



Intro to Photography class with Scott Bean

| **WHAT'S INSIDE** |

- ARABIC LANGUAGE**
- BRAIN GYM®**
- GRE PREP COURSE**
- BABYSITTERS CLINIC**
- AYO! MAKANAN INDONESIA!**
- PET FIRST AID & SAFETY**
- WIRE JEWELRY WORKSHOP**
- CREATIVE WRITING CLASSES**
- SPANISH**
- SEWING**
- THAI YOGA**
- BAREKNUCKLES BOOTCAMP**
- YOUTH BOXING**
- AND MORE!**

OR CURRENT RESIDENT

UFM SUMMER 2010



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

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TABLE OF CONTENTS

AQUATICS 3
CAREER & FINANCE 6
CREATIVE FREE TIME 7
EARTH & NATURE 10
FUN FOODS 11
HEALTH & WELLNESS 12
LANGUAGE 14
MARTIAL ARTS 15
PERSONAL INTEREST 16
RECREATION & FITNESS 17
YOUTH 20
KSU CREDIT CLASSES 22
UFM GENERAL INFORMATION 23

**WELCOME
TO UFM**

Summers in Manhattan are a great time to get together with friends, learn a new hobby, or try a fun new activity.

UFM enjoys the summer too! We get a break from the grind and recharge. But this doesn't mean we stop offering classes for the campus and community during the summer...

In fact, we offer as many classes in the summer as we do in the fall or spring, give or take a few. Imagine offering over 250 classes in 3 months!

If you do one thing this summer, try **UFM!**

LINDA TEENER, UFM EXECUTIVE DIRECTOR

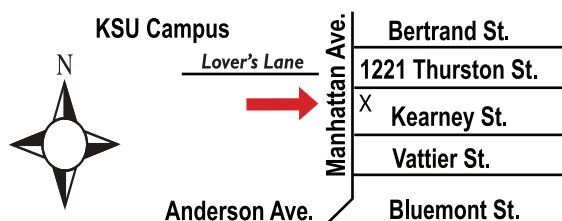


THANK YOU FOR **20** OUTSTANDING YEARS OF SERVICE AT UFM AND TO THE MANHATTAN COMMUNITY. WE LOOK FORWARD TO MANY, MANY MORE!!
& CONGRATULATIONS FOR BEING THE 2010 RECIPIENT OF THE SUSAN M. SCOTT COMMUNITY SERVICE LEADERSHIP AWARD FROM K-STATE'S SCHOOL OF LEADERSHIP STUDIES.

UFM OFFICE HOURS

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

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



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.

UFM MISSION

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



AQUATICS



LEARN TO SWIM CLASSES

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

LOCATION: K-State 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 NOT available before 5 pm during the weekdays on campus or parking lots without a K-State permit. K-State Parking Services (532-7275) located in Parking Garage offers daily (\$4/day) and weekly parking passes, metered parking for an hourly fee of \$1.50 or park on side streets after 9 am for morning classes.

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)

Session A: Monday - Thursday, June 7 - June 17
 Session B: Monday - Thursday, June 21 - July 1
 *Session C: Monday - Thursday, July 6 - July 15
 *(No class Monday 7/5, but will have class on Friday 7/9)
 Session D: Monday - Thursday, July 19 - July 29

Beginning & Ending Dates (Parent and Child Aquatics, Tot Transition and Private Swim Lessons)

Session A1: Monday - Thursday, June 7 - June 10
 Session A2: Monday - Thursday, June 14 - June 17

Session B1: Monday - Thursday, June 21 - June 24
 Session B2: Monday - Thursday, June 28 - July 1

Session C1: Tuesday - Friday, July 6 - July 9
 Session C2: Monday - Thursday, July 12 - July 15

Session D1: Monday - Thursday, July 19 - July 22
 Session D2: Monday - Thursday, July 26 - July 29

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 (4 lessons)

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

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

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

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

Tot Transition (3-4 yrs)

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

Fee: \$29.00 per session (4 lessons)

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

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

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

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

Level I: Introduction to Water Skills

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

Fee: \$54.00 per session (8 lessons)

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

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

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

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

Level II: Fundamental Aquatic Skills

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



Fee: \$54.00 per session (8 lessons)

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

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

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

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

Level III: Stroke Development

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

Fee: \$54.00 per session (8 lessons)

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

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

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

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

Level IV: Stroke Improvement

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

Fee: \$54.00 per session (8 lessons)

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

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

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

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



Level V: Stroke Refinement

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

Fee: \$54.00 per session (8 lessons)

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

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

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

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

Level VI: Swimming and Skill Proficiency

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

Fee: \$54.00 per session (8 lessons)

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

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

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

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

Adult Swim Lessons

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

Fee: \$54.00 per session (8 lessons)

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

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

Lap Swimming: Ages 13+

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

Fee: \$19.00 per session (8 times)

Session A: Monday - Thursday
 AQLSA1 9:00 AM to 11:30 AM
 AQLSA3 5:30 PM to 7:30 PM

Session B: Monday - Thursday
 AQLSB1 9:00 AM to 11:30 AM
 AQLSB3 5:30 PM to 7:30 PM

*Session C: Tuesday - Friday
 AQLSC1 9:00 AM to 11:30 AM
 AQLSC3 5:30 PM to 7:30 PM

Session D: Monday - Thursday
 AQLSD1 9:00 AM to 11:30 AM
 AQLSD3 5:30 PM to 7:30 PM

Lap Swimming for Parents

Are you tired of being just an observer at your child's swimming lesson? If so, then take advantage of the time you spend watching and enroll in Lap Swimming at a special price. This class will meet every day your child is enrolled in swimming lessons. In this class you will be able to swim laps to meet your own needs and goals. You may choose your 40-minute block of time during the scheduled times below.

Fee: \$16.00 per session (8 times)

Session A: Monday - Thursday
 AQLPA1 9:00 AM to 11:30 AM
 AQLPA3 5:30 PM to 7:30 PM

Session B: Monday - Thursday
 AQLPB1 9:00 AM to 11:30 AM
 AQLPB3 5:30 PM to 7:30 PM

*Session C: Tuesday - Friday
 AQLPC1 9:00 AM to 11:30 AM
 AQLPC3 5:30 PM to 7:30 PM

Session D: Monday - Thursday
 AQLPD1 9:00 AM to 11:30 AM
 AQLPD3 5:30 PM to 7:30 PM



Shallow/Deep Water Exercise 10BAQSHD

These are 50-minute water exercise classes that use water resistance to give participants a great workout. These classes are designed to use water for the development of physical fitness, muscle tone, flexibility and cardiovascular endurance. Shallow Water exercise is done in a vertical position with head and shoulders out of the water. Both the swimmer and the non-swimmer will benefit from this class.

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

*Deep Water only meets on Tues/Thurs.

***NOTE: Punch cards are required and will be available at class. Please arrive early as classes may fill quickly.

Session AQSHD: 06/07/2010 to 07/29/2010 (No class 7/5)
 Monday - Thursday (6:10pm - 7:00pm)

Fee: \$20 for 8 classes
 \$28 for 16 classes
 \$34 for 24 classes

UFM offers Lifeguard Review and CPR Review for the Professional Rescuer on Sunday, May 16.

For more info, visit www.tryufm.org or call 539.8763!!



Private Swim Lessons 10BAQ103

Private lessons provide one-on-one instruction for any level of swimmer. Sessions include four 35-minute lessons and occur M-Th, except for Session C1. 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 Morning and Evening Private Lessons:

AQ103A1: Mon. - Thur., June 7 - June 10
 AQ103A2: Mon. - Thur., June 14 - June 17

AQ103B1: Mon. - Thur., June 21 - June 24
 AQ103B2: Mon. - Thur., June 28 - July 1

*AQ103C1: Tues. - Fri., July 6 - July 9
 AQ103C2: Mon. - Thur., July 12 - July 15

AQ103D1: Mon. - Thur., July 19 - July 22
 AQ103D2: Mon. - Thur., July 26 - July 29

Times for morning classes:

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

Times for all evening classes:

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

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

Open Swim Appreciation 10BAQ31A

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

Date: 06/27/2010 (Su)
 Time: 5:00 PM to 7:00 PM
 Fee: No Charge
 Location: Natatorium, K-State Campus



Open Swim Appreciation 10BAQ31B

Date: 07/25/2010 (Su)
 Time: 5:00 PM to 7:00 PM
 Fee: No Charge
 Location: Natatorium, K-State Campus

Lifeguard Training 10AAQ35B

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. Required materials cost is \$54 and are not included in fee; please pick up at UFM, 1221 Thurston St. before class begins.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 06/04/2010 to 06/06/2010 (F-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, K-State Campus

Lifeguard Training 10BAQ35

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 05/14/2010 to 05/16/2010 (F-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, K-State Campus

Scuba Diving 10BAQ105AZ

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

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

Date: 06/07/2010 to 07/19/2010 (M)
 (No class 7/5)

Time: 5:30 PM to 9:30 PM
 Fee: \$257.00
 Location: Natatorium, K-State 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: 06/04/2010 (F)
 Time: 12:00 PM to 5:00 PM

Fee: \$25.00
 Location: Natatorium, K-State Campus



Professional Certification Courses

UFM offers a wide variety of professional certification courses ranging from CPR and First Aid to *Lifeguard Instructor/Training, *Water Safety Instructor Training, *Responding to Emergencies and many others.

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 need to renew their certification.

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

**Manhattan
 Marlins
 Swim Team**



A nonprofit organization dedicated to providing children the chance to participate in competitive swimming. Primary emphasis is on positive self-image, physical conditioning and development to the child's fullest potential.

Ages: 5 years through college

www.manhattanmarlins.org

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

CAREER & FINANCE

GRE Prep Course

10BFC06

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: 06/07/2010 to 07/19/2010 (M/W)
(No class 7/5)
Time: 6:00 PM to 8:00 PM
Fee: \$270.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

iPhone and iPod Apps

10BFC100

They have an app for that! There are over 100,000 applications for iPhones and iPods. Applications range from AIM to Movies to Zombieville USA and everything in between. They can be extremely useful for people in all walks of life. They can streamline activities and errands, occupy upset children at a restaurant, and help people prepare for their future. Participants should bring their iPhone or iPod as well as their library card to access the App Store. This class is for all ages. Participants must be 18+ unless accompanied by an adult.

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: 06/19/2010 to 06/19/2010 (Sa)
Time: 10:00 AM to 12 N
Fee: \$12.00
Location: Manhattan Public Library
Computer Classroom, 629 Poyntz Ave.

Glogster

10BFC101

It's a sign of the times! Blogging has gone to Glogging! Glogster is a fast and simple way to share your videos, pictures, and text with the world-or just your friends. Learn what Glogster is, how to set up a Glogster page, how to share it, and the difference between the educational Glogster and the public Glogster. Participants are welcome to bring videos, photos, and text to upload to their own Glogster page. Please bring items on a flash drive or email them to the instructor prior to class. This class is for all ages. Participants must be 10+ unless accompanied by an adult.

Instructor: Amy Trujillo, amyellen@me.com

Date: 06/08/2010 to 06/08/2010 (T)
Time: 5:30 PM to 7:30 PM
Fee: \$12.00
Location: Manhattan Public Library
Computer Classroom, 629 Poyntz Ave.



Youblisher

10BFC102

In this digital age of reading, are you afraid that books are falling to the wayside? Fear no more! Youblisher bridges the digital age with the romance of turning the pages of your favorite book. It converts PDF documents to a page turning file on the Internet. The document/link can be shared with clients, parents, or family members. This is a great way to publicize a business, organization, or student's writing. To top it off, Youblisher is free and green! Participants are welcome to bring Word files or PDF files to the class to upload to Youblisher. This class is for all ages. Participants must be 10+ unless accompanied by an adult.

Instructor: Amy Trujillo, amyellen@me.com

Date: 08/07/2010 to 08/07/2010 (Sa)
Time: 12 N to 2:00 PM
Fee: \$12.00
Location: Manhattan Public Library
Computer Classroom, 629 Poyntz Ave.



Like UFM? Check us out on Facebook!
[facebook.com/UFMCLC](https://www.facebook.com/UFMCLC)

Look for special promotions and discounts for fans!!

Twitter 101

10BFC63

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

Instructor: Amy Trujillo, amyellen@me.com

Date: 08/14/2010 to 08/14/2010 (Sa)
Time: 10:00 AM to 12 N
Fee: \$12.00
Location: Manhattan Public Library
Computer Classroom
629 Poyntz Ave.

Facebook

10BFC64

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

Instructor: Amy Trujillo, amyellen@me.com

Date: 06/05/2010 to 06/05/2010 (Sa)
Time: 12 N to 2:00 PM
Fee: \$12.00
Location: Manhattan Public Library
Computer Classroom
629 Poyntz Ave.



CREATIVE FREE TIME

Beginning Knitting 10BCF05A

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

Instructor: Kennita Tully, (785) 537-1826

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

Date: 06/22/2010 to 07/13/2010 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting 10BCF05B

Instructor: Kennita Tully, (785) 537-1826

Date: 07/20/2010 to 08/10/2010 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Brain Gym® 101 Core Course 10BCF29

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

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

26 Specific Movement Activities: Quick, simple physical movements that enhance specific skills. The 5-step Balance: This process targets a goal of your choice. Two Repatterning Sequences: Dennison Laterality Repatterning and Three Dimensional Repatterning "remind" different areas of your brain to work together synergistically. Class fee includes \$85 in materials. For more information log on to www.braingym.org. Deadline registration is May 24.
Instructor: Judy Metcalf, (571) 217-7736
kinlearn3jm@yahoo.com

Judy Metcalf has been using Brain Gym® since the early 1990s. She is licensed by Brain Gym® International to teach Brain Gym® 101 and several other Educational Kinesiology Foundation Courses. Her main interest is in intergenerational programs that are movement-based. You are invited to join her in "movement that grows the brain".

Date: 06/11/2010 to 06/26/2010 (F/Sa)
(No class 6/18 or 6/19)
Time: 9:00 AM to 4:30 PM
Fee: \$373.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



An Introduction to Brain Gym®: The Physical Skills of Comprehension 10BCF121

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

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

Participants will benefit from bringing simple goals/intentions related to comprehension.
Instructor: Judy Metcalf, (571) 217-7736
kinlearn3jm@yahoo.com

Date: 06/11/2010 (F)
Time: 9:30 AM to 4:00 PM
Fee: \$72.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



An Introduction to Brain Gym®: The Physical Skills of Organization 10BCF122

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

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

Participants will benefit from bringing simple goals/intentions related to organization.
Instructor: Judy Metcalf, (571) 217-7736
kinlearn3jm@yahoo.com

Date: 06/12/2010 (Sa)
Time: 9:30 AM to 4:00 PM
Fee: \$72.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Flint Hills PFLAG

(Parents, Families and Friends of Lesbians and Gays)



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

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

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

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

CREATIVE FREE TIME

An Introduction to Brain Gym®: The Physical Skills of Communication 10BCF123

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

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

Participants will benefit from bringing simple goals/intentions related to communication.
Instructor: Judy Metcalf, (571) 217-7736
kinlearn3jm@yahoo.com

Date: 06/25/2010 (F)
Time: 9:30 AM to 4:00 AM
Fee: \$72.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Sewing Basics - Basic Sewing Skills 10BCF58

We will construct a simple tote bag as you learn how to cut out a project, follow directions, and sew straight seams. Bring your sewing machine and sewing kit.
instructor: Linda Teener

Date: 07/13/2010 to 07/20/2010 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00
Location: UFM Multipurpose Room
1221 Thurston St.

Sewing Basics - Mending and Hand Sewing 10BCF60

Learn how to sew on a button, put in a hem, patch a hole, repair a popped seam and other hand and machine repair skills. Bring your sewing machine if you have one and a sewing kit. You may bring your own mending projects if you like.
Instructor: Linda Teener

Date: 07/06/2010 (Tu)
Time: 7:00 PM to 8:30 PM
Fee: \$12.00
Location: UFM Multipurpose Room
1221 Thurston St.

Beginning Guitar Class 10BCF104

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 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 Vacca, vaccamark@hotmail.com

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

Date: 06/07/2010 to 06/30/2010 (M/W)
Time: 5:30 PM to 6:30 PM
Fee: \$50.00
Location: UFM Fireplace Room
1221 Thurston St.

Intermediate Guitar 10BCF126

Intermediate Guitar Class is for those students who have a working knowledge of chord structure and scales. We will explore more theory and examine modes, along with some song analysis to "upgrade" their performance level and enjoyment of playing.

Instructor: Mark Vacca, vaccamark@hotmail.com

Date: 07/06/2010 to 07/29/2010 (Tu/Th)
Time: 5:30 PM to 6:30 PM
Fee: \$60.00
Location: UFM Fireplace Room
1221 Thurston St.

Fearless Creative Writing 10BCF105

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

The workshop atmosphere will feature lecture elements, in-class readings of appropriate published examples, and class discussion of creativity and how to kick-start it. Class will include handouts. Bring pen and paper and be prepared to work on in-class exercises.
Registration deadline is June 1.

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.

Date: 06/03/2010 (Th)
Time: 7:00 PM to 9:00 PM
Fee: \$22.00
Location: UFM Multipurpose Room
1221 Thurston St.

Fearless Character Development 10BCF106

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

The class will feature lecture elements, in-class readings of appropriate characterization passages from published stories, in-class discussion about memorable fiction characters. Class will include handouts and in-class writing exercises. Bring pen and paper and be prepared to work. Deadline registration is June 7.

Instructor: Linda Madl, lsmadl@att.net

Date: 06/10/2010 (Th)
Time: 7:00 PM to 9:00 PM
Fee: \$22.00
Location: UFM Multipurpose Room
1221 Thurston St.

Fearless Novel Plotting 10BCF107

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

The class will feature lecture elements, in-class readings of memorable openings and endings. Class will also include handouts and in-class writing exercises. Bring pen and paper and be prepared to work. Deadline registration is June 14.

Instructor: Linda Madl, lsmadl@att.net

Date: 06/17/2010 (Th)
Time: 7:00 PM to 9:00 PM
Fee: \$22.00
Location: UFM Multipurpose Room
1221 Thurston St.

View UFM catalog online at
www.tryufm.org



— Manhattan Arts Center —

Summer Arts

Half day and full day art camp.
Visit different countries around the world, learn about and create the art, theatre and music from each country.

Adult Ongoing Studios

Clay Open Studio
Watercolor Studio
The Writers' Studio



1520 Poyntz Ave
785-537-4420

www.manhattanarts.org
www.facebook.com/manhattanarts

Manhattan Experimental Theatre Workshop for High School Students

22nd Anniversary Season!
June 18 & 19

Improv & Comedy Workshops

for middle school and high school students.
June 21-25 (Improv)
July 12-16 (Comedy)

Summer Theatre

August 11-14

This summer in the MAC galleries:

April 17-May 28 **Parallel Tones: an exhibit in clay and word**
June 5-July 17 **MAC Watercolor Studio** * July 24-September 4 **Six Shooters**

KANSAS
ARTS COMMISSION

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

MANHATTAN
KANSAS



Wire Jewelry Workshop 10BCF119

The three workshops will teach you how to set non-drilled gem stones in metal wire to create pendants, bracelets, earrings and rings. The technique can be applied to precious metal to create fine jewelry. No machinery or heat source needed. Students need to bring flat nose, chain nose and round nose pliers plus wire cutters for crafters (all available at Hobby Lobby). Deadline registration is Wednesday, May 26.

Instructor: Cherry Leaym, (785) 537-0179 Ext 153 or (785) 341-8732, 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: 06/05/2010 to 06/19/2010 (Sa)
 Time: 1:30 PM to 5:00 PM
 Fee: \$54.00
 Location: UFM Multipurpose Room
 1221 Thurston St.



Introduction to Photography 2: Improving Your Composition 10BCF120

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

The class will be structured around the review and discussion of photographs taken during the class with the idea of helping students to think about creating photographs they wish to capture. Each class will be a review of the photos taken during the Saturday shooting trips and students will receive feedback.

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

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

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: 06/10/2010 to 07/01/2010 (Th/Sa)
 Time: 7:00 PM to 9:00 PM
 Fee: \$74.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Learn to Sell on eBay 10BCF124A

Learn the basics for selling personal items on eBay by setting up eBay and PayPal accounts, listing an item, and learning about shipping options. Participants can bring laptops or use computers at UFM. Other items needed for class: digital camera with memory card; at least one item to sell (should weigh less than 4 pounds); box and packing material for that item; tape measure; credit card and personal check (can be a cancelled check) with routing number and personal checking number-this is for your personal use and will not be shared with anyone in the class. Items prohibited: any kind of gun (even toys); alcohol; tobacco; Native American artifacts (unless you are a Native American).

Instructor: Cindy Burr, (785) 537-2268 or (785) 410-2544
 missions4peace@cox.net

Cindy Burr is director of The Gallery for Peace and Justice, a nonprofit organization located in Manhattan and has raised funds for several nonprofits in town using eBay to sell donated items.

Date: 06/03/2010 to 06/10/2010 (Th)
 Time: 7:00 PM to 8:30 PM
 Fee: \$15.00
 Location: UFM Computer Lab
 1221 Thurston St., 2nd floor

Learn to Sell on eBay 10BCF124B

Instructor: Cindy Burr, (785) 537-2268 or (785) 410-2544
 missions4peace@cox.net

Date: 07/08/2010 to 07/15/2010 (Th)
 Time: 7:00 PM to 8:30 PM
 Fee: \$15.00
 Location: UFM Computer Lab
 1221 Thurston St., 2nd floor

Manhattan Community Youth Scholarship Fund



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

All youth in preschool to 12th grade are eligible

Funded by the City of Manhattan Social Services Advisory Board and administered by UFM Community Learning Center

Call UFM Community Learning Center at 539-8763 or go to www.tryufm.org for more information

EARTH & NATURE

Wildflower Walks

at Tuttle Creek Lake

10BEN69A

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

Instructor: Paul Weidhaas, (785) 539-8511

Date: 05/22/2010 (Sa)
 Time: 1:30 PM to 3:30 PM
 Fee: No Charge
 Location: Tuttle Creek Lake Visitor's Center
 5020 Tuttle Creek Blvd

Wildflower Walks

at Tuttle Creek Lake

10BEN69B

Please preregister so that we will know how many persons to expect.

Instructor: Paul Weidhaas, (785) 539-8511

Date: 07/10/201 (Sa)
 Time: 1:30 PM to 3:30 PM
 Fee: No Charge
 Location: Tuttle Creek Lake Visitor's Center
 5020 Tuttle Creek Blvd



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, RAY'S APPLE MART and PEOPLES GROCERY)
3. ADJUST THERMOSTAT FOR THE SEASON
4. SWITCH TO COMPACT FLUORESCENT LIGHT BULBS
5. CHECK YOUR TIRE AIR PRESSURE (UNDERINFLATED TIRES REDUCE FUEL EFFICIENCY)

Circle of Simplicity

10BEN70

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

****NOTE TO STUDENTS:** Please purchase required textbook, "The Circle of Simplicity" for \$12.95 before class.

Enrollment fee of \$5 will cover the cost of the UFM eco-bag that you will receive at class. **

Instructor: Carla Barta, (785) 410-8608

Carol Barta is a librarian with the North Central Kansas Libraries System. She has been journeying toward simplicity for a dozen or so years.

Date: 06/03/2010 to 07/22/2010 (Th)
 Time: 7:30 PM to 9:00 PM
 Fee: \$5.00
 Location: UFM Solar Addition, 1221 Thurston St.



**RECYCLE
 THIS
 CATALOG!!**

kaf

Kansas Adoptive Families

www.ksfamilies.org • director@ksfamilies.org

**To provide resources and support to adoptive families;
 To create a community of adoptive families; and,
 To educate about the blessing of adoption.**

KAF is accepting donations of

- **New and gently used baby clothing (0-12 months)**
 - **Other baby goods (diapers, blankets, etc.)**
 - **Tax-deductible financial contributions**
- in order to fully launch its programs and services in this region.**

KAF services include: providing Special Deliveries kits of essential baby items to adoptive parents and educational, community and financial support for adoptive families

For more information or to donate or obtain services, email director@ksfamilies.org



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 *****



FUN FOODS

Thai Noodles 10BFF12A

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

Instructor: Chulee Yaeger, ccyaege@hotmail.com

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

Date: 07/10/2010 to 07/24/2010 (Sa)
 Time: 10:30 AM to 11:30 AM
 Fee: \$68.00
 Location: UFM Kitchen, 1221 Thurston St.

Thai Noodles 10BFF12B

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

Date: 07/31/2010 to 08/14/2010 (Sa)
 Time: 10:30 AM to 11:30 AM
 Fee: \$68.00
 Location: UFM Kitchen, 1221 Thurston St.



Healthy Cooking on a Budget 10BFF52

Come to Peoples Grocery to learn how to cook with healthy foods, including bulk grains, organic produce and specialty herbs & spices on a budget. Enrollment fee of \$5 will cover the cost of the UFM eco-bag that you will receive at class. Co-instructors are Jennifer Guilford, 1veggielady@gmail.com and Dolly Gudder

Date: 06/26/2010 (Sa)
 Time: 11:00 AM to 1:00 PM
 Fee: \$5.00
 Location: People's Grocery, 17th & Yuma

A Taste of Turkish Cuisine 10BFF61

Turkish Cuisine is the heritage of Ottoman cuisine, which can be described as a fusion and refinement of Central Asia, Middle Eastern and Balkan cuisines. In the class, a mixture of regions of the Black Sea and western part of Mediterranean cuisine will be prepared. It will be a full dinner, including soup, main dish, side dishes, dessert and traditional Turkish coffee.

Instructor: Pinar Dagtepe, pinard@ksu.edu

Pinar Dagtepe is a graduate student in Chemistry at K-State. She is originally from south of Turkey, but also lived in western part of Turkey by the Aegean Sea. She loves Mediterranean cuisine and enjoys cooking.

Date: 06/05/2010 (Sa)
 Time: 5:00 PM to 8:00 PM
 Fee: \$29.00
 Location: UFM Kitchen, 1221 Thurston St.

Ayo! Makanan Indonesia! 10BFF62

Ayo Makanan Indonesia! (Let's Go Indonesian Food!) will sample a variety of Indonesian dishes from different islands such as Sulawesi, Java and Bali. The class is vegetarian friendly and will feature as many local, organic and fresh ingredients as possible. Learn about the culture and cuisine of this fascinating country as we combine fresh vegetables and fruits with tasty spices and herbs. Deadline for registration is June 7.

Instructor: Kendra Staley

Kendra Staley lived in Indonesia for two years while teaching ESL (English as a Secondary Language).

Date: 06/11/2010 (F)
 Time: 7:00 PM to 9:00 PM
 Fee: \$29.00
 Location: UFM Kitchen, 1221 Thurston St.



ORGANIC & NATURAL FOODS!

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

- Produce
- Bulk Grains & Flour
- Dairy Products
- Vegetarian Items
- Gluten-Free Foods
- Huge Variety of Herbs and Spices
- Fresh Ground Peanut Butter
- Organic Meats
- Full Service Deli
- Wide selection of Vitamins & Supplements
- Cruelty Free Health & Beauty Aids



Join us in helping promote an ethical system of food production. Feed your family the cleanest and healthiest food possible

- Organic Clothing
- Locally Owned / low co-op prices

*If we don't have it, we can get it for you!
 Always happy to take special orders*

PEOPLE'S GROCERY & DELI

523 S. 17th (Corner of Yuma & 17th)
 Manhattan 785-539-4811



HEALTH & WELLNESS

Living the Art: Jin Shin Jyutsu 10BHW08A

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

Instructor: Kate Cashman, (785) 537-1911

Kate Cashman, certified Jin Shin Jyutsu practitioner and self-help instructor, first learned about JSJ at a 1998 UFM class. She has been studying and sharing the art ever since.

Date: 06/14/2010 to 06/28/2010 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$26.00
Location: 1421 Colorado Street

Living the Art: Jin Shin Jyutsu 10BHW08B

Participants need to bring sack lunch.
Instructor: Kate Cashman, (785) 537-1911

Date: 07/10/2010 (Sa)
Time: 10:00 AM to 4:00 PM
Fee: \$26.00
Location: 1421 Colorado Street

Jin Shin Jyutsu and Our Animal Friends 10BHW103

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

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

Date: 06/12/2010 to 06/19/2010 (Sa)
Time: 2:00 PM to 4:00 PM
Fee: \$14.00
Location: 1421 Colorado Street

Jin Shin Jyutsu: Geneen Roth and Weight Loss 10BHW104

This class will be about getting to know and help ourselves, focusing on self awareness, using Geneen Roth's writings, specific flows and practices from the art of Jin Shin Jyutsu. We will be examining our ideas and emotions about food and eating, and finding other ways to nurture ourselves. This class will be ongoing and dates will be set up at first meeting. Please note, this class is NOT about dieting.
Instructor: Kate Cashman, (785) 537-1911

Date: 06/01/2010 (Tu)
Time: 7:00 PM to 8:00 PM
Fee: \$12.00
Location: 1421 Colorado Street

Beginning Yoga 10BHW15AZ

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

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

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

Date: 06/02/2010 to 07/28/2010 (W/M)
(No class 7/5)
Time: 3:00 PM to 4:00 PM
Fee: \$99.00
Location: K-State Ahearn Room 302, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Yoga Over Forty 10BHW99A

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: 06/01/2010 to 07/27/2010 (Tu)
(No class 7/6)
Time: 5:30 PM to 6:30 PM
Fee: \$80.00
Location: Yoga Connection, 321 Poyntz Ave, Ste A

Yoga Over Forty 10BHW99B

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

Date: 07/13/2010 to 08/31/2010 (Tu)
Time: 5:30 PM to 6:30 PM
Fee: \$80.00
Location: Yoga Connection, 321 Poyntz Ave, Ste A

Blended Learning: CPR/First Aid 10BHW70A

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

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

**This class is for those who need to be re-certified and for new students. No textbook required and the date listed is for test. You will be contacted with login information. There will be a \$20 non-refundable deposit for this class.
***Please enroll at least 48 hours before the testing date to ensure you have ample time to complete the online portion.
Instructor: Kelly Reed-Harkness

Date: 06/04/2010 (F)
Time: 1:00 PM to 3:00 PM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: CPR/First Aid 10BHW70B

**This class is for those who need to be re-certified and for new students. No textbook required and the date listed is for test. You will be contacted with login information. There will be a \$20 non-refundable deposit for this class.
***Please enroll at least 48 hours before the testing date to ensure you have ample time to complete the online portion.
Instructor: Kelly Reed-Harkness

Date: 07/09/2010 (F)
Time: 1:00 PM to 3:00 PM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



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

**Workshops, Private Lessons & Classes
With Ana Franklin**
Teaching Yoga since 1984

Website: www.yogaconnection.byregion.net
Email: yogaconnection@kansanet.net

"Stretching Body, Breath & Mind"



Blended Learning: CPR/FirstAid 10BHW70C

This class is for those who need to be re-certified and for new students. No textbook required and the date listed is for test. You will be contacted with login information. There will be a \$20 non-refundable deposit for this class. *Please enroll at least 48 hours before the testing date to ensure you have ample time to complete the online portion. Instructor: Kelly Reed-Harkness

Date: 08/06/2010 (F)
 Time: 1:00 PM to 3:00 PM
 Fee: \$45.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Evening Yoga 10BHW88A

Close your day with gentle yogic movements and breathing practices to help you relax, rejuvenate and restore your energy! No experience necessary. Yoga is for everybody. Instructor: Debbie Newton, (785) 539-8973 dnewton@flinthills.com

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

Date: 05/17/2010 to 06/14/2010 (M)
 (No class 5/31)
 Time: 7:15 PM to 8:45 PM
 Fee: \$27.00
 Location: K-State Ahearn Room 302, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Evening Yoga 10BHW88B

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

Date: 06/21/2010 to 07/19/2010 (M)
 (No class 7/5)
 Time: 7:15 PM to 8:45 PM
 Fee: \$27.00
 Location: K-State Ahearn Room 302, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Evening Yoga 10BHW88C

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

Date: 07/26/2010 to 08/16/2010 (M)
 Time: 7:15 PM to 8:45 PM
 Fee: \$27.00
 Location: K-State Ahearn Room 302, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Morning Yoga 10BHW89A

Greet the new day with breath and body-opening, stretching and energizing through yoga. No experience necessary. Yoga is for everybody. Instructor: Debbie Newton, (785) 539-8973 dnewton@flinthills.com

Date: 05/22/2010 to 06/12/2010 (Sa)
 Time: 9:30 AM to 11:00 AM
 Fee: \$27.00
 Location: K-State Ahearn Room 302, Located on College Heights St. and Denison Ave.



Morning Yoga 10BHW89B

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

Date: 06/19/2010 to 07/17/2010 (Sa)
 (No class 7/3)
 Time: 9:30 AM to 11:00 AM
 Fee: \$27.00
 Location: K-State Ahearn Room 302, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Morning Yoga 10BHW89C

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

Date: 07/24/2010 to 08/14/2010 (Sa)
 Time: 9:30 AM to 11:00 AM
 Fee: \$27.00
 Location: K-State Ahearn Room 302

Hypnosis Workshops 10BHW102

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

You must attend three consecutive classes. However, for the Weight Loss program you attend six classes for \$90.

- Monday - Weight Loss
- Tuesday - Smoking Cessation
- Friday - Weight Loss
- Saturday - Weight Loss
- Sunday - Smoking Cessation

*PLEASE NOTE: HYPNOSIS DOES NOT WORK ON EVERYONE. RESULTS NOT GUARANTEED. Instructor: Steven Paul

Steven Paul has been a Manhattan area resident for over 25 years. He is a recent graduate of the Missouri Institute of Hypnotherapy and is certified Hypnotherapist and Guided Imagery Coach.

Date: 06/06/2010 to 07/19/2010
 (Su/M/Tu/F/Sa), (No class on 7/4, 7/5)
 Time: 7:00 PM to 9:00 PM
 Fee: 3 classes for \$60.00;
 6 classes for \$90.00 Weight Loss only
 Location: UFM Solar Addition, 1221 Thurston St.

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Thai Yoga 10BHW105

Come experience a combination of yoga and Thai Massage. Traditional Thai massage, also called gentle yoga massage, originated in India and is based on the concept of invisible energy lines running through the body. Yoga philosophy states that life energy (called Prana) is absorbed with the air we breathe and with the food we eat. We'll do partner poses focusing on these energy lines. Don't worry, if you don't have a partner, you'll be paired up with someone, possibly even the instructor. Beginning and experienced yoga students are welcome. Learn ways to deepen your practice while learning about a different style of yoga.

Instructor: Kendra Staley, kstaley327@hotmail.com

Kendra Staley earned her 200-hour yoga certification through Yoga Alliance while living in Seattle, Washington. She has practiced yoga for 8 years and enjoys combining her background in yoga, dance and gymnastics into her classes. Kendra's yoga classes focus on flexibility, strength and creativity. She also studied Thai massage for 60 hours in Chiang Mai, Thailand.

Date: 06/04/2010 to 07/02/2010 (F)
 Time: 6:00 AM to 7:00 AM
 Fee: \$33.00
 Location: K-State Ahearn Room 302, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Yoga Variations 10BHW106

Yoga Variations will combine flowing asanas with breath work, balancing poses, backbends and headstands. The focus of this class is to introduce variations on yoga poses. This class is suitable for experienced yogis and yoginis but also applicable to those with a good understanding of basic yoga poses. Come prepared to learn new ways to deepen your practice.

Instructor: Kendra Staley, kstaley327@hotmail.com

Date: 06/02/2010 to 06/30/2010 (W)
 Time: 6:00 AM to 7:00 AM
 Fee: \$33.00
 Location: K-State Ahearn Room 302, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.



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LANGUAGE

Basic Spanish 10BLA02A

This class will focus on basic Spanish words, numbers, and the alphabet. We will also discuss pronunciation and sounds.

Instructor: Armando Minjarez, (620) 353-9285
aminjarez@hotmail.com

Armando Minjarez was born and raised in Mexico and has been in the states for 9 years. He is a local artist and is majoring in Architecture and Fine Arts.

Date: 06/07/2010 to 06/30/2010 (M/W)
Time: 6:00 PM to 7:00 PM
Fee: \$46.00
Location: UFM Multipurpose Room
1221 Thurston St.

Basic Spanish 10BLA02B

Instructor: Armando Minjarez, (620) 353-9285
aminjarez@hotmail.com

Date: 07/07/2010 to 07/28/2010 (M/W)
Time: 6:00 PM to 7:00 PM
Fee: \$44.00
Location: UFM Multipurpose Room
1221 Thurston St.

Chinese I 10BLA26

Throughout this class, you will learn basic Chinese such as greetings, numbers, bargaining, asking directions, etc, as well as aspects of 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: 06/17/2010 to 07/22/2010 (Th)
Time: 7:00 PM to 8:00 PM
Fee: \$47.00
Location: UFM Fireplace Room
1221 Thurston St.



Chinese II 10BLA27

Throughout this class, you will learn very useful Chinese phrases and sentences, such as 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

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: 06/09/2010 to 07/28/2010 (W)
Time: 7:00 PM to 8:00 PM
Fee: \$51.00
Location: UFM Fireplace Room
1221 Thurston St.

Basic Arabic Language 10BLA28

The class will discuss the Arabic alphabet, symbols, unfamiliar Arabic sounds and a comparison between the Arabic and English alphabets. Students will also learn the construction of the Arabic words.

Instructor: Raad Al-Ani

Raad Al-ani is a native Arabic speaker with teaching experience.

Date: 06/07/2010 to 07/19/2010 (M)
Time: 10:00 AM to 11:30 AM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Intermediate Arabic Language 10BLA52

Students in this class will learn the structure, grammar, and types of sentences used in the Arabic language. This class will provide increased understanding of nouns, verbs, prepositions, and other language structures.

Instructor: Raad Al-Ani

Date: 06/07/2010 to 07/19/2010 (M)
Time: 1:00 PM to 2:30 PM
Fee: \$55.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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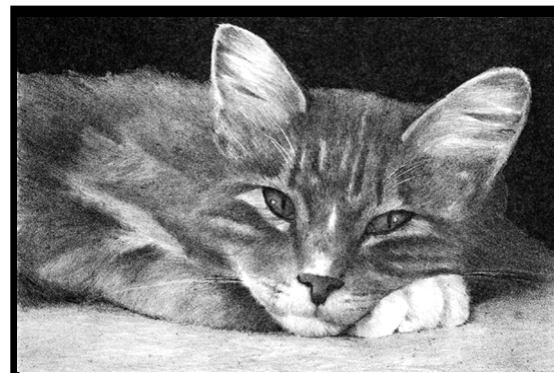
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MARTIAL ARTS

Tae Kwon Do I

10BMA01Z

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

Date: 06/01/2010 to 08/05/2010 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$72.00
Location: Sun Yi Academy,
1650 Hayes Dr

Lao Hu Pai Kung Fu

10BMA05

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 (jijutsu and chi na) and take downs. Animal forms and animal fighting techniques will be taught as students advance.
Instructor: Dr. Michael Tran, mtrandpm@hotmail.com

Dr. Michael Tran has participated in the martial arts for 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.

Date: 06/09/2010 to 07/28/2010 (W)
Time: 6:45 PM to 8:45 PM
Fee: \$56.00
Location: K-State Ahearn Room 302, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

.....
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● **INTERESTED IN TEACHING A CLASS?**
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● **UFM@KSU.EDU TO SHARE YOUR IDEAS!**
●



Karate & Self-Defense

10BMA10

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

Instructor: Habib Diop, hdiop@ksu.edu

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

Date: 06/08/2010 to 07/20/2010 (Tu)
Time: 6:30 PM to 7:30 PM
Fee: \$51.00
Location: K-State Ahearn Room 302, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

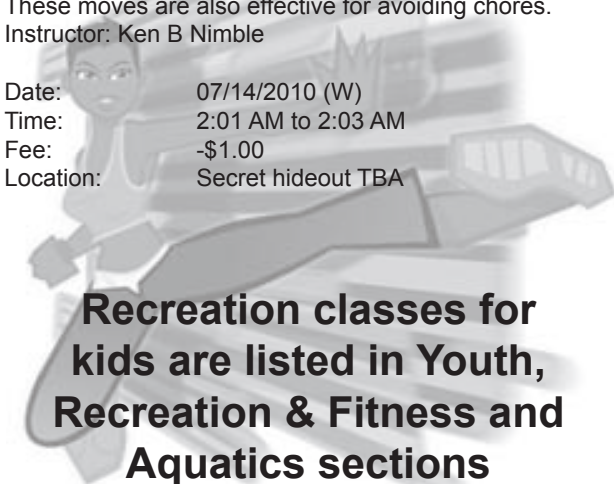
How to Become

a Make Believe Ninja

10BMA007

Become a make-believe ninja in minutes. Bring your own sheet, belt and aluminum-shaped stars if desired. Learn skills that will teach you to move swiftly and silently so you can sneak up on your sister or pet without ever being seen. These moves are also effective for avoiding chores.
Instructor: Ken B Nimble

Date: 07/14/2010 (W)
Time: 2:01 AM to 2:03 AM
Fee: -\$1.00
Location: Secret hideout TBA



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



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PERSONAL INTEREST

Pet First Aid & Safety

10BPI35A

Pet First Aid, from the American Red Cross and the Riley County Humane Society, is an illustrated first aid reference for dog lovers. This course provides detailed instructions for emergency situations and common injuries. Class fee includes a practical reference book and DVD.

Instructor: Nadja Peery, (541) 974-4715
nadja@modernmuttshots.com

Date: 06/05/2010 (Sa)
Time: 10:00 AM to 1:00 PM
Fee: \$33.00
Location: UFM Solar Addition, 1221 Thurston St.

Pet First Aid & Safety

10BPI35B

Instructor: Nadja Peery, (541) 974-4715
nadja@modernmuttshots.com

Date: 07/10/2010 (Sa)
Time: 10:00 AM to 1:00 PM
Fee: \$33.00
Location: UFM Solar Addition, 1221 Thurston St.



Just Desserts

Watch great courtroom movies and eat something sumptuous!

“And Justice for All”

10BPI68

On July 11, watch “And Justice for All” (1979) starring Al Pacino, Jack Warden and John Forsythe. Preface to the film: “Law in the movies: ethics, schmethics!” by Marty Snyder, Assistant Attorney General of Kansas.

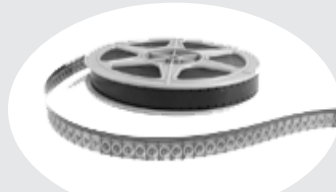
Date: 07/11/2010 (Su)
Time: 2:00 PM to 4:00 PM
Fee: \$5.00
Location: Manhattan Public Library Auditorium
629 Poyntz Ave.

“12 Angry Men”

10BPI69

On July 18, watch “12 Angry Men” (1957) starring Henry Fonda and Lee J. Cobb. Preface to the film: “Jury pressures to conform and decision-making” by Bill Schenck-Hamlin, Professor of Communication Studies.

Date: 07/18/2010 (Su)
Time: 2:00 PM to 4:00 PM
Fee: \$5.00
Location: Manhattan Public Library Auditorium
629 Poyntz Ave.



“Adam’s Rib”

10BPI70

On August 8, watch “Adam’s Rib” (1949) starring Katharine Hepburn and Spencer Tracy. Preface to the film: “National Film Registry, Preserving American Classics” by Donna Schenck-Hamlin, K-State Libraries.

Date: 08/08/2010 (Su)
Time: 2:00 PM to 4:00 PM
Fee: \$5.00
Location: Manhattan Public Library Auditorium
629 Poyntz Ave.



Please pre-register with UFM for desserts from Bluestem Bistro at only \$5 per event, while seats are still available! Note: This is only for those who want to dessert. Event is free otherwise.

A benefit film series for Movies on the Grass.

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

k-state evening

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

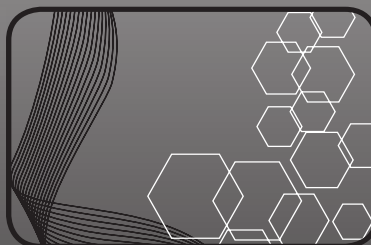


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Distance education courses are offered online on a semester schedule. K-State offers bachelor’s degree completion programs, master’s degrees, and certificates.

k-state intersession

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



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RECREATION & FITNESS

Introduction to Golf

10BRF04A

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: 06/03/2010 to 06/17/2010 (Th)
Time: **6:00 PM to 7:00 PM
Fee: \$41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Introduction to Golf

10BRF04B

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

Date: 07/01/2010 to 07/15/2010 (Th)
Time: **6:00 PM to 7:00 PM
Fee: \$41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Golf

10BRF05Z

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

Instructor: Jim Gregory, (785) 539-1041

Date: 06/02/2010 to 07/21/2010 (W)
Time: 6:00 PM to 8:00 PM
Fee: \$140.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Zumba Dance

10BRF08A

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: 06/08/2010 to 06/29/2010 (Tu)
Time: 5:30 PM to 6:30 PM
Fee: \$38.00
Location: K-State Ahearn Room 302, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Zumba Dance

10BRF08B

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

Date: 07/06/2010 to 08/03/2010 (Tu)
(No class 7/20)
Time: 5:30 PM to 6:30 PM
Fee: \$38.00
Location: K-State Ahearn Room 302, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.



Belly Dance Conditioning Workout 10BRF12

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

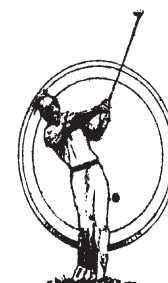
Michele Janette has studied tap, ballet, and jazz dance as well as Belly Dancing. She has been teaching the Belly Dance Workout class for three years, and looks forward to many more!

Date: 06/30/2010 to 07/21/2010 (W)
Time: 5:20 PM to 6:20 PM
Fee: \$32.00
Location: K-State Ahearn Room 302, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

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Boxing 10BRF14AZ

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 hand wraps can be purchased or rented on first day of class or before. 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: 06/07/2010 to 08/02/2010 (M/W)
(No class 7/5)
Time: 6:30 PM to 7:30 PM
Fee: \$160.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Boxing 10BRF14BZ

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

Date: 06/08/2010 to 07/29/2010 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$160.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

TRI-FIT 10BRF91

Everyone has limits on the amount of time they can devote to exercise. Tri-Fit will give you the best return for your investment. Forget the latest fad workouts and infomercials. Tri-Fit will take you to a whole new level of fitness. You will never go through the same workout twice! Tri-Fit is a one of a kind class created at K.O. Boxing. Tri-Fit will confuse your muscles, stimulate your mind and turn your body into a machine with boxing drills, football drills, soccer drills and sport drills of all types. For ages 14+.

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

Date: 06/08/2010 to 08/12/2010 (Tu/Th)
Time: 5:30 PM to 6:30 PM
Fee: \$165.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

TRI-FIT Camp 10BRF92A

Tri-Fit camp is for the person with a hectic summer schedule. The camps are two days of 2-hour intense Tri-Fit workouts. For ages 16+.

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

Date: 06/15/2010 to 06/17/2010 (Tu/Th)
Time: 5:30 PM to 7:30 PM
Fee: \$65.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

TRI-FIT Camp 10BRF92B

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

Date: 07/13/2010 to 07/15/2010 (Tu/Th)
Time: 5:30 PM to 7:30 PM
Fee: \$65.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

TRI-FIT Camp 10BRF92C

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

Date: 08/10/2010 to 08/12/2010 (Tu/Th)
Time: 5:30 PM to 7:30 PM
Fee: \$65.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Bareknuckles Bootcamp 10BRF93A

Bareknuckles Bootcamp is a Boxing Bootcamp for beginners to boxing, boxing experts, fitness fanatics, weekend warriors or anyone who enjoys team sports, comradery and taking it to the limits. Boxing drills & skills, speed bags, rhythmic bags, ply-metrics combined with upper body, lower body & core training will be just a small portion of the workout that will allow you to find out just exactly how much perseverance you have. Teamwork is the key! Gather your friends & have a blast pushing each other through a Bareknuckles Bootcamp. For ages 13+.

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

Date: 06/17/2010 (Th)
Time: 11:00 AM to 1:00 PM
Fee: \$45.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Bareknuckles Bootcamp 10BRF93B

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

Date: 07/15/2010 (Th)
Time: 11:00 AM to 1:00 PM
Fee: \$45.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Bareknuckles Bootcamp 10BRF93C

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

Date: 08/12/2010 (Th)
Time: 11:00 AM to 1:00 PM
Fee: \$45.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Yoga for Athletes 10BRF81

Are you an athlete? Are you a wannabe athlete? This class is for you! Yoga improves our strength and balance and helps to increase our flexibility, which is especially important for us as we move through our day-to-day lives as well as when we participate in sports-related activities. We will focus on our tight hamstrings and hip flexors, while strengthening our upper body, ankles and core muscles. All levels from beginners to experienced yogis welcome, as class will be taught multi-level. A yoga mat is recommended but not required.

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.

Date: 06/06/2010 to 07/25/2010 (Su)
(No class 7/4)
Time: 4:30 PM to 5:30 PM
Fee: \$79.00
Location: Pro Fitness, 1125 Laramie St.

Get \$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.





Yogilates 10BRF142AZ

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

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

Date: 06/08/2010 to 07/29/2010 (Tu/Th)
 Time: 12 N to 1:00 PM
 Fee: \$75.00
 Location: Pro Fitness, 1125 Laramie St.

Yogilates 10BRF142BZ

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

Date: 06/08/2010 to 07/29/2010 (Tu/Th)
 Time: 7:00 PM to 8:00 PM
 Fee: \$75.00
 Location: Pro Fitness, 1125 Laramie St.

Afro-Modern Dance 10BRF90A

Afro-Modern Dance Class combines African and Modern Dance styles, and incorporates techniques, rhythms, and styles from both African and Modern dance forms. The class is set for beginning-intermediate dancers, and will focus on ideas such as contractions, pulses, footwork, creating stories through movement, and going from grounded to lifted movement. It's a great way to have fun while working out!

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

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

Date: 06/10/2010 to 07/01/2010 (Th)
 Time: 5:30 PM to 7:15 PM
 Fee: \$60.00
 Location: K-State Ahearn Room 302, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.

Afro-Modern Dance 10BRF90B

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

Date: 07/08/2010 to 07/29/2010 (Th)
 Time: 5:30 PM to 7:15 PM
 Fee: \$60.00
 Location: K-State Ahearn Room 302, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.



Introduction to Highland Dance 10BRF94A

Introduction to Highland Dance will outline some of the historical dances of Scotland, their stories, and their performance. A four step Highland Fling will be learned during each session as well as a few Scottish social dances, if time allows. Highland Dance can best be described as a solo form of athletic dancing and it was once used for calisthenics in the Scottish armies.

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

Brooke Hollis holds an Associate Degree in Highland Dancing from the British Association of Teachers of Dancing and has been dancing for over 8 years. She was a successful competitive Highland Dancer throughout her high school and early college years. She headed the Highland Dance program at Lyon College in Batesville, Arkansas during her undergraduate years (2004-2008) as well as chairing the Highland Dance competitions held at Lyon College every year.

Date: 06/01/2010 to 06/29/2010 (Tu/Th)
 Time: 1:00 PM to 2:00 PM
 Fee: \$60.00
 Location: K-State Ahearn Room 302, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave

Introduction to Highland Dance 10BRF94B

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

Date: 07/01/2010 to 07/29/2010 (Tu/Th)
 (No class 7/15)
 Time: 1:00 PM to 2:00 PM
 Fee: \$58.00
 Location: K-State Ahearn Room 302, Located on 3rd floor in Mike Ahearn Gymnasium on College Heights St. and Denison Ave.



Total Body Toning 10BRF159AZ

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

Instructor: Jenni Brenner

Date: 06/02/2010 to 07/28/2010 (W/M)
 (No class 7/5)
 Time: 7:00 PM to 8:00 PM
 Fee: \$75.00
 Location: Mercy Fitness West
 315 Seth Childs Road

Total Body Toning 10BRF159BZ

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

Date: 06/08/2010 to 07/29/2010 (Tu/Th)
 Time: 10:00 AM to 11:00 AM
 Fee: \$75.00
 Location: Pro Fitness, 1125 Laramie St.

Total Body Toning 10BRF159CZ

Instructor: Jenni Brenner

Date: 06/08/2010 to 07/29/2010 (Tu/Th)
 Time: 7:00 PM to 8:00 PM
 Fee: \$75.00
 Location: Mercy Fitness West
 315 Seth Childs Road

Introduction to Nutcracker Ballet and Tap Dancing

10BYO06A

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

Date: 06/08/2010 to 06/15/2010 (Tu)
Time: 6:15 PM to 6:45 PM
Fee: \$12.00
Location: 2416 Rogers Blvd.

Introduction to Nutcracker Ballet and Tap Dancing

10BYO06B

Instructor: Randi Dale, (785) 539-5767

Date: 07/06/2010 to 07/13/2010 (Tu)
Time: 6:15 PM to 6:45 PM
Fee: \$12.00
Location: 2416 Rogers Blvd.

DanceNastics (Ages 3-14)

10BYO14

Dancenastics is for girls who have the desire to dance and learn gymnastics in a safe and non-competitive environment. In Dancenastics a variety of dance styles, with focus on performance dance (jazz/hip hop), will be incorporated into gymnastic routines the girls will perform for their parents at the end of the semester. Mondays are for Intermediate and Tuesdays are for Beginners. Please contact Lorissa for class level placement.

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: 06/07/2010 to 08/10/2010 (M/Tu)
(No class 7/5)
Time: 4:00 PM to 5:00 PM
Fee: \$145.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Youth Boxing (Ages 7-16)

10BYO29

Youth will learn boxing terminology along with executing boxing skills with proper form and technique. Youth will hit the heavy bags, train like a boxer on the catch mitts, work on hand-eye coordination and rhythm on the double end and speed bags, jump rope, and lift weights like a boxer. All K.O. classes encourage teamwork and confidence, and are fun and exciting. This is a non-contact, no sparring course.

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

Date: 06/09/2010 to 08/11/2010 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$145.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center



Youth Boxing Camp

10BYO48A

Youth Boxing Camp is a one day clinic to introduce youth to the sport of boxing. The 2 hour training clinic will be a condensed version of the Youth Boxing Program offered through the summer created for parents with hectic schedules. For ages 7-16. (See above Youth Boxing description)

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

Date: 06/17/2010 (Th)
Time: 2:00 PM to 4:00 PM
Fee: \$45.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,
Blue Hills Shopping Center

Youth Boxing Camp

10BYO48B

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

Date: 07/15/2010 (Th)
Time: 2:00 PM to 4:00 PM
Fee: \$45.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

Youth Boxing Camp

10BYO48C

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

Date: 08/12/2010 (Th)
Time: 2:00 PM to 4:00 PM
Fee: \$45.00
Location: K.O. Boxing, 2303 Tuttle Creek Blvd
Blue Hills Shopping Center

American Red Cross

Babysitter's Clinic

10BYO23

The 6½ hour Babysitter's Training course gives 11 to 15 year olds the skills and confidence to safely and responsibly care for children and infants. Through hands-on activities, interactive video and lively discussions, the course teaches young people how to:

- Care for children and infants.
- Be good leaders and role models.
- Make good decisions and solve problems.
- Keep the children they babysit and themselves safe.
- Handle emergencies such as injuries, illnesses and household accidents.

* Write resumes and interview for jobs.

Materials included in fee and students will have lunch from 12-1 pm. Lunch is not included.

Instructor: Kelly Reed-Harkness

Date: 06/05/2010 (Sa)
Time: 9:00 AM to 4:00 PM
Fee: \$46.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Tutoring in Reading and Language Arts

10BYO54A

This class was designed to meet the needs of students who want to enhance their reading and languages arts skills this summer. Tutoring will be tailored to each student's needs and interests and will develop sight word vocabulary, context clues, dictionary aids, reading for meaning and comprehension skills. Writing techniques will be taught. Homework will be assigned and is necessary to continue learning. Students will be divided into appropriate reading and age levels. This class is for completed 1st grade through 6th grade.

Instructor: Randi Dale, (785) 539-5767

Randi Dale is a certified Reading Teacher with two B.S. degrees: Elementary and Secondary English and Theatre and M.S. in Education.

Date: 06/09/2010 to 06/30/2010 (W)
 Time: 5:30 PM to 6:15 PM
 Fee: \$45.00
 Location: 2416 Rogers Blvd.

Tutoring in Reading and Language Arts

10BYO54B

This is for grade levels 7th grade through High School. Instructor: Randi Dale, (785) 539-5767

Date: 06/09/2010 to 06/30/2010 (W)
 Time: 6:20 PM to 7:05 PM
 Fee: \$45.00
 Location: 2416 Rogers Blvd.

Tutoring in Reading and Language Arts

10BYO54C

This class is for completed 1st grade through 6th grade. Instructor: Randi Dale, (785) 539-5767

Date: 07/05/2010 to 07/26/2010 (M)
 Time: 5:30 PM to 6:15 PM
 Fee: \$45.00
 Location: 2416 Rogers Blvd.

Tutoring in Reading and Language Arts

10BYO54D

This is for grade levels 7th grade through High School. Instructor: Randi Dale, (785) 539-5767

Date: 07/05/2010 to 07/26/2010 (M)
 Time: 6:20 PM to 7:05 PM
 Fee: \$45.00
 Location: 2416 Rogers Blvd.





UFM Teen Mentoring Program

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

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

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

- Conflict Resolution
- Dating Violence
- Drug & Alcohol Prevention

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

Fall Mentoring Dates:

Grades 9-12

September:
14,21,28

October:
5,12,19,26

November:
2,9,16,30

Grades 7-8

September:
16,23,30

October:
7,14,21,28

November:
4,11,19

December:
3





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 by clicking Donate Now.

SPONSORSHIP OPPORTUNITIES!
 INCREASE YOUR MARKET POTENTIAL BY SPONSORING THE UFM CATALOG. FOR MORE INFORMATION, PLEASE CONTACT MARCIA OR ANNETTE AT 785.539.8763 | INFO@TRYUFM.ORG

K-STATE CREDIT COURSES

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

Beginning Yoga

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

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

Reference Number: 12359

Date: 06/02/2010 to 07/28/2010 (M/W)
(No class 7/5)
Time: 3:00 PM to 4:00 PM
Fee: \$278.20
Location: K-State Ahearn Room 302

Boxing

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 hand wraps can be purchased or rented on first day of class or before. No sparring during course.

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

Reference Number: 12298

Date: 06/07/2010 to 08/02/2010 (M/W)
(No class 7/5)
Time: 6:30 PM to 7:30 PM
Fee: \$344
Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Center

Reference Number: 12360

Date: 06/08/2010 to 07/29/2010 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$344
Location: K.O. Boxing, 2303 Tuttle Creek Blvd., Bluehills Shopping Center

First Aid/CPR/AED

American Red Cross First Aid/CPR/AED/Bloodborne Pathogen: Preventing Disease Transmission Course. This course is designed to give individuals the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over. Certificates include "First Aid Basics", "Adult, Child, and Infant CPR", "AED Essentials for Adult and Child", and "Bloodborne Pathogens: Preventing Disease Transmission". There are no prerequisites for this course. Materials are included in class fees.

Instructor: Henry Brown

Reference Number: 12296

Date: 06/19/2010 to 06/20/2010 (Sa/Su)
Time: Noon to 7:30 PM
Fee: \$314
Location: UFM Conference Room, 1221 Thurston

DANCE-599

Golf

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

Instructor: Jim Gregory, (785) 539-1041

Reference Number: 12299

Date: 06/02/2010 to 07/21/2010 (W)
Time: 6:00 PM to 8:00 PM
Fee: \$358
Location: 4441 Fort Riley Blvd. Stagg Hill Golf Club

Scuba Diving

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

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

Reference Number: 12301

Date: 06/07/2010 to 07/19/2010 (M)
(No class 7/5)
Time: 5:30 PM to 9:30 PM
Fee: \$416.20
Location: Natatorium, K-State Campus



Tae Kwon Do I

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: 12302

Date: 06/01/2010 to 08/05/2010 (Tu/Th)
Time: 6:30 PM to 7:30 PM
Fee: \$314
Location: Sun Yi's Academy, 1650 Hayes Dr

RRES-200



RRES-200

Total Body Toning

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

Reference Number: 12355

Instructor: Jenni Brenner
Date: 06/02/2010 to 07/28/2010 (W/M)
(No class 7/5)
Time: 7:00 PM to 8:00 PM
Fee: \$338
Location: Mercy Fitness West, 315 Seth Childs Rd

Reference Number: 12303

Instructor: Diana Knox
Date: 06/08/2010 to 07/29/2010 (Tu/Th)
Time: 10:00 AM to 11:00 AM
Fee: \$338
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 12354

Instructor: Jenni Brenner
Date: 06/08/2010 to 07/29/2010 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: \$338
Location: Mercy Fitness West, 315 Seth Childs Rd

Yogilates

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

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

Reference Number: 12297

Date: 06/08/2010 to 07/29/2010 (Tu/Th)
Time: 12:00 PM to 1:00 PM
Fee: \$338
Location: Pro Fitness, 1125 Laramie St.

Reference Number: 12300

Date: 06/08/2010 to 07/29/2010 (Tu/Th)
Time: 7:00 PM to 8:00 PM
Fee: \$338
Location: Pro Fitness, 1125 Laramie St.



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, 785.532.6441 or dss@k-state.edu. Early notification is requested to ensure that accommodations can be provided in a timely manner.

2010 SUMMER 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.

Raad Al-Ani
Carla Barta
Scott Bean
Charlotte Braddock
Jenni Brenner
Henry Brown
Cindy Burr
Kate Cashman
Calley Crisman
Pinar Dagtepe
Randi Dale
Habib Diop
Ana Franklin
Jim Gregory
Dolly Gudder
Jennifer Guilford

April Hart
Brooke Hollis
Andrew Hua
Michele Janette
Diana Knox
Cherry Leaym
Linda Madl
Judy Metcalf
Armando Minjarez
David Moore
Debbie Newton
Steven Paul
Nadja Peery
Ashley Penner
Kelly Reed-Harkness
Lorissa Ridley-Fink

Carol Russell
Autumn Scoggan
Kendra Staley
Linda Teener
Abby Thrash
Elsa Toburen
Michael Tran
Amy Trujillo
Kennita Tully
Mark Vacca
Paul Weidhaas
Jeff Wilson
Yi (Lily) Xiao
Chulee Yaege

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

UFM STAFF

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State Outreach/KSU Credit Coordinator | CHARLENE BROWNSON
Special Projects Coordinator | VAL COLTHARP
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ENROLL AT WWW.TRYUFM.ORG



WAYS TO REGISTER



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



Call UFM at 539.8763.
 We accept Debit, Mastercard, Visa and Discover.



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



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

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



On K-State campus? Visit UFM table at Student Union on Wednesday, June 2, 2010 from 11 am to 1 pm.

UFM 1221 THURSTON 539-8763
 Manhattan, KS 66502

UFM 1221 THURSTON 539-8763
 Manhattan, KS 66502

UFM Community Learning Center

Registration Form

 1221 Thurston Manhattan, KS 66502 539-8763 

Student Name _____ Day Phone _____

Address _____ Evening Phone _____

City _____ State KS Zip _____ Email _____

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

Parent's Name if Student is Under Age 18 _____

CLASS # Session TITLE FEE LOCATION DATE TIME

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation

Total

I hereby authorize the use of my Visa MasterCard Discover

Card Number _____ Expiration Date _____

Card Cardholder's Name (Please Print) _____

Cardholder's Signature _____

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

Where did you obtain your catalog? _____

A class I would like offered _____

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



Signature** Date _____

**Signature of Parent or Guardian required for minors.

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

UFM Community Learning Center

Registration Form

 1221 Thurston Manhattan, KS 66502 539-8763 

Student Name _____ Day Phone _____

Address _____ Evening Phone _____

City _____ State KS Zip _____ Email _____

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

Parent's Name if Student is Under Age 18 _____

CLASS # Session TITLE FEE LOCATION DATE TIME

CLASS #	Session	TITLE	FEE	LOCATION	DATE	TIME

Tax Deductible Donation

Total

I hereby authorize the use of my Visa MasterCard Discover

Card Number _____ Expiration Date _____

Card Cardholder's Name (Please Print) _____

Cardholder's Signature _____

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

Where did you obtain your catalog? _____

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