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Fall kicks off a new season of more than 200 classes here at UFM! New classes include Aqua Zumba® (page 6, 22), Destination Day Trip (page 8), and Learn to Play Bridge (page 9) plus many more!

UFM has classes for all ages. Check out page 26 for our Youth classes.

In addition to the classes at UFM, we have many other projects happening this fall. We are proud to sponsor the 31st Annual Lou Douglas Lectures in September and October; we are coordinating an Osher program for older adults; and we offer mentoring for students.

Learn a new language this year, start a new hobby before the winter weather arrives, stay fit for the spring with one of our fitness classes.

UFM has something for everyone.....TRY UFM!

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

UFM MISSION

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

INFORMATION

ABOUT UFM CLASSES

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

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

UFM CANCELLATION POLICY

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

REFUND POLICY

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

DISCLAIMER

UFM Community Learning Center serves as a forum to bring together persons who want to share their personal ideas and/or learn skills in a variety of areas. UFM, its staff and board of directors do not endorse any particular viewpoint or philosophy presented in classes, activities or events included in any UFM publication.

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.

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.

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.

SPECIAL ASSISTANCE

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

KSU CREDIT CLASSES

CREDIT CLASS REFUNDS AND WITHDRAWALS

Tuition refunds are calculated based on the number of calendar days in the class. You may be eligible for a full or partial refund of tuition if you choose to drop your class before a certain date. Please refer to the full withdrawal and refund policy at <http://www.dce.k-state.edu/courses/registration/policies-withdrawal> or visit <http://courses.k-state.edu/fall2011/information/deadlines.htm>

DROP POLICY

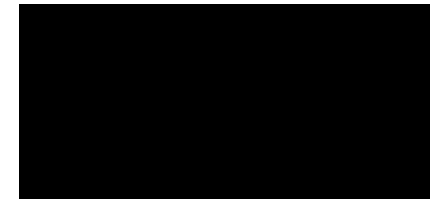
All drop deadlines are calculated based on the number of calendar days in the class. The following policies apply: a student may drop a class prior to 33% of the class duration with a grade being recorded on the student's transcript: if a student drops after 33% but before 62% of the class duration, a grade of WV will be issued; and no drops will be accepted after 62% of the course duration. Failure to drop a class may result in a failing grade. Visit <http://courses.k-state.edu/fall2011/information/deadlines.htm> for more information.

CREDIT ENROLLMENT FEES

Courses taken for credit carry additional fees required for University administration of the credit program. A one-time \$50.00 late fee will be charged for enrollments beginning on the first day of classes if this is your first enrollment at K-State for the semester. Additional campus privilege and health fees may be assessed for students enrolled in 12 or fewer K-State 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.



2011 FALL INSTRUCTORS

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

Voices ForAll, LLC	Habib Diop	Katie Jones	Lorissa Ridley-Fink	Amy Werner
Darla Allen Boyer	Bill Dorsett	Jim Kiker	Stephanie Schiefelbein	Jeff Wilson
Carol Barta	Ana Franklin	Diana Knox	David Seamon	Shannon Wilson
Scott Bean	Gen Gardner	Tom Korte	Bob Sinnett	
Big Poppi Bicycle Co	John Garetson	Jessi Long	Glenn Sixbury	
Charissa Bowditch	Caitlin Garzi	Daedra Lowry	Sara Slocum	
Dan Boyle	Jeff Gill	Michael Lowry	Paul Sodemann	
Jennifer Brenner	Jim Gregory	Ryan Marick	Susie Stanfield	
Henry Brown	Evan Grier	Jo Maseberg-Tomlinson	Linda Teener	
Charlene Brownson	Jennifer Guilford	Jeannie Meyer-Johnson	Mei Hwa (Tina) Terhune	
Daryl Bussen	Jeff Gwirtz	David Moore	Abby Thrash	
Jessica Campbell	Karen Hanson	Debbie Newton	Elsa Toburen	
Kate Cashman	Aaron Hernandez	Michael O'Shea	Michael Tran	
Melissa Copp	Rebecca Hickert	Meghan Olson	Kennita Tully	
Calley Crisman	Marcia Hornung	Susan Oviatt	Alison Watson	
Randi Dale	Ian Hulon	Jim Peterson	Paul Weidhaas	

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**

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Swim Coordinator | **JESSICA CAMPBELL**

Student Assistant | **JESSI LONG**

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Jerry Remsbecker



LEARN TO SWIM CLASSES

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

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

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

SWIM PROGRAM MAKE-UP & REFUND POLICY

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

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

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

AQUATICS

Beginning & Ending Dates (Levels 1-6, Adult

Lessons, and Lap Swimming) *Except where noted

Session A:	Monday, Sept. 12 to Nov. 14
Session B:	Tuesday, Sept. 13 to Nov. 15
Session C:	Wednesday, Sept. 14 to Nov. 16
Session D:	Thursday, Sept. 15 to Nov. 17
Session E:	Saturday, Sept. 10 to October 15

(No Class 10/8)

Parent and Child Aquatics (12 mos-3 yrs)

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

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

Monday	6:00 PM to 6:30 PM
11CAQ-01P1	Sept. 12 to Oct. 10
11CAQ-01P2	Oct. 17 to Nov. 14

Thursday	6:00 PM to 6:30 PM
11CAQ-04P1	Sept. 15 to Oct. 13
11CAQ-04P2	Oct. 20 to Nov. 17

Saturday	9:30 AM to 10:00 AM
11CAQ-05P1	Sept. 10 to Oct. 15 (no class Oct. 8)

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 a great option. The primary objective of preschool aquatics is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children. Some of the skills to be introduced include: water entry and exit, breath control and submerging, buoyancy, changing direction and position, treading and swimming on front and back.

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

Tuesday	6:00 PM to 6:30 PM
11CAQT-01A	Sept. 13 to Oct. 11
11CAQT-01B	Oct. 18 to Nov. 15

Wednesday	6:00 PM to 6:30 PM
11CPMAQT-02A	Sept. 14 to Oct. 12
11CAQT-02B	Oct. 19 to Nov. 16

Saturday	10:10 AM to 10:40 AM
11CAQT-05E	Sept. 10 to Oct. 15 (No class Oct. 8)

Level I: Introduction to Water Skills

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

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

11CAQ-01A	Monday	6:45 PM to 7:25 PM
11CAQ-01B	Tuesday	6:45 PM to 7:25 PM
11CAQ-01C	Wednesday	6:45 PM to 7:25 PM
11CAQ-01D	Thursday	6:45 PM to 7:25 PM

Level II: Fundamental Aquatic Skills

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

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

11CAQ-02A	Monday	6:45 PM to 7:25 PM
11CAQ-02B	Tuesday	6:45 PM to 7:25 PM
11CAQ-02C	Wednesday	6:45 PM to 7:25 PM
11CAQ-02D	Thursday	6:45 PM to 7:25 PM

Level III: Stroke Development

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

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

11CAQ-03A	Monday	6:45 PM to 7:25 PM
11CAQ-03B	Tuesday	6:45 PM to 7:25 PM
11CAQ-03C	Wednesday	6:45 PM to 7:25 PM
11CAQ-03D	Thursday	6:45 PM to 7:25 PM

Level IV: Stroke Improvement

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

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

11CAQ-04A	Monday	6:45 PM to 7:25 PM
11CAQ-04B	Tuesday	6:45 PM to 7:25 PM
11CAQ-04C	Wednesday	6:45 PM to 7:25 PM
11CAQ-04D	Thursday	6:45 PM to 7:25 PM

Level V: Stroke Refinement

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

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

11CAQ-05A	Monday	6:45 PM to 7:25 PM
11CAQ-05C	Wednesday	6:45 PM to 7:25 PM

Manhattan
Marlins

Swim Team



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

Ages: 5 years through college

www.manhattanmarlins.org

For more information contact: Ben Skutnik at 785-341-4235 or Nellie Bucholtz at 785-587-8770





Private Swim Lessons 11CAQ103

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

Beginning and Ending Dates for Private Lessons:

Session A1:	Monday	Sept. 12 to Oct. 10
Session A2:	Monday	Oct. 17 to Nov. 14
Session B1:	Tuesday	Sept. 13 to Oct. 11
Session B2:	Tuesday	Oct. 18 to Nov. 15
Session C1:	Wednesday	Sept. 14 to Oct. 12
Session C2:	Wednesday	Oct. 19 to Nov. 16
Session D1:	Thursday	Sept. 15 to Oct. 13
Session D2:	Thursday	Oct. 20 to Nov. 17
Session E1:	Saturday	Sept. 10 to Oct. 15 (No class 10/08)

Times for Monday-Thursday sessions:

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

Times for Saturday sessions:

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

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

Level VI: Swimming and Skill Proficiency

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

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

11CAQ-06A	Monday	6:45 PM to 7:25 PM
11CAQ-06C	Wednesday	6:45 PM to 7:25 PM

Adult Swim Lessons 11CAQ22

Are you tired of sitting on the sidelines watching everyone else swim? Now's your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons.

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

11CAQ22A	Monday	6PM to 6:40PM
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Lap Swimming: Ages 13+

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

Fee: \$19.00 per session (10 times)

11CAQLSA	Monday	6:00 PM to 7:30 PM
11CAQLSB	Tuesday	6:00 PM to 7:30 PM
11CAQLSC	Wednesday	6:00 PM to 7:30 PM
11CAQLSD	Thursday	6:00 PM to 7:30 PM

Lap Swimming for Parents

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

Fee: \$16.00 per session (10 times)

11CAQLPA	Monday	6:00 PM to 7:30 PM
11CAQLPB	Tuesday	6:00 PM to 7:30 PM
11CAQLPC	Wednesday	6:00 PM to 7:30 PM
11CAQLPD	Thursday	6:00 PM to 7:30 PM

Shallow/Deep Water

Exercise 11CAQSHD

Enjoy the benefits of Shallow and Deep Water Exercise for one price! Design your own workout schedule by enrolling in the number of classes and choosing the day(s) you want to attend. Water Exercise is 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. 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 flotation device are allowed to participate in this class). *Shallow Water classes meet Monday through Thursday and Deep Water classes meet Tuesdays and Thursdays.

****NOTE:** Participants will receive a punch card with name, the number of classes purchased and it will be distributed the first day of class. Participants can also attend Aqua Zumba classes (11CAQ26A) offered on Saturday mornings (see class description for specific dates and times). Cards will get two punches per Aqua Zumba class attended.**

Dates: 08/22/2011 to 12/08/2011
Time: 6:40 PM to 7:25 PM
Fee: \$28.00 for 16 classes
\$40 for 24 classes
\$52 for 32 classes
\$68 for 48 classes
Location: Natatorium, KSU

Open Swim Appreciation 11CAQ31A

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 staffing. The session may be cancelled if no pre-registration is received.

Date: 10/09/2011 (Sunday)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Open Swim Appreciation 11CAQ31B

Date: 10/23/2011 (Sunday)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Sunday Family Swim 11CAQ32

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

Date: 10/02/2011 to 10/23/2011 (Sunday)
Time: 5:00 PM to 7:00 PM
Fee: \$8.00/Individual; \$20.00/Family
Location: Natatorium, KSU Campus



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



Scuba Diving 11CAQ105BZ

Instructor: Jeff Wilson, wheatlan@kansas.net

Date: 10/24/2011 to 12/05/2011 (M)
 Time: 6:00 PM to 10:00 PM
 Fee: \$232.00 (Available for KSU Credit)
 Location: Natatorium, KSU Campus

Fitness Swimming 11CAQ108AZ

Students will identify and measure components of health-related physical fitness; learn how to apply principles of exercise science and hydrodynamics to develop a well-balanced, goal-driven exercise prescription that will provide general conditioning, as well as develop or improve skill/sport-related components of fitness. Emphasis will be on analyzing and refining stroke technique and additional competitive skills, introducing various types of aquatic-related exercise, and implementing principles that will help evaluate, improve and maintain physical fitness and wellness through a progressive, varied swim program.

Prerequisites: Students MUST be able to 1) comfortably swim 50 yards of front crawl, back crawl, and breaststroke, at an intermediate level; using rhythmic breathing and a propellant kick during stroke; and 2) be comfortable in deep water (be able to tread). Questions may be directed to the instructor.

Instructor: Melissa Copp

Date: 08/23/2011 to 10/11/2011 (Tu/Th)
 Time: 6:00 PM to 7:30 PM
 Fee: \$95.00 (Available for KSU Credit)
 Location: Natatorium, KSU

Fitness Swimming 11CAQ108BZ

Instructor: Melissa Copp

Date: 10/13/2011 to 12/08/2011 (Tu/Th)
 Time: 6:00 PM to 7:30 PM
 Fee: \$95.00 (Available for KSU Credit)
 Location: Natatorium, KSU

Aqua Zumba 11CAQ26A

Known as the Zumba "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Instructor: Elsa Toburen

Date: 09/10/2011 to 10/15/2011 (Saturday)
 (No class 10/8)
 Time: 10:30 AM to 11:15 AM
 Fee: \$28.00
 Location: Natatorium, KSU



Scuba Diving 11CAQ105AZ

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

Instructor: Jeff Wilson, wheatlan@kansas.net

Date: 09/12/2011 to 10/17/2011 (M)
 Time: 6:00 PM to 10:00 PM
 Fee: \$257.00 (Available for KSU Credit)
 Location: Natatorium, KSU Campus

Professional Certification Courses

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

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

Classes that can be taken for KSU credit are denoted with an asterisk (*). UFM also offers Lifeguard, CPR and First Aid review courses for those students who are already certified and about to expire. To view the current class listings, visit www.tryufm.org, click on noncredit classes.

Enroll at www.tryufm.org or call 539.8763



Taking Control-The Rules of the Money Game

11CFC01

Stressed out about debt? No savings plan? No emergency fund? Worrying about your financial future? Learn how to develop a personal roadmap for accomplishing life goals such as retirement, college education, improving your credit score to purchase a home, and ensuring your family's financial well-being for a better quality of life.
Instructor: Charlene M Brownson, cmb@ksu.edu

Date: 09/26/2011 (M)
Time: M from 7:00 PM to 8:30 PM
Fee: Individual - \$12.00, Couple - \$16.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Charlene has worked with financial services for many years and enjoys sharing her knowledge with others to help them develop money skills.

ABCs of Grant Writing

11CFC09

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

Date: 10/05/2011 to 10/12/2011 (W)
Time: W from 3:30 PM to 5:00 PM
Fee: \$22.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Marcia Hornung is the Education Coordinator at UFM Community Learning Center. She has coordinated and facilitated workshops on a variety of topics. She is a graduate of Leadership Manhattan and is involved in many community leadership and volunteer activities.



Computer Safety for Parents

11CFC116A

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

Instructor: Michael Lowry

Date: 12/01/2011 (Th)
Time: Th 7:00 PM to 9:00P PM
Fee: \$14.00
Location: UFM Conference Room
1221 Thurston St.

Computer Safety for Parents

11CFC116B

Instructor: Michael Lowry
Date: 12/08/2011 (Th)
Time: Th 7:00 PM to 9:00P PM
Fee: \$14.00
Location: UFM Conference Room
1221 Thurston St.

Starting and Sustaining a Secondary School Writing Center

11CFC117

K-State Writing Center tutors are running an interactive workshop directed toward prospective or current middle and high school teachers interested in founding writing centers in their districts. Teachers will work with tutors to adapt the current secondary school model to the needs of their specific schools. This workshop will give teachers the tools and support needed to create an enduring, effective writing center. We will tackle ideas such as writing center philosophy, tutor recruitment and training and navigating administrative concerns.

Instructors: Caitlin Garzi & Shannon Wilson

Date: 10/01/2011 (Sa)
Time: Sa from 9:30 AM to 11:00 AM
Fee: \$12.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



GRE Prep Course

11CFC06

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.

Date: View www.tryufm.org for information
Time: TBA
Fee: TBA
Location: TBA

LSAT Prep Course

11CFC24

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

Date: View www.tryufm.org for information
Time: TBA
Fee: TBA
Location: TBA



Microsoft Excel Basics

11CFC54

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

Date: 10/22/2011 (Sa)
Time: Sa from 10:00 AM to 12 N
Fee: \$12.00
Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.

Microsoft Word Basics

11CFC85

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

Date: 10/22/2011 (Sa)
Time: Sa from 12 N to 1:00 PM
Fee: \$12.00
Location: Manhattan Public Library - Computer Classroom, 629 Poyntz Ave.

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CREATIVE FREE TIME

Destination Day Trip:

Rural Pottawatomie County 11CCF162

Enjoy an afternoon touring rural Pottawatomie County and see the beauty of the vibrant colors of fall! The tour includes a variety of locations such as a country church, buffalo ranch, an arched stone bridge, part of the Oregon Trail and more. Bring your cameras!

Transportation is provided. Jeannie is a long-time Pottawatomie County resident and local historian. She will tell about the history of the area and sites during the tour for an engaging experience!

Instructor: Jeannie Meyer-Johnson

Date: 10/30/2011 (Su)
Time: Su from 1:00 PM to 5:00 PM
Fee: \$48.00
Location: UFM Parking Lot, 1221 Thurston St.

Beginning Knitting 11CCF05A

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 US 10.5 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 D: (785) 537-1826

Date: 08/23/2011 to 09/13/2011 (T)
Time: Tu from 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

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.

Beginning Knitting 11CCF05B

Instructor: Kennita Tully D: (785) 537-1826

Date: 09/21/2011 to 10/12/2011 (W)
Time: W from 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.,
Wildflower Yarns and Knitwear

Beginning Knitting 11CCF05C

Instructor: Kennita Tully D: (785) 537-1826

Date: 10/18/2011 to 11/08/2011 (Tu)
Time: Tu from 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting 11CCF05D

Instructor: Kennita Tully D: (785) 537-1826

Date: 11/16/2011 to 12/14/2011 (W)
Time: W from 7:00 PM to 8:30 PM
Fee: \$31.00
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Philosophy of Gurdjieff &

Ouspensky 11CCF128

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

Instructor: David Seamon

Date: 09/15/2011 to 10/27/2011 (Th)
Time: Th from 7:30 PM to 9:00 PM
Fee: \$19.00
Location: UFM Solar Addition, 1221 Thurston St.

David Seamon has been active with Gurdjieff's work for 24 years. He has studied with J.G. Bennet, a pupil of both Gurdjieff and Ouspensky.



Introduction to Voiceovers 11CCF129

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

Date: 09/06/2011 to 12/09/2011 (Tu/F)
Time: See class description
Fee: \$30.00
Location: See class description

The Art of Illusion 11CCF160

Step into the world of illusion as you're taken through this bizarre class. Coins disappearing, cards moving, thoughts heard, it all happens here for your learning experience in the Art of Illusion. All materials included in registration fee. Ages 16+ Instructor: Tyler Corsaut

Date: 10/10/2011 to 11/17/2011 (MTh)
Time: M and Th from 6:30 PM to 8:00 PM
Fee: \$49.00
Location: UFM Conference Room



Introduction to Adobe

Photoshop 11CCF65

The class will cover an introduction to image processing using Photoshop Elements 8 and basic adjustments such as cropping and resizing images, adjusting the tonality using levels, color correction, image cleanup using the healing brush and clone stamp tools, an introduction to layers and how to use them in your workflow, black and white conversions, putting panoramas together, high dynamic range photography and an introduction to camera RAW.

Instructor: Scott Bean, scott@scottbeanphoto.com

Date: 11/29/2011 to 12/08/2011 (TTh)
Time: Tu and Th from 7:00 PM to 9:00 PM
Fee: \$52.00
Location: UFM Computer Lab
1221 Thurston St., 2nd floor

Introduction to Adobe

Lightroom 11CCF140

This class will cover an introduction to the software program Adobe Lightroom, which is part of the Photoshop family of programs. All modules of Lightroom (library, development, slideshow, print, and web) will be covered, however most of the class will focus on the library and development modules. The use of presets to speed up your workflow will be discussed as well as using Lightroom in combination with other image editing programs such as Photoshop.

Instructor: Scott Bean, scott@scottbeanphoto.com

Date: 11/08/2011 to 11/17/2011 (TTh)
Time: Tu and Th from 7:00 PM to 9:00 PM
Fee: \$52.00
Location: UFM Computer Lab, 1221 Thurston St., 2nd floor

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.

Make a Pillowcase Dress 11CCF161

Pillowcase dresses are fun for little girls and an easy beginning sewing project. Pillowcase dresses can be worn in the summer as a sun dress or in the winter as a jumper with tights and a shirt. We will make these dresses with new fabric, not from a pillowcase. The only sizing is to determine the length to fit your child.

Instructor: Linda Teener

Date: 10/11/2011 (Tu)
Time: Tu from 6:30 PM to 8:30 PM
Fee: \$12.00
Location: UFM Multipurpose Room
1221 Thurston St.





Learning to Write and Sell Fiction 11CCF36

Have you ever dreamed of being a writer? Do you have a great idea but you don't know how to turn that idea into a story or a novel? Are you already working on a novel but you'd like to get feedback from others to see if you're on the right track? Whether you're a complete beginner or you've been writing for years, this class can help you hone your skills and land a publishing contract.

"Learning to Write and Sell Fiction" will introduce the fundamentals of writing and selling novels, stories, and teleplays. General topics will be covered as well as specific issues related to student manuscripts.

Please bring a sample of a work in progress or begin a project after the first class session. Each class provides guided workshop time where students learn through participation.

Instructor: Glenn Sixbury, (785) 587-9561

Date: 10/03/2011 to 10/17/2011 (M)
 Time: M from 7:30 PM to 9:30 PM
 Fee: \$16.00
 Location: UFM Multipurpose Room
 1221 Thurston St.

Glenn Sixbury has been writing and selling fiction for over twenty years. His credits include mainstream, science fiction, fantasy, horror, and children's stories published in magazines and international hardcover and paperback anthologies. Glenn has been a writing instructor for over ten years. See Glenn's full bio at www.tryufm.org.

Haiku for You! 11CCF155

You can write Haiku about anything! Come learn the history and background about Haiku. Some attention will be given to other related forms such as Senryu and Tonka. You will write, share and discuss your own Haiku.

Instructor: Bob Sinnett D: (785) 539-8934

Date: 09/19/2011 to 09/26/2011 (M)
 Time: M from 7:00 PM to 8:00 PM
 Fee: \$12.00
 Location: UFM Fireplace Room, 1221 Thurston St.

Bob Sinnett has over 50 years of writing Haiku. He is a long time member of the American Haiku Society.

Beaded Jewelry 11CCF99

Learn how to make a beaded bracelet, earring and necklace set. Students will learn how to design and then work on their projects during the class. Instructor will provide beading wire, crimps, beads, clasps and bead organizer and will have beads that students can use. Quality materials are included in class fee. Ages 13+.

Note: Students will need to bring their own tools. Email instructor for recommended tools.

Instructor: Gen Gardner, gwen76@gmail.com

Date: 09/06/2011 to 10/06/2011 (TTh)
 Time: Tu and Th from 6:00 PM to 8:00 PM
 Fee: \$110.00
 Location: UFM Banquet Room
 1221 Thurston St.



Paper Bead Jewelry Making 11CCF72

In this class you will learn how to create your own paper beads and string them to create necklaces, bracelets, or earrings. These make great gifts for the holidays. Ages 16 +

Bring to class: scissors; white glue or glue stick; paper; wrapping paper, magazines, newspaper; and washcloth.
 Instructor: Charlene M Brownson, cmb@ksu.edu

Date: 11/07/2011 to 11/14/2011 (M)
 Time: M from 6:30 PM to 8:00 PM
 Fee: \$5.00
 Location: UFM Fireplace Room
 1221 Thurston St

Learn to Play Bridge 11CCF159

Bridge is a skilled card game for groups of four people and it can provide immense challenge and enjoyment for the rest of your life. Class will start with the fundamentals of bidding and play and progress into playing games by the second class meeting. This class is intended for the complete beginner. If this describes you, join us and learn more about this challenging and fun game!
 Instructor: Carolyn Meares

Date: 09/08/11 to 10/13/2011 (Th)
 Time: Th from 7:00 PM to 8:30 PM
 Fee: \$20.00
 Location: UFM Fireplace Room, 1221 Thurston St.

Introduction to Photography 1: The Basics 11CCF78

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

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

The class will include 5 classroom meetings and 3 field trips. Exact times of the field trips will be discussed at the first class, but will be on Saturday evenings a couple of hours before sunset. Participants will be responsible for their own film and development costs if applicable.
 Instructor: Scott Bean, scott@scottbeanphoto.com

Date: 09/08/2011 to 10/06/2011 (ThSa)
 (No class 10/1)
 Time: Th and Sa from 7:00 PM to 9:00 PM
 Fee: \$82.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor



LANGUAGE

Introduction to Spanish 11CLA33A

This class will give a basic introduction to the Spanish Language and apply the language to real life situations. Instructor: Aaron Hernandez

Date: 08/24/2011 to 10/12/2011 (W)
 Time: W from 6:00 PM to 8:30 PM
 Fee: \$44.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor



Introduction to Spanish 11CLA33B

Date: 10/19/2011 to 12/14/2011 (W)
 Time: W from 6:00 PM to 8:30 PM
 Fee: \$44.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Instructor Aaron Hernandez is a junior at Manhattan Christian College studying Youth Ministry. He has a focus in Bible and Theology at MCC.

German for Beginners 11CLA35

Do you plan to travel to a German speaking country? Or do you just want to get a basic understanding of the German language? Then this course is for you! We will learn some basic vocabulary and encounter some of the culture in German speaking countries such as Austria, Germany and Switzerland. This introductory course will give you the opportunity to learn about the language in a safe, fun and collaborative environment. Bring a notebook and pens or pencils to take notes. Ages 10+.

Instructor: Jessi Long, jessi@tryufm.org

Date: 09/06/2011 to 10/04/2011 (T)
 Time: T from 6:30 PM to 7:30 PM
 Fee: \$20.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor



Conversational Sign Language 11CLA29

This is a conversational sign language class for beginner and intermediate signers that will focus on learning vocabulary through connected language. Printed material and videos will be used during instruction. Families with children are welcome. All materials and fees are included in the registration cost.

Instructor: Susie Stanfield, isign@cox.net

Date: 09/01/2011 to 10/27/2011 (Th)
 Time: Th from 2:00 PM to 3:30 PM
 Fee: \$150.00 for one person
 *Group rate available
 Location: UFM Conference Room
 1221 Thurston St.

Beginning Italian 11CLA36

This introductory course will teach you basic Italian vocabulary, pronunciation and phrases. Whether you intend to travel abroad or you wish to learn another language, this class will teach you the fundamentals of Italian language and culture.

Date: 09/08/2011 to 10/13/2011 (Th)
 Time: Th from 6:00 PM to 7:30 PM
 Fee: \$20.00
 Location: UFM Multipurpose Room
 1221 Thurston St., 2nd floor

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- Funny Girl (Apr 27-29, May 3-6)

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EARTH & NATURE

Wildflower Walk at Tuttle

Creek Lake

11CEN69

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

*Rain date the following Sunday.

Instructor: Paul Weidhaas, (785) 539-8511

Date: 08/20/2011 (Sa)
 Time: Sa from 1:00 PM to 3:00 PM
 Fee: No Charge
 Location: Tuttle Creek Lake Visitor's Center
 5020 Tuttle Creek Blvd



Utility Connected Photovoltaics for Your Home

11CEN102

Whether you are concerned about energy independence, climate change, national security or just your own pocketbook, renewable energy is enormously popular for people from all political parties and backgrounds. We will also discuss lessons learned from three different Manhattan systems...three of the first in Kansas. With step-by-step photos of designing and installing solar electric systems using the latest hardware, we're going to discuss the advantages and disadvantages of various choices. We can also talk about how these systems compare with battery backup or independent systems. Come with questions and new information for discussion.

Instructor: Bill Dorsett, wmdorsett@sbcglobal.net

Date: 09/10/2011 (Sa)
 Time: Sa from 1:00 PM to 3:00 PM
 Fee: No charge
 Location: UFM Solar Addition, 1221 Thurston St.

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



Food Forests and Plant Guilds:

An Introduction to Permaculture 11CEN74

Bill Mollison and David Holmgren define Permaculture as "Consciously designed landscapes which mimic the patterns and relationships found in nature, while yielding an abundance of food, fibre and energy for provision of local needs." We will briefly explore the elements and ethics of permaculture design and point you toward resources for further study.

Instructors: Carol Barta, (785) 410-8608 and Susan Oviatt

Date: 10/27/2011 (Th)
 Time: Th from 7:00 PM to 9:00 PM
 Fee: No Charge
 Location: UFM Fireplace Room, 1221 Thurston St.

Carol Barta is longtime gardener and recent student of the Midwest Permaculture Institute.

Intro to Geocaching 11CEN103

Geo is a prefix for earth. Cache is a hiding place used to store items.

On May 2, 2000, the Clinton Administration removed selective availability and the accuracy of GPS receivers around the world improved tenfold. Two days later, Dave Ulmer, a computer consultant decided to test the accuracy. He hid a black bucket filled with trading items in the woods near Beaver Creek, Oregon and posted the satellite coordinates online. Thus began a global, family friendly activity that is growing quickly in popularity.

Today there are over 1.4 million geocaches hidden around the world. They can be found deep in the woods, under water and even stuck to the underside of park benches and the containers are getting increasingly clever.

Has your interest been piqued? Here's your chance to find out more. No materials required.

Instructor: Daedra Lowry

Date: 09/17/2011 to 09/24/2011 (Sa)
 Time: Sa from 10:00 AM to 12:00 PM
 Fee: \$14.00
 Location: UFM Fireplace Room, 1221 Thurston St.



Bicycle Ed 101 11CEN75A

Cyclists will learn how to care for their bicycle with proper maintenance and basic repair skills. Participants will learn about tire & tube changes, bicycling & the law, pre-ride safety check, cleaning and lubrication, proper storage and wheel removal & installation. Plan to wear clothes you don't mind getting greasy.

Instructor: Big Poppi Bicycle Company, (785) 537-3737

Date: 09/30/2011 (F)
 Time: F from 8:00 PM to 9:00 PM
 Fee: \$10.00
 Location: Big Poppi Bicycle Co, 1126 Moro St.

Bicycle Ed 101 11CEN75B

Date: 10/07/2011 (F)
 Time: F from 8:00 PM to 9:00 PM
 Fee: \$10.00
 Location: Big Poppi Bicycle Co
 1126 Moro St.

Bicycle Ed 101 11CEN75C

This date is for women only.

Date: 10/14/2011 (F)
 Time: F 8:00 PM to 9:00 PM
 Fee: \$10.00
 Location: Big Poppi Bicycle Co
 1126 Moro St.

Bicycle Ed 101 11CEN75D

Date: 10/21/2011 (F)
 Time: F 8:00 PM to 9:00 PM
 Fee: \$10.00
 Location: Big Poppi Bicycle Co
 1126 Moro St.

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 Meadowlark Hills Retirement Center

Landscapes of the Flint Hills

October 31, November 7, 14 from 3-5 p.m.
 Course fee is \$35
 Meadowlark Hills Retirement Center

Recalling World War II

November 2, 9 & 16 from 12:30-2:30 p.m.
 Course fee is \$35
 Meadowlark Hills Retirement Center

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Coordinated by UFM Community Learning Center, offered by Kansas State University Division of Continuing Education in collaboration with KU Osher Lifelong Learning Institute.





**Bicycle Core Concepts:
Drive-train Mechanics 11CEN76**

CLICK! TICK! POP! CREAK! Do your gears feel like they are jumping all over creation when you are pedaling? You need help and we have a class that will teach you how to fix all of those sounds, the clunky performance and leave you with nothing but crisp, smooth, quiet shifting all the live long day. Topics covered include: drivetrain cleaning & lubrication, front & rear, derailleur installation, front & rear derailleur cable adjustment, front & rear derailleur limit adjustment, chain installation & maintenance and shifter maintenance & cleaning.

Instructor: Big Poppi Bicycle Company, (785) 537-3737

Date: 10/02/2011 (Su)
Time: Su from 5:00 PM to 7:00 PM
Fee: \$60.00
Location: Big Poppi Bicycle Company
1126 Moro St.

Bicycle Wheel Systems 11CEN79

Bicycle wheelbuilding is a beautiful combination of science and art reserved for the patients. This class will explain the amazing almagimation of parts and technique that it takes to procedure bicycle wheels from the three components that comprise it: a rim, hub, and spokes. Topics covered: wheel lacing 2-cross, 3-cross, 4-cross, radial, spoke tensioning, dishing, radial truing, lateral truing. You will leave this class with a new wheel hand built by YOU!

Cost: If you buy a hub, rim, and spokes from Big Poppi Bicycle Co. the class is \$10. If you opt to attend and bring outside materials, the normal cost of the class is \$125.

Date: 10/23/2011 (Su)
Time: Su from 5:00 PM to 7:00 PM
Fee: Big Poppi Materials \$10.00
Purchased on Own \$125.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Fly Fishing 11CEN04AZ

This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up and put down, false casting and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippetts, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor.

Instructor: Paul Sodamann, (785) 456-5654

Date: 10/17/2011 to 10/27/2011 (MTWTh)
Time: M, Tu, W & Th from 6:00 PM to 8:00 PM
Fee: \$95.00
Location: K-State Durland/Rathbone Hall 1061

**Bicycle Core Concepts:
Brake System Mechanics 11CEN77**

Let's just leave this one to explain itself. The danger of bad brakes is pretty apparent. If your bike currently has or has ever had trouble stoping or you are just a gear-head and want to know how everything works, this class is a great opportunity to understand the different styles of brakes for bicycles and how they work. Topics covered: cantilever, side-pull, disc, v-brake/linear pull, u-brake, duel-pivot, brake pad installation, brake cable adjustments, caliper adjustments.

Instructor: Big Poppi Bicycle Company, (785) 537-3737

Date: 10/09/2011 (Su)
Time: Su from 5:00 PM to 7:00 PM
Fee: \$60.00
Location: Big Poppi Bicycle Company
1126 Moro St.

**Bicycle Major
Bearing Systems 11CEN78**

Each of these four area's on the bike are the key to smooth, efficient forward movement. Without good bearing adjustment you will go no where fast. The key to this class is, "as loose as possible without knock." Topics covered: bottom bracket overhaul, hub overhaul & adjustment, headset overhaul & adjustment 1" & 1 1/8".

Instructor: Big Poppi Bicycle Company, (785) 537-3737

Date: 10/16/2011 (Su)
Time: Su from 5:00 PM to 7:00 PM
Fee: \$100.00
Location: Big Poppi Bicycle Company
1126 Moro St.



**TakeCharge Challenge:
Home Energy Workshop 11CEN80**

This workshop is one of the final events for the TakeCharge Challenge in Manhattan; help us 'turn the lights out' on the competition! You will learn many ways to make your home more energy efficient while not spending very much money. PLUS participants will take home a basket of energy efficiency tools, valued at \$30.

Instructor: Laura Lutz

Date: 09/24/2011 (Sa)
Time: Sa from 9:00 AM to 12:00 PM
Fee: \$20.00
Location: Leadership Studies Lecture Hall,
K-State campus

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2. BRING YOUR OWN BAGS TO GROCERY STORE
3. ADJUST THERMOSTAT FOR THE SEASON
4. SIGN UP FOR THE TAKECHARGE CHALLENGE WORKSHOP AND SWITCH TO COMPACT FLUORESCENT LIGHT BULBS
5. CHECK YOUR TIRE AIR PRESSURE (UNDERINFLATED TIRES REDUCE FUEL EFFICIENCY)



8/28 **Trouble the Water**
Exploring Hurricane Katrina
Coffman Commons
in front of Hale Library

9/11 **Houston We Have a Problem**
An Investigation of the Oil Industry
Coffman Commons
in front of Hale Library

9/18 **A Small Act**
Official Selection at
2010 Sundance Film Festival
Coffman Commons
in front of Hale Library

9/25 **The Elephant in the Living Room**
Ownership of Exotic Animals
Sunset Zoo
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Ali Noorani

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Forum Hall, Kansas State University

Karen Countryman-Roswurm
*"Domestic Minor Sex Trafficking:
Modern Day Slavery"*

Tuesday, October 18 at 7:00 p.m.
Forum Hall, Kansas State University



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FUN FOODS

Beer Tasting 11CFF39

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

Instructor: Jeff Gill

Date: 10/21/2011 (F)
Time: F from 6:30 PM to 8:30 PM
Fee: \$12.00
Location: Tallgrass Brewing Company
8845 Quail Lane, Suite 1

Eating Healthy on a Budget 11CFF52

Would you like to learn ways to eat and stay healthy without blowing your budget? This class will include information about purchasing bulk grains, organic products and specialty herbs & spices; buying healthy food in bulk can help your budget and your health.

Instructor: Jennifer Guilford, 1veggielady@gmail.com

Date: 09/23/2011 (F)
Time: F from 6:00 PM to 7:30 PM
Fee: No Charge
Location: People's Grocery, 523 South 17th St

Jenny Guilford is the Produce Manager at Peoples Grocery Cooperative in Manhattan, formerly the manager of the K-State Willow Lake Farm, with a Bachelor of Science in Horticulture with an emphasis on organic and sustainable agriculture.

Gluten-Free Pizza Party At Home!

11CFF73

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

Instructor: Jo Maseberg-Tomlinson,
jo.maseberg@gmail.com

Date: 10/12/2011 (W)
Time: W from 6:00 PM to 8:00 PM
Fee: \$29.00
Location: HyVee Club Room, 601 3rd Place

Wine 101 11CFF77

Are you new to wine or interested to know more of the basics? Harry's is offering our Wine 101 series. Join us as we try six different wines each week while discussing various topics on the wines and the regions in which they grow. The four classes in this series include The Americas; France; Italy, Spain and Portugal; Australia and New Zealand.

Instructors: Evan Grier & Ian Hulon
ian.hulon@harrysmanhattan.com

Date: 10/25/2011 to 11/15/2011 (Tu)
Time: Tu from 6:00 PM to 7:30 PM
Fee: \$76.00
Location: Harry's Restaurant, 418 Poyntz Ave



Baking from Scratch for Kids 11CFF82A

Children will learn to bake cookies, cupcakes and other baked goods from scratch. They will then have the opportunity to decorate their baked creations and take home delicious treats for their friends and families. Ages 6-12.

Instructor: Jessica Campbell, jessica@tryufm.org

Date: 09/10/2011 (Sa)
Time: Sa from 2:00 PM to 5:00 PM
Fee: \$15.00
Location: HyVee Club Room, 601 3rd Pl

Baking from Scratch for Kids 11CFF82B

Date: 12/10/2011 (Sa)
Time: Sa from 2:00 PM to 5:00 PM
Fee: \$15.00
Location: HyVee Club Room, 601 3rd Pl

Local Food: What It Is and What It Can Do for Your Family & Community 11CFF85

Want to learn about local food but not sure exactly what it means? What is a CSA? Come to this class and we will cover that and more. Learn about what defines local and regional foodsheds and how local purchasing can strengthen your community. Buying locally raised produce and meats often means healthier, fresher food, sustainably raised with a lighter environmental impact. And last but not least a personal relationship with the farmers that raise your food. We will also cover resources available in the Manhattan area.

Instructor: Jennifer Guilford, 1veggielady@gmail.com

Date: 09/16/2011 (F)
Time: F from 6:00 PM to 7:30 PM
Fee: No charge
Location: UFM Solar Addition
1221 Thurston St.

Jenny Guilford is the Produce Manager at Peoples Grocery Cooperative in Manhattan, formerly the manager of the K-State Willow Lake Farm, with a Bachelor of Science in Horticulture with an emphasis on organic and sustainable agriculture.



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How Local Can You Go? 11CFF86

So you like the idea of eating more locally produced food but aren't sure if it's even possible? Come and hear from people who are "walking the walk" and supplying a large part of their diet from local sources. You'll find out why and how to succeed in becoming a locavore. The community-wide EAT LOCAL CHALLENGE WEEK will kick off with a dinner of local food on Sunday, August 28 at Noon. Sign up Sunday to take the pledge to try to consume at least 80% of your diet (4 out of 5 meals) from food grown or produced locally. How local can you go?

Date: 08/28/2011 to 08/28/2011 (Su)
 Time: Su from 2:00 PM to 3:00 PM
 Fee: No charge
 Location: Riley County Senior Service Center, 412 Leavenworth

Food for Thought: Beginner's Cooking 11CFF87

Tired of eating Ramen? Too busy to cook? If you want to learn how to cook, whatever your reason may be, then this class is for you! Learn basic, quick, and easy meals that fill your tummy without emptying your wallet or taking your time. Bring a notebook and a writing utensil for notes. Ages 18+

Instructor: Jessi Long

Date: 09/17/2011 to 10/08/2011 (Sa)
 Time: Sa from 11:30 AM to 1:00 PM
 Fee: \$29.00
 Location: HyVee Club Room, 601 3rd Place

Holiday Entertaining: The Ultimate Party Table! 11CFF88

It's time for Holiday parties! You will want to include this class on your calendar as you prepare for upcoming holiday celebrations. Karen will be cooking up delicious party appetizers, desserts and drink ideas to help entertain your guests with style. This class will also include "how-to" ideas for decorating your table, and making your party "simple-to-do", but memorable for your guests.

Instructor: Karen Hanson

Date: 11/09/2011 (W)
 Time: W from 6:00 PM to 8:00 PM
 Fee: \$29.00
 Location: HyVee Club Room, 601 3rd Place



Holiday Entertaining: The Holiday Feast! 11CFF89

Planning the Holiday meal will be a breeze this season... come learn how to plan, shop for and cook the most amazing holiday dinner! Karen Hanson, the Hy-Vee dietitian will be walking you step by step through the process so that your holiday meal will be well planned, deliciously prepared and elegantly served. And, best of all, you will be so relaxed that you will enjoy the meal along with your guests! Karen will share how to plan the schedule leading up to the day, ideas on shopping for the meal, and best of all, she will be cooking up the recipes for you to sample!

Instructor: Karen Hanson

Date: 11/16/2011 (W)
 Time: W from 6:00 PM to 8:00 PM
 Fee: \$29.00
 Location: HyVee Club Room, 601 3rd Place

Holiday Sweets: Candies & Cookies 11CFF90

Holiday candy and cookie baking can be such a fun tradition. Sharing the results will quickly become a tradition too! In this class we will learn the basics of candy making, how to assemble, test and even store the finished products. We will also learn about baking a variety of cookies that would be perfect for a beautiful assorted tray for gift giving. Come join us, just in time for the Holidays and gift giving.

Instructor: Karen Hanson

Date: 12/02/2011 (F)
 Time: F from 6:00 PM to 8:00 PM
 Fee: \$29.00
 Location: HyVee Club Room, 601 3rd Place



Easy As Pie 11CFF91A

You will learn that baking can be easy and fun in this introductory course to the wonderful world of baking. You will learn how to make an assortment of baked goods including a basic bread and a pie! Come and learn how easy it really can be to bake. You will leave with the confidence you need to try other recipes in your own kitchens. Ages 18+.

Instructor: Jessi Long

Date: 10/22/2011 (Sa)
 Time: Sa from 1:00 PM to 5:00 PM
 Fee: \$29.00
 Location: HyVee Club Room, 601 3rd Place

Easy As Pie 11CFF91B

Date: 10/29/2011 (Sa)
 Time: Sa from 1:00 PM to 5:00 PM
 Fee: \$29.00
 Location: HyVee Club Room, 601 3rd Place



Peruvian Cuisine 11CFF48

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

Instructor: Elsa Toburen

Date: 10/26/11 (W)
 Time: W from 6:30 PM to 8:30 PM
 Fee: \$29.00
 Location: HyVee Club Room, 601 3rd Place

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EAT LOCAL FOODS DINNER
kick off for community-wide EAT LOCAL CHALLENGE WEEK

When: Sunday, August 28, Noon
Fee: \$10 (open to the public)
Location: Riley County Senior Service Center, 412 Leavenworth

The Challenge: How local can you go? Sign up after the dinner to take the pledge to try to consume at least 80% of your diet (4 out of 5 meals) from food that is grown or produced locally.

A free class will follow the dinner at 2pm to discuss more about foods grown locally.

HEALTH & WELLNESS



HypnoBirthing A Natural Approach to Safe & Comfortable Birthing 11CHW30

HypnoBirthing is more of a philosophy, rather than a specific method of childbirth. The basic idea: Childbirth is a normal, natural and healthy function of a woman's body. Understanding this concept (through exploring past and present birthing practices) and knowing how a woman's body works during birth, helps set the stage for a gentle, calm, and empowering birth experience for many low-risk women and their birth partners. Women's bodies instinctively know how to birth, much like other mammals in nature if they learn to remain relaxed. HypnoBirthing allows a woman and her birth partner to fully align with the knowledge that her body is perfectly designed to give birth just as it is designed to conceive and carry her baby.

HypnoBirthing provides couples with visualizations, affirmations, relaxation, breathing, and self-hypnosis techniques to prepare the mind and body for the most amazing day of all of their lives. The class also explores the importance of good nutrition, exercise, and massage during pregnancy and at birth. In addition, the class helps parents get ready for the baby, preparing for labor, understanding labor, birth plans or preferences (for hospitals, birth centers, etc.), breastfeeding, and what to expect postpartum. HypnoBirthing also supports prenatal bonding or attachment, which is great for any new parent, especially for a mother who plans to breastfeed.

Hypnosis for childbirth has shown to help reduce the need for pain medication and support women in shorter, more comfortable births. For more information, visit the HypnoBirthing Institute at www.hypnobirthing.com

Note: Class fee includes Hypnobirthing book, handouts and two cds. Deadline for registration is September 9. \$50 of registration is non-refundable.

Instructor: Darla Allen Boyer, (785) 266-3998

Date: 10/01/2011 to 10/29/2011 (Sa)
Time: Sa from 3:30 PM to 6:00 PM
Fee: Couple - \$295.00
Location: UFM Solar Addition, 1221 Thurston St.

Darla is a Certified HypnoBirthing/Childbirth Educator (CHCB) with the HypnoBirthing Institute and utilized HypnoBirthing techniques when she gave birth to her child in 2007. Darla has worked with families and children for more than 20 years in various capacities and she is passionate about attachment-based parenting. For Darla's complete bio, visit www.tryufm.org.

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Weighing the Fat Controversy 11CHW120

There is a multitude of contradictory information out there about good versus bad fats and oils. This class will attempt to weed through some of that controversy. The class will focus on fats and oils in light of the historical trends of attitudes toward fats, the books *Eat Fat Lose Fat* by Dr. Mary Enig and Sally Fallon, and *Know Your Fats* by Dr. Mary Enig; and current, peer-reviewed research. Topics covered in the discussion will include the differences between saturated and unsaturated fats, how your body uses fats, what oils to use or not use when cooking, the fatty acids essential for a healthy body, how to use and cook with coconut oil, what foods contain healthy fats, and what fats and oils are dangerous for your health.
Instructor: Stephanie Schiefelbein

Date: 10/15/2011 (Sa)
Time: Sa from 2:00 PM to 4:00 PM
Fee: No charge
Location: UFM Fireplace Room, 1221 Thurston St.

Stephanie Schiefelbein is employed by Kansas State University as an Undergraduate Specialist at Hale Library. Stephanie is originally from Minnesota and completed her undergraduate degree in Wisconsin. She is currently a member of the Weston A. Price Foundation, the Farm-to-Consumer Foundation, and the Education Committee of People's Grocery. For Stephanie's complete bio, visit www.tryufm.org.



Navigate the Organic Food Aisle 11CHW121

When walking down the organic food aisle of the grocery store, the choices can be overwhelming. What do these health claims mean? How do I pronounce that word on the list of ingredients? Where did this product come from? Which product should I ultimately choose? This workshop will delve into the intricacies of the language used by organic food products, provide insights as to what preservatives, dyes, additives, and ingredients you should be aware of on ingredient lists, and give an overview of the evolving landscape of the organic food industry. Our goal is to educate organic food consumers so they are armed with the knowledge and information necessary to be confident in their pursuit of interpreting food labels and finding the best sources for organic and natural living.
Instructors: Stephanie Schiefelbein & Jennifer Guilford, 1veggielady@gmail.com

Date: 08/20/2011 (Sa)
Time: Sa from 2:00 PM to 4:00 PM
Fee: No charge
Location: UFM Fireplace Room, 1221 Thurston St.



Yoga I 11CHW15AZ

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, yogaconnection@gmail.com

Date: 08/22/2011 to 10/12/2011 (MW)
(No class 9/5)
Time: M and W from 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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.

Yoga I 11CHW15BZ

Date: 08/22/2011 to 10/12/2011 (MW)
(No class 9/5)
Time: M and W from 5:30 PM to 6:30 PM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga I 11CHW15CZ

Date: 08/23/2011 to 10/11/2011 (TTh)
Time: Tu and Th from 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga I 11CHW15DZ

Date: 10/17/2011 to 12/07/2011 (MW)
(No class 11/21, 11/23)
Time: M and W from 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga I 11CHW15EZ

Date: 10/17/2011 to 12/07/2011 (MW)
(No class 11/21, 11/23)
Time: M and W from 5:30 PM to 6:30 PM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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Sounds of Yoga**11CHW201**

The Yoga Tradition has come to us from ancient times through the use of the human voice. