, mjanette@ksu.edu

Date: 03/24/2010 to 04/28/2010 (W)  
Time: 5:20 PM to 6:20 PM  
Fee: \$48.00  
Location: KSU International Student Center, Multipurpose Room

**Ballroom Dance 10ARF13A**

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: 01/22/2010 to 02/26/2010 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: Individual - \$50.00  
Location: ECM, 1021 Denison Ave., across the street from KSU Durland-Fiedler-Rathbone College of Engineering Complex.

**Ballroom Dance 10ARF13B**

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 03/05/2010 to 04/16/2010 (F)  
(No class 3/19)  
Time: 7:00 PM to 8:00 PM  
Fee: Individual - \$50.00  
Location: ECM, 1021 Denison Ave., across the street from KSU Durland-Fiedler-Rathbone College of Engineering Complex.





**Swing & Salsa Dance 10ARF27AZ**

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: 01/19/2010 to 05/04/2010 (Tu)  
(No class 3/16)

Time: 7:00 PM to 8:00 PM

Fee: Individual - \$75.00

Location: ECM, 1021 Denison Ave., across the street from KSU Durland-Fiedler-Rathbone College of Engineering Complex.

**Swing & Salsa Dance 10ARF27A**

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: 01/22/2010 to 02/26/2010 (F)

Time: 8:00 PM to 9:00 PM

Fee: Individual - \$50.00

Location: ECM, 1021 Denison Ave., across the street from KSU Durland-Fiedler-Rathbone College of Engineering Complex.

**Swing & Salsa Dance 10ARF27B**

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

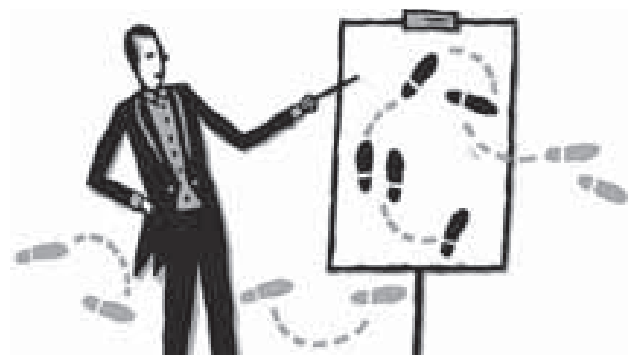
Date: 03/05/2010 to 04/16/2010 (F)

(No class 3/19)

Time: 8:00 PM to 9:00 PM

Fee: Individual - \$50.00

Location: ECM, 1021 Denison Ave., across the street from KSU Durland-Fiedler-Rathbone College of Engineering Complex.



**Ballroom Dance II 10ARF28Z**

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

Prerequisites: Ballroom Dance 1 AND Swing and Salsa; OR a minimum of two semesters of social level dance classes; OR significant training in Ballet, Jazz, or Modern dance is strongly recommended before enrolling in this dance course. Partners are welcome but not required for this class.

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 01/19/2010 to 05/04/2010 (Tu)

(No class 3/16)

Time: 6:00 PM to 7:00 PM

Fee: Individual - \$75.00

Location: ECM, 1021 Denison Ave., across the street from KSU Durland-Fiedler-Rathbone College of Engineering Complex.

**Beginning Dance for Couples 10ARF38A**

"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: 01/22/2010 to 02/26/2010 (F)

Time: 6:00 PM to 7:00 PM

Fee: Individual - \$50.00

Location: ECM, 1021 Denison Ave., across the street from KSU Durland-Fiedler-Rathbone College of Engineering Complex.

**Beginning Dance for Couples 10ARF38B**

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 03/05/2010 to 04/16/2010 (F)

(No class 3/19)

Time: 6:00 PM to 7:00 PM

Fee: Individual - \$50.00

Location: ECM, 1021 Denison Ave., across the street from KSU Durland-Fiedler-Rathbone College of Engineering Complex.

**Boxing 10ARF14AZ**

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

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

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

Date: 01/14/2010 to 03/04/2010 (Th/Tu)

Time: 2:00 PM to 3:00 PM

Fee: \$148.00

Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

**Boxing 10ARF14BZ**

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

Date: 01/14/2010 to 03/04/2010 (Th/Tu)

Time: 6:30 PM to 7:30 PM

Fee: \$148.00

Location: K.O. Boxing, 2303 Tuttle Creek Blvd, Blue Hills Shopping Center

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**Intermediate Boxing 10ARF54BZ**

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

Date: 03/09/2010 to 05/06/2010 (Tu/Th)  
(No class 3/16, 3/18)  
Time: 7:30 PM to 8:30 PM  
Fee: \$148.00  
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,  
Blue Hills Shopping Center

**Intermediate Boxing 10ARF54CZ**

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

Date: 01/20/2010 to 03/10/2010 (W/M)  
Time: 7:30 PM to 8:30 PM  
Fee: \$148.00  
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,  
Blue Hills Shopping Center

**Intermediate Boxing 10ARF54DZ**

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

Date: 03/22/2010 to 05/05/2010 (M/W)  
Time: 7:30 PM to 8:30 PM  
Fee: \$148.00  
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,  
Blue Hills Shopping Center

**Tennis 10ARF19AZ**

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

Date: 02/02/2010 to 04/20/2010 (Tu)  
(No class 3/16)  
Time: 1:30 PM to 3:00 PM  
Fee: \$82.00  
Location: 3615 Claflin Road,  
Cotton Wood Racquet Club

**Tennis 10ARF19BZ**

Instructor: Bill Fraley  
Date: 02/03/2010 to 04/21/2010 (W)  
(No class 03/17)  
Time: 1:30 PM to 3:00 PM  
Fee: \$82.00  
Location: 3615 Claflin Road,  
Cotton Wood Racquet Club

**Beginning Fencing 10ARF21Z**

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

Date: 01/25/2010 to 05/03/2010 (M)  
(No class 3/15)  
Time: 6:00 PM to 7:30 PM  
Fee: Has equipment - \$60.00,  
Use instructors - \$93.00  
Location: KSU-Ahearn Fieldhouse

**Boxing 10ARF14CZ**

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

Date: 01/20/2010 to 03/10/2010 (W/M)  
Time: 2:00 PM to 3:00 PM  
Fee: \$148.00  
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,  
Blue Hills Shopping Center

**Boxing 10ARF14DZ**

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

Date: 01/20/2010 to 03/10/2010 (W/M)  
Time: 6:30 PM to 7:30 PM  
Fee: \$148.00  
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,  
Blue Hills Shopping Center

**Boxing 10ARF14EZ**

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

Date: 03/09/2010 to 04/29/2010 (Tu/Th)  
(No class 3/16, 3/18)  
Time: 2:00 PM to 3:00 PM  
Fee: \$148.00  
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,  
Blue Hills Shopping Center

**Boxing 10ARF14FZ**

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

Date: 03/09/2010 to 04/29/2010 (Tu/Th)  
(No class 3/16, 3/18)  
Time: 6:30 PM to 7:30 PM  
Fee: \$148.00  
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,  
Blue Hills Shopping Center

**Boxing 10ARF14GZ**

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

Date: 03/22/2010 to 05/05/2010 (M/W)  
Time: 2:00 PM to 3:00 PM  
Fee: \$148.00  
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,  
Blue Hills Shopping Center

**Boxing 10ARF14HZ**

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

Date: 03/22/2010 to 05/05/2010 (M/W)  
Time: 6:30 PM to 7:30 PM  
Fee: \$148.00  
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,  
Blue Hills Shopping Center

**Intermediate Boxing 10ARF54AZ**

Participants in boxing must protect themselves at all times. A boxer must be able to move easily with speed, power and agility, while thinking on their feet. Requirements for enrollment: completion of Beginning Boxing or have at least one year of boxing training. Students will continue working on their punches, execute combos, and participate in bag training. They will train their bodies and discipline their minds. In this no contact boxing class, students will not spar. There will be intense Catch Mitt training. Boxing conditioning in this class will include: power and speed drills, agility, hand-eye coordination exercises, balance and footwork drills, upper and lower body strength training, strong abs, and strengthening physical endurance. Endurance is pushing your body past your mind's desire to stop. Glove up, protect yourself and be ready to move!  
Instructor: Lorissa Ridley-Fink, (785) 341-1708  
koboxer@sbcglobal.net

Date: 01/14/2010 to 03/04/2010 (Th/Tu)  
Time: 7:30 PM to 8:30 PM  
Fee: \$148.00  
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,  
Blue Hills Shopping Center







**Intermediate Fencing 10ARF22Z**  
Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouts.  
Instructor: Jeff Gwartz

Date: 01/25/2010 to 05/03/2010 (M)  
(No class 03/15)  
Time: 7:30 PM to 9:00 PM  
Fee: Has equipment - \$60.00,  
Use instructors - \$93.00  
Location: KSU-Ahearn Fieldhouse

**African Dance 10ARF29**  
Ever been to Africa? If not, then take a trip with me through the enjoyment of African Dance. Learn African movement from a mixture of countries in Africa. This high energy class will have you moving to the soulful sounds of African drums while getting fit with fun and athletic moves of Africa.  
Instructor: Karen Sanders, (785) 317-6567

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

Date: 02/05/2010 to 03/12/2010 (F)  
Time: 4:00 PM to 5:00 PM  
Fee: \$52.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

**Modern Dance 10ARF85**  
Modern Dance is based on Lester Horton Modern, a great pioneer of dance. This class is a foundational-based technique and focuses on alignment, balance, strength, stretch and grace. Attire: leotard, tights or loose-fitting clothes.  
Instructor: Karen Sanders, (785) 317-6567

Date: 02/05/2010 to 03/12/2010 (F)  
Time: 6:00 PM to 7:30 PM  
Fee: \$54.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

**Archery Instructor Training & Certification 10ARF37Z**  
In this Level I Basic Training and Certification archery program, you will learn how to set up and operate a safe, short-term archery program, how to teach new archers, how to maintain your equipment, and how to create fun games for your new archers. The required NADA textbook will be available for purchase for the instructor at the first class meeting.  
Instructor: Tom Korte, (785) 494-8889

Date: 01/25/2010 to 03/22/2010 (M)  
(No class 3/15)  
Time: 7:00 PM to 8:45 PM  
Fee: \$96.00  
Location: Archery Range, 8330 East HWY 24



**Canoe Camping 10ARF53Z**  
This class covers the interface between canoeing and camping. Learn how canoeing changes when adapting to the camping environment. The material will not be related to basics of camping (putting up tents, building fires, etc). Instead, the class will cover topics like planning, wet-condition packing, navigation, specialized gear requirements, how paddling changes when paddling loaded canoes, focused safety issues, etc - all topics that people need to be proficient in before venturing out on their own canoe camping trips.  
Instructor: Steve Spencer, quietwater@wildblue.net

Date: 02/27/2010 to 02/28/2010 (Sa/Su)  
Time: 8:00 AM to 5:00 PM  
Fee: \$101.00  
Location: Natatorium, KSU campus

**Marathon Training 10ARF68**  
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 post-race recovery. The course structure will consist of classroom lectures, discussions and some running. All participants are encouraged to meet outside of class time for organized runs. In addition, there will be opportunities to meet with the instructor at different locations outside of regularly scheduled classes for organized runs. This course is recommended for individuals that have been running at least 30 minutes per day, 4-7 days per week for 6 weeks. You must be able to run at least 6 miles the first week of class. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to train for, complete and survive a marathon. Class will meet Tuesday from 6-7 pm at UFM, 1221 Thurston and work outs will be Thursday from 6-7 pm at Memorial Stadium outdoor track at south end.  
Instructor: Dan Boyle, (785) 532-0134, dboyle@ksu.edu

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

Date: 03/23/2010 to 05/13/2010 (Tu/Th)  
Time: 5:30 PM to 6:30 PM  
Fee: \$140.00  
Location: UFM Conference Room, 1221 Thurston

**Let's Get Running! 10ARF72**  
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: 03/01/2010 to 04/16/2010 (M/W/F)  
(No class 3/15, 3/17, 3/19)  
Time: 6:00 PM to 7:00 PM  
Fee: \$145.00  
Location: KSU-Ahearn Field House Indoor Track

**Adult Ballet 10ARF71A**  
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

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

Date: 02/02/2010 to 02/23/2010 (Tu)  
Time: 6:30 PM to 8:00 PM  
Fee: \$46.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.





**Adult Ballet 10ARF71B**

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

Date: 03/02/2010 to 03/30/2010 (Tu)  
(No class 3/16)  
Time: 6:30 PM to 8:00 PM  
Fee: \$46.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

**Adult Ballet 10ARF71C**

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

Date: 04/06/2010 to 04/27/2010 (Tu)  
Time: 6:30 PM to 8:00 PM  
Fee: \$46.00  
Location: KSU Ahearn Room 302, Located on 3rd floor in KSU Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

**Yogilates 10ARF142AZ**

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

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

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

Date: 01/14/2010 to 03/04/2010 (Th/Tu)  
Time: 12 N to 1:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

**Yogilates 10ARF142BZ**

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

Date: 01/14/2010 to 03/04/2010 (Th/Tu)  
Time: 7:00 PM to 8:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

**Yogilates 10ARF142CZ**

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

Date: 01/20/2010 to 03/10/2010 (W/M)  
Time: 9:00 AM to 10:00 AM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

**Yogilates 10ARF142DZ**

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

Date: 01/20/2010 to 03/10/2010 (W/M)  
Time: 1:30 PM to 2:30 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

**Yogilates 10ARF142EZ**

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

Date: 03/09/2010 to 05/06/2010 (Tu/Th)  
(No class 3/16, 3/18)  
Time: 12 N to 1:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

**Yogilates 10ARF142FZ**

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

Date: 03/22/2010 to 05/05/2010 (M/W)  
Time: 9:00 AM to 10:00 AM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

**Yogilates 10ARF142GZ**

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

Date: 03/22/2010 to 05/05/2010 (M/W)  
Time: 1:30 PM to 2:30 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.



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# youth

## Introduction to Nutcracker Ballet and Tap Dancing **10AYO06A**

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

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

Date: 01/14/2010 to 01/21/2010 (Th)  
Time: 6:00 PM to 6:30 PM  
Fee: \$12.00  
Location: 2416 Rogers Blvd.

## Introduction to Nutcracker Ballet and Tap Dancing **10AYO06B**

Instructor: Randi Dale, (785) 539-5767

Date: 01/20/2010 to 01/27/2010 (W)  
Time: 5:45 PM to 6:15 PM  
Fee: \$12.00  
Location: 2416 Rogers Blvd.

## Karate & Self-Defense (Adults & Youth) **10AMA10**

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+). Class will meet on the north end of Ahearn Fieldhouse, close to College Heights St.  
Instructor: Habib Diop, hdiop@ksu.edu

Date: 03/25/2010 to 05/06/2010 (Th)  
Time: 6:00 PM to 7:00 PM  
Fee: \$51.00  
Location: KSU-Ahearn Fieldhouse

## TEEN MENTORING Spring is Here!!

**Tu, Feb. 9-May 4: High School**  
**Th, Feb. 11-May 6: Middle School**  
**Times: 3 to 530 pm**



**Transportation Provided!!**

**For more info call or email  
Amber at 539-8763 | amber@tryufm.org  
www.tryufm.org**



## Beginning Drawing for Youth (Ages 10-12) **10AYO39A**

Learn to draw, no matter what your skill level. All materials provided. See website, www.tryufm.org, for more details.  
Instructor: Linda Rae, (785) 317-4499  
lindarae@lindaraestudio.com

*Linda has taught children's and adult art classes and workshops in formal educational settings as well as private instruction.*

Date: 01/25/2010 to 03/01/2010 (M)  
Time: 5:00 PM to 6:00 PM  
Fee: \$67.00  
Location: UFM Conference Room, 1221 Thurston

## Beginning Drawing for Youth (Ages 10-12) **10AYO39B**

Instructor: Linda Rae, (785) 317-4499  
lindarae@lindaraestudio.com

Date: 03/22/2010 to 04/26/2010 (M)  
Time: 5:00 PM to 6:00 PM  
Fee: \$67.00  
Location: UFM Conference Room, 1221 Thurston

## Computers and Kids **10AYO43**

Children in kindergarten through 6th grade will have the opportunity to learn how to use PowerPoint. Students will create a presentation about themselves in PowerPoint with at least three slides with text, clip art, and transitions. Parents are welcome to attend but it is not necessary. This class is taught by a certified elementary school teacher.  
Instructor: Amy Trujillo, amyellen@me.com

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

Date: 01/23/2010 (Sa)  
Time: 12 N to 1:00 PM  
Fee: \$12.00  
Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.

## Math Circle for Grades 1-3 **10AYO51**

Is your child curious about math and want to continue exploring outside of the classroom? This may be the program for you! The meetings times will be full of hands-on activities, games, and short problems. The primary objective of this group is to develop a positive attitude toward mathematics by introducing young children to the elements of mathematical culture.  
Instructor: Natasha Rozhkovskaya  
rozhkovs@math.ksu.edu

*Natasha Rozhkovskaya is an assistant professor in the Department of Mathematics at K-State. In spring 2009, she taught math for a small, enthusiastic group of first graders. In fall 2009, she launched a new and very successful program in math for grades 1-3 as a part of Berkeley (CA) Math Circle. She is happy to offer her experience and enthusiasm to our local families.*

Date: 01/28/2010 to 02/18/2010 (Th)  
Time: 4:30 PM to 5:30 PM  
Fee: \$29.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

## Let's Duel: Yu-Gi-Oh for Kids **10AYO53**

Get ready to duel! This class will teach the basic rules of the trading card game Yu-Gi-Oh. Each student will receive a Yu-Gi-Oh starter deck and be expected to bring it back to class every week. Most of the class will focus on dueling with this deck. Additionally, students will receive three booster packs over the course of the class. During the final class, students will have the option to bring other decks to use in their duels. Fee covers materials (starter deck, booster packs, and handouts). Open to elementary ages and up. Registration deadline is January 7.  
Instructor: Todd Easton, (785) 776-0690, teaston@ksu.edu

*Todd Easton is a K-State professor and a local soccer coach. He is also a dad to three avid Yu-Gi-Oh fans. He has spent many nights dueling all three at once.*

Date: 01/21/2010 to 02/25/2010 (Th)  
Time: 5:30 PM to 6:30 PM  
Fee: \$47.00  
Location: UFM Multipurpose Room  
1221 Thurston St





# K-STATE CREDIT COURSES

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

## **Ballroom Dance I DANCE-599**

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

Instructor: Rebecca Hickert, [rebeccahickert@gmail.com](mailto:rebeccahickert@gmail.com)

Reference Number: 20683

Date: 01/19/2010 to 05/04/2010 (Tu) (No class 3/16)  
Time: 8:00 PM to 9:00 PM  
Fee: \$346  
Location: ECM Auditorium, 1021 Denison

## **Ballroom Dance II DANCE-599**

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

Instructor: Rebecca Hickert, [rebeccahickert@gmail.com](mailto:rebeccahickert@gmail.com)

Reference Number: 20685

Date: 01/19/2010 to 05/04/2010 (Tu) (3/16)  
Time: 6:00 PM to 7:00 PM  
Fee: \$346  
Location: ECM Auditorium, 1021 Denison

## **Swing and Salsa Dance DANCE-599**

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

Instructor: Rebecca Hickert, [rebeccahickert@gmail.com](mailto:rebeccahickert@gmail.com)

Reference Number: 20687

Date: 01/19/2010 to 05/04/2010 (Tu) (No class 3/16)  
Time: 7:00 PM to 8:00 PM  
Fee: \$346  
Location: ECM Auditorium, 1021 Denison

## **Beginning Middle Eastern Dance (Belly Dance) DANCE-599**

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

Instructor: Amy Werner

Reference Number: 20674

Date: 02/04/2010 to 04/22/2010 (Th) (No class 3/18)  
Time: 6:00 PM to 7:30 PM  
Fee: \$278.20  
Location: KSU Ahearn Dance Room 302

## **Beginning Yoga DANCE-599**

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

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

Reference Number: 20674

Date: 01/14/2010 to 03/04/2010 (Tu/Th)  
Time: 10:00 AM to 11:00 AM  
Fee: \$278.20  
Location: KSU Ahearn Room 302

Reference Number: 20675

Date: 01/20/2010 to 03/10/2010 (M/W)  
Time: 10:00 AM to 11:00 AM  
Fee: \$278.20  
Location: KSU Ahearn Room 302

Reference Number: 20677

Date: 01/20/2010 to 03/10/2010 (M/W)  
Time: 5:30 PM to 6:30 PM  
Fee: \$278.20  
Location: KSU Ahearn Room 302

Reference Number: 20676

Date: 03/22/2010 to 05/05/2010 (M/W)  
Time: 10:00 AM to 11:00 AM  
Fee: \$278.20  
Location: KSU Ahearn Room 302

Reference Number: 20679

Date: 03/22/2010 to 05/05/2010 (M/W)  
Time: 5:30 PM to 6:30 PM  
Fee: \$278.20  
Location: KSU Ahearn Room 302





**Intermediate Yoga**

**DANCE-599**

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

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

Reference Number: 20681

Date: 03/09/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)  
 Time: 10:00 AM to 11:00 AM  
 Fee: \$278.20  
 Location: KSU Ahearn Room 302

**Archery**

**RRES-200**

This course provides men and women with instruction in target style archery. Emphasis is on the archery form currently used in Olympic sports. Students will use only the recurve bow, the compound bow will not be used in this class. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught and all equipment will be provided by the instructor. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement. Instructor: Tom Korte, (785) 494-8889

Reference Number: 20605

Date: 01/25/2010 to 03/22/2010 (M) (No class 3/15)  
 Time: 8:00 PM to 9:45 PM  
 Fee: \$339  
 Location: Archery Range, 8330 E. HWY 24

**Archery Instructor Training and Certification - Level I**

**RRES-200**

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

Instructor: Tom Korte, (785) 494-8889

Reference Number: 20606

Date: 01/25/2010 to 03/22/2010 (M) (No class 3/15)  
 Time: 7:00 PM to 8:45 PM  
 Fee: \$339  
 Location: Archery Range, 8330 E. HWY 24

**Beginning Bowling**

**RRES-200**

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

Reference Number: 20496

Date: 01/19/2010 to 05/04/2010 (Tu) (No class 3/16)  
 Time: 10:30 AM to 11:20 AM  
 Fee: \$258.20  
 Location: K-State Union Recreation Center

Reference Number: 20497

Date: 01/20/2010 to 05/05/2010 (W) (No class 3/17)  
 Time: 10:30 AM to 11:20 AM  
 Fee: \$258.20  
 Location: K-State Union Recreation Center

**Boxing**

**RRES-200**

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

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

Reference Number: 20692

Date: 01/14/2010 to 03/04/2010 (Tu/Th)  
 Time: 2:00 PM to 3:00 PM  
 Fee: \$344  
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20691

Date: 01/14/2010 to 03/04/2010 (Tu/Th)  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$344  
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20696

Date: 01/20/2010 to 03/10/2010 (M/W)  
 Time: 2:00 PM to 3:00 PM  
 Fee: \$344  
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20695

Date: 01/20/2010 to 03/10/2010 (M/W)  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$344  
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20690

Date: 03/09/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)  
 Time: 2:00 PM to 3:00 PM  
 Fee: \$344  
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20607

Date: 03/09/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$344  
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20694

Date: 03/22/2010 to 05/05/2010 (M/W)  
 Time: 2:00 PM to 3:00 PM  
 Fee: \$344  
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20693

Date: 03/22/2010 to 05/05/2010 (M/W)  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$344  
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

**Intermediate Boxing**

**RRES-200**

Participants in boxing must protect themselves at all times. A boxer must be able to move easily with speed, power and agility, while thinking on their feet. Requirements for enrollment: completion of Beginning Boxing or have at least one year of boxing training. Students will continue working on their punches, execute combos, and participate in bag training. They will train their bodies and discipline their minds. In this no contact boxing class, students will not spar. There will be intense Catch Mitt training. Boxing conditioning in this class will include: power and speed drills, agility, hand-eye coordination exercises, balance and footwork drills, upper and lower body strength training, strong abs, and strengthening physical endurance. Endurance is pushing your body past your mind's desire to stop. Glove up, protect yourself and be ready to move!

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

Reference Number: 20698

Date: 01/14/2010 to 03/04/2010 (Tu/Th)  
 Time: 7:30 PM to 8:30 PM  
 Fee: \$344  
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr





**INTERMEDIATE BOXING CONTINUED**

Reference Number: 20697

Date: 03/09/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)

Time: 7:30 PM to 8:30 PM

Fee: \$344

Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20700

Date: 01/20/2010 to 03/10/2010 (M/W)

Time: 7:30 PM to 8:30 PM

Fee: \$344

Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

Reference Number: 20699

Date: 03/22/2010 to 05/05/2010 (M/W)

Time: 7:30 PM to 8:30 PM

Fee: \$344

Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Ctr

**Canoe Camping****RRES-200**

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

Instructor: Steve Spencer, quietwater@wildblue.net

Reference Number: 20473

Date: 02/27/2010 to 02/28/2010 (Sa/Su)

Time: 8:00 AM to 5:00 PM

Fee: \$293.20

Location: Natatorium, KSU Campus

**Essentials to River Canoeing****RRES-200**

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

The course will start with a classroom session at the UFM building on Saturday morning. The remaining time will be spent practicing canoeing strokes and skills on the Kansas River.

Instructor: Steve Spencer, quietwater@wildblue.net

Reference Number: 20474

Date: 04/24/2010 to 04/25/2010 (Sa/Su)

Time: 8:00 AM to 5:00 PM

Fee: \$346

Location: UFM Conference room, 1221 Thurston St

**Fundamentals of Canoeing****RRES-200**

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

Instructor: Steve Spencer, quietwater@wildblue.net

Reference Number: 20477

Date: 04/10/2010 to 04/11/2010 (Sa/Su)

Time: 8:00 AM to 5:00 PM

Fee: \$346

Location: UFM Multipurpose room, 1221 Thurston

Reference Number: 20504

Date: 04/17/2010 to 04/18/2010 (Sa/Su)

Time: 8:00 AM to 5:00 PM

Fee: \$346

Location: UFM Conference room, 1221 Thurston

**Beginning Fencing****RRES-200**

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

Instructor: Jeff Gwitz

Reference Number: 20726

Date: 01/25/2010 to 05/03/2010 (M) (No class 3/15)

Time: 6:00 PM to 7:30 PM

Fee: \$260.20

Location: KSU Ahearn Fieldhouse

**Intermediate Fencing****RRES-200**

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

Instructor: Jeff Gwitz

Reference Number: 20727

Date: 01/25/2010 to 05/03/2010 (M) (No class 3/15)

Time: 7:30 PM to 9:00 PM

Fee: \$260.20

Location: KSU Ahearn Fieldhouse

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

This course is designed to give individuals the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over. The course will also address the recognition, prevention and control of possible health and safety issues, both in the workplace and personally, including topics such as Ergonomics, Slips, Trips, and Falls, Workplace Violence Awareness, Back Injury Prevention, Managing Stress, and Heart Health. Books and supplies are included in class fees.

Instructor: Henry Brown

Reference Number: 20498

Date: 01/23/2010 to 01/24/2010 (Sa/Su)

Time: Noon to 7:30 PM

Fee: \$314

Location: UFM Banquet Room, 1221 Thurston

Reference Number: 20499

Date: 01/30/2010 to 01/31/2010 (Sa/Su)

Time: Noon to 7:30 PM

Fee: \$314

Location: UFM Banquet Room, 1221 Thurston

Reference Number: 20500

Date: 03/06/2010 to 03/07/2010 (Sa/Su)

Time: Noon to 7:30 PM

Fee: \$314

Location: UFM Banquet Room, 1221 Thurston

Reference Number: 20501

Date: 03/27/2010 to 03/28/2010 (Sa/Su)

Time: Noon to 7:30 PM

Fee: \$314

Location: UFM Banquet Room, 1221 Thurston

Reference Number: 20505

Date: 04/03/2010 to 04/04/2010 (Sa/Su)

Time: Noon to 7:30 PM

Fee: \$314

Location: UFM Banquet Room, 1221 Thurston

Reference Number: 20507

Date: 04/10/2010 to 04/11/2010 (Sa/Su)

Time: Noon to 7:30 PM

Fee: \$314

Location: UFM Banquet Room, 1221 Thurston





**FIRST AID/CPR CONTINUED**

Reference Number: 20479

Date: 04/17/2010 to 04/18/2010 (Sa/Su)  
 Time: Noon to 7:30 PM  
 Fee: \$314  
 Location: UFM Banquet Room, 1221 Thurston

Reference Number: 20478

Date: 04/24/2010 to 04/25/2010 (Sa/Su)  
 Time: Noon to 7:30 PM  
 Fee: \$314  
 Location: UFM Banquet Room, 1221 Thurston

Reference Number: 20506

Date: 05/01/2010 to 05/02/2010 (Sa/Su)  
 Time: Noon to 7:30 PM  
 Fee: \$314  
 Location: UFM Banquet Room, 1221 Thurston

**Fitball Fusion**

**RRES-200**

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

Instructor: Jenni Brenner

Reference Number: 20728

Date: 01/14/2010 to 03/04/2010 (Tu/Th)  
 Time: 10:00 AM to 11:00 AM  
 Fee: \$338  
 Location: Mercy Fitness West, 315 Seth Childs Rd

Reference Number: 20729

Date: 03/09/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)  
 Time: 10:00 AM to 11:00 AM  
 Fee: \$338  
 Location: Mercy Fitness West, 315 Seth Childs Rd

**Fitness Swimming**

**RRES-200**

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

Instructor: Melissa Copp, mcopp@ksu.edu

Reference Number: 20481

Date: 01/26/2010 to 03/11/2010 (Tu/Th)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$264.20  
 Location: Natatorium, KSU Campus

Reference Number: 20482

Date: 03/23/2010 to 05/06/2010 (Tu/Th)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$264.20  
 Location: Natatorium, KSU Campus

**Fly Fishing**

**RRES-200**

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

Instructor: Paul Sodamann, (785) 494-2340

Reference Number: 20609

Date: 04/05/2010 to 04/15/2010 (M-Th)  
 Time: 6:00 PM to 8:00 PM  
 Fee: \$268.20  
 Location: KSU Durland Hall Room 1061

# K-STATE LEADS

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### k-state evening

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

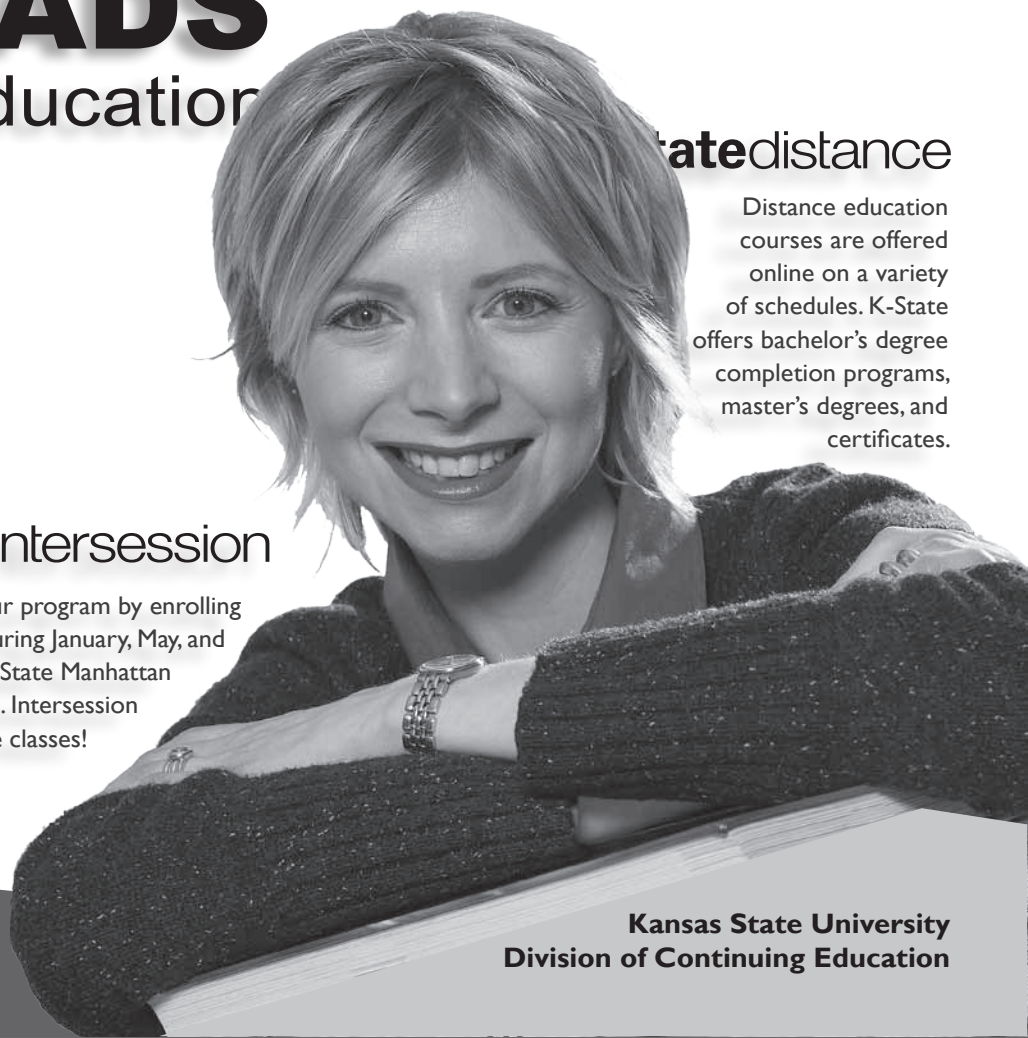
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**Kansas State University**  
**Division of Continuing Education**





**FLY FISHING CONTINUED**

Reference Number: 20608

Date: 04/19/2010 to 04/29/2010 (M-Th)

Time: 6:00 PM to 8:00 PM

Fee: \$268.20

Location: KSU Durland Hall Room 1061

**Golf****RRES-200**

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

Instructor: Jim Gregory, (785) 539-1041

Reference Number: 20610

Date: 03/02/2010 to 04/27/2010 (Tu) (No class 3/16)

Time: 2:30 PM to 4:30 PM

Fee: \$358

Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 20613

Date: 03/03/2010 to 04/28/2010 (W) (No class 3/17)

Time: 1:30 PM to 3:30 PM

Fee: \$358

Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 20611

Date: 03/03/2010 to 04/28/2010 (W) (No class 3/17)

Time: 5:30 PM to 7:30 PM

Fee: \$358

Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Reference Number: 20612

Date: 03/04/2010 to 04/29/2010 (Th) (No class 3/18)

Time: 9:30 AM to 11:30 AM

Fee: \$358

Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

**Golf in Junction City****RRES-200**

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

Instructor: Jim Peterson

Reference Number: 20614

Date: 03/02/2010 to 04/27/2010 (Tu) (No class 3/16)

Time: 5:00 PM to 7:00 PM

Fee: \$358

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

Reference Number: 20615

Date: 03/03/2010 to 04/28/2010 (W) (No class 3/17)

Time: 5:00 PM to 7:00 PM

Fee: \$358

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

**Indoor Cycling****RRES-200**

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

Instructor: Jenni Brenner

Reference Number: 20601

Date: 01/20/2010 to 03/10/2010 (M/W)

Time: 1:00 PM to 2:00 PM

Fee: \$338

Location: Mercy Fitness West, 315 Seth Childs Rd

Reference Number: 20602

Date: 03/22/2010 to 05/05/2010 (M/W)

Time: 1:00 PM to 2:00 PM

Fee: \$338

Location: Mercy Fitness West, 315 Seth Childs Rd

**Judo I****RRES-200**

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

Instructor: Isaac Wakabayashi

Reference Number: 20688

Date: 01/14/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)

Time: 8:00 PM to 9:00 PM

Fee: \$239.20

Location: KSU Ahearn Room 302

**Judo II****RRES-200**

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

Instructor: Isaac Wakabayashi

Reference Number: 20689

Date: 01/14/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)

Time: 9:00 PM to 10:00 PM

Fee: \$239.20

Location: KSU Ahearn Room 302

**Lifeguard Instructor****RRES-200**

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

Instructor: Carol Russell, [iteach@ksu.edu](mailto:iteach@ksu.edu)

Reference Number: 20724

Dates: 04/09/2010 to 4/24/2010 (M/F/Sa)

Time: Precourse: 4/9 from 6:00 PM to 8:00 PM (F)

4/10 from 8:00 AM to 6:00 PM (Sa)

4/12 (M) &amp; 4/23 (F) from 4:00 PM to 8:00 PM

4/17 &amp; 4/24 from 8:00 AM to 6:00 PM (Sa)

Fee: \$539.40 for 2 hours KSU Credit

Location: Natatorium, KSU Campus

**Lifeguard Training****RRES-200**

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

Instructor: Carol Russell, [iteach@ksu.edu](mailto:iteach@ksu.edu)

Reference Number: 20723

Date: 04/12/2010 to 04/24/2010 (M/F/Sa)

Time: Precourse: 4/12 from 6:00 PM to 7:30 PM (M)

4/16 &amp; 4/23 from 4:00 PM to 8:00 PM (F)

4/17 &amp; 4/24 from 8:00 AM to 6:00 PM (Sa)

Fee: \$510.40

Location: Natatorium, KSU Campus





## Responding to Emergencies

### RRES-200

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

Reference Number: 20480

Date: 02/06/2010 to 02/20/2010 (Su/Sa)  
Time: Noon to 6:30 PM  
Fee: \$628 for 2 Hours KSU Credit  
Location: UFM Banquet room, 1221 Thurston

## Scuba Diving

### RRES-200

This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$75.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own 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 nonrefundable materials fee of \$50 for withdrawing from the class after the first day.  
Instructor: Jeff Wilson, (785) 313-4231, wheatlandsports@twinvalley.net

Reference Number: 20619

Date: 01/25/2010 to 03/01/2010 (M)  
Time: 6:00 PM to 10:00 PM  
Fee: \$416.20  
Location: Natatorium, KSU Campus

Reference Number: 20625

Date: 03/22/2010 to 04/26/2010 (M)  
Time: 6:00 PM to 10:00 PM  
Fee: \$416.20  
Location: Natatorium, KSU Campus

Reference Number: 20624

Date: 01/23/2010 to 03/06/2010 (Sa) (No class 2/6)  
Time: 9:30 AM to 1:30 PM  
Fee: \$416.20  
Location: Natatorium, KSU Campus

## Tae Kwon Do I

### RRES-200

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

Reference Number: 20508

Date: 01/14/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)  
Time: 6:30 PM to 7:30 PM  
Fee: \$314  
Location: Sun Yi's Academy, 1650 Hayes Dr

## Tennis

### RRES-200

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

Reference Number: 20621

Date: 02/02/2010 to 04/20/2010 (Tu) (No class 3/16)  
Time: 1:30 PM to 3:00 PM  
Fee: \$322  
Location: Cottonwood Racket Club, 3615 Claflin Rd

## TENNIS CONTINUED

Reference Number: 20622

Date: 02/03/2010 to 04/21/2010 (W) (No class 3/17)  
Time: 1:30 PM to 3:00 PM  
Fee: \$322  
Location: Cottonwood Racket Club, 3615 Claflin Rd

## Total Body Toning

### RRES-200

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

Reference Number: 21161

Date: 01/20/2010 to 03/10/2010 (M/W)  
Time: 10:30 AM to 11:30 AM  
Fee: \$338  
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 21160

Date: 03/22/2010 to 05/05/2010 (M/W)  
Time: 10:30 AM to 11:30 AM  
Fee: \$338  
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 21156

Date: 01/14/2010 to 03/04/2010 (Tu/Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$338  
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 21157

Date: 03/09/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)  
Time: 7:00 PM to 8:00 PM  
Fee: \$338  
Location: Pro Fitness, 1125 Laramie St.

Instructor: Diana Knox

Reference Number: 20733

Date: 01/14/2010 to 03/04/2010 (Tu/Th)  
Time: 9:30 AM to 10:30 AM  
Fee: \$338  
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20732

Date: 01/14/2010 to 03/04/2010 (Tu/Th)  
Time: 1:30 PM to 2:30 PM  
Fee: \$338  
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20736

Date: 01/20/2010 to 03/10/2010 (M/W)  
Time: 12:00 PM to 1:00 PM  
Fee: \$338  
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20712

Date: 03/09/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)  
Time: 9:30 AM to 10:30 AM  
Fee: \$338  
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20711

Date: 03/09/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)  
Time: 1:30 PM to 2:30 PM  
Fee: \$338  
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20734

Date: 03/22/2010 to 05/05/2010 (M/W)  
Time: 12:00 PM to 1:00 PM  
Fee: \$338  
Location: Pro Fitness, 1125 Laramie St.





**TOTAL BODY TONING CONTINUED**

Instructor: Daryl Bussen

Reference Number: 20626

Date: 01/20/2010 to 03/10/2010 (M/W)

Time: 4:20 PM to 5:20 PM

Fee: \$338

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20627

Date: 03/22/2010 to 05/05/2010 (M/W)

Time: 4:20 PM to 5:20 PM

Fee: \$338

Location: Pro Fitness, 1125 Laramie St.

Instructor: Jenni Brenner

Reference Number: 20704

Date: 01/20/2010 to 03/10/2010 (M/W)

Time: 10:00 AM to 11:00 AM

Fee: \$338

Location: Mercy Fitness West, 315 Seth Childs Rd

Reference Number: 20702

Date: 01/20/2010 to 03/10/2010 (M/W)

Time: 11:30 AM to 12:30 PM

Fee: \$338

Location: Mercy Fitness West, 315 Seth Childs Rd

Reference Number: 20703

Date: 03/22/2010 to 05/05/2010 (M/W)

Time: 10:00 AM to 11:00 AM

Fee: \$338

Location: Mercy Fitness West, 315 Seth Childs Rd

Reference Number: 20701

Date: 03/22/2010 to 05/05/2010 (M/W)

Time: 11:30 AM to 12:30 PM

Fee: \$338

Location: Mercy Fitness West, 315 Seth Childs Rd

**Turbo Kick™**

**RRES-200**

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

Instructor: Jenni Brenner

Reference Number: 20623

Date: 01/14/2010 to 03/04/2010 (Tu/Th)

Time: 4:00 PM to 5:00 PM

Fee: \$338

Location: Mercy Fitness West, 315 Seth Childs Rd

Reference Number: 20628

Date: 03/09/2010 to 05/06/2010 (Tu/Th)

Time: 4:00 PM to 5:00 PM

Fee: \$338

Location: Mercy Fitness West, 315 Seth Childs Rd

**Water Safety Instructor**

**RRES-200**

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

Instructor: Carol Russell, [iteach@ksu.edu](mailto:iteach@ksu.edu)

Reference Number: 20725

Dates: 04/26/2010 to 5/08/2010 (M/F/Sa)

Time: 4/26 from 6:00 PM to 9:00 PM (M)

4/30 from 6:00 PM to 9:00 PM (F)

5/1 & 5/8 from 8:00 AM to 6:00 PM (Sa)

5/3 from 4:00 PM to 9:00 PM (M)

5/7 from 4:00 PM to 8:00 PM (F)

Fee: \$518.40 for 2 hours KSU Credit

Location: Natatorium, KSU Campus

**Yogilates**

**RRES-200**

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](mailto:dknox@ksu.edu)

Reference Number: 20719

Date: 01/14/2010 to 03/04/2010 (Tu/Th)

Time: 12:00 PM to 1:00 PM

Fee: \$338

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20718

Date: 01/14/2010 to 03/04/2010 (Tu/Th)

Time: 7:00 PM to 8:00 PM

Fee: \$338

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20629

Date: 01/20/2010 to 03/10/2010 (M/W)

Time: 9:00 AM to 10:00 AM

Fee: \$338

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20722

Date: 01/20/2010 to 03/10/2010 (M/W)

Time: 1:30 PM to 2:30 PM

Fee: \$338

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20716

Date: 03/09/2010 to 05/06/2010 (Tu/Th) (No class 3/16, 3/18)

Time: 12:00 PM to 1:00 PM

Fee: \$338

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20721

Date: 03/22/2010 to 05/05/2010 (M/W)

Time: 9:00 AM to 10:00 AM

Fee: \$338

Location: Pro Fitness, 1125 Laramie St.

Reference Number: 20720

Date: 03/22/2010 to 05/05/2010 (M/W)

Time: 1:30 PM to 2:30 PM

Fee: \$338

Location: Pro Fitness, 1125 Laramie St.

**Zumba**

**RRES-200**

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

Instructor: Jenni Brenner

Reference Number: 20730

Date: 01/14/2010 to 03/04/2010 (Tu/Th)

Time: 1:00 PM to 2:00 PM

Fee: \$338

Location: Mercy Fitness West, 315 Seth Childs Rd

Reference Number: 20731

Date: 03/09/2010 to 05/06/2010 (Tu/Th)

Time: 1:00 PM to 2:00 PM

Fee: \$338

Location: Mercy Fitness West, 315 Seth Childs Rd



# THANKS FOR YOUR SUPPORT!!

We wish to thank the following contributors to UFM, the Lou Douglas Lecture Series and Flint Hills Community Radio for their financial contributions during 2009. These donations help underwrite general operating costs, lecture expenses and program development costs that make UFM program services, the Lou Douglas Lectures, and the creation of KONZ possible.

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UFM Can Accept Donations in Many Forms. We will be glad to find a way to make a UFM donation fit your budget and convenience.

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

What Will Your Donation Buy? Gifts to UFM may be designated in several ways.

- General Operations -- Keeps the catalog coming with a wide array of class choices and supports service projects.
- Endowment Fund -- Supports long-term program success.
- Scholarship Fund -- Provides scholarships to adults and children with financial challenges.
- Program/Series Sponsorship -- Sponsor a class, a series, or an entire section of the catalog that interests you.
- Donate to the KONZ Radio Equipment Fund. Every dollar you donate is matched by three dollars from the federal government.
- Donate to the KONZ Operations Fund to help get KONZ on the air!

Call Linda at 785.539.8763 for details and to discuss options.



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

\_\_\_\_\_ I would like to be billed in \_\_\_\_\_ installments.

\_\_\_\_\_ Call me regarding a gift to UFM.

Designate my gift to: \_\_\_\_\_ UFM General Fund  
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Name: \_\_\_\_\_ (H) \_\_\_\_\_  
 Address: \_\_\_\_\_ (W) \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

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





# 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 POLICIES FOR KSU CREDIT CLASSES

### CREDIT REGISTRATION REFUNDS:

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

### CREDIT ENROLLMENT FEE:

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

### DISABILITY SUPPORT SERVICES:

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

## 2010 SPRING 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.

Carla Barta	Gregg Eyestone	Diana Knox	Karen Sanders	Donna Wilkins
Scott Bean	Bill Fraley	Tom Korte	Dominique Saunders	Jeff Wilson
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UFM would like to acknowledge and thank The Manhattan Mercury for their support and catalog printing.

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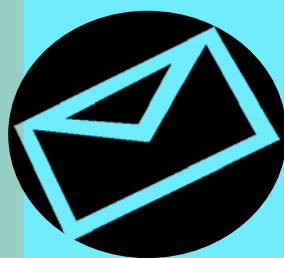
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# Ways to Register



Visit our secure website:  
[www.tryufm.org](http://www.tryufm.org)  
 CLICK on non-credit classes and register online for any class. VIEW class descriptions, times and dates.



Complete the form below and mail it with your check, money order or credit card information to: UFM Class Registrations, 1221 Thurston St., Manhattan, KS 66502-5299.



Call 539.8763 during business hours and use your Mastercard, Visa or Discover. Please have your card number and expiration date.



Stop by the UFM House, 1221 Thurston, between 8:30-Noon & 1:00-5:00 PM (Monday through Friday)



**UFM** 1221 THURSTON 539-8763  
 Manhattan, KS 66502

**UFM** 1221 THURSTON 539-8763  
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## UFM Community Learning Center

Registration Form

 1221 Thurston Manhattan, KS 66502 539-8763 

Student Name \_\_\_\_\_ Day Phone \_\_\_\_\_

Address \_\_\_\_\_ Evening Phone \_\_\_\_\_

City \_\_\_\_\_ State **KS** Zip \_\_\_\_\_ Email \_\_\_\_\_

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

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) \_\_\_\_\_

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

Where did you obtain your catalog? \_\_\_\_\_

A class I would like offered \_\_\_\_\_

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


Signature\*\* Date \_\_\_\_\_

\*\*Signature of Parent or Guardian required for minors.

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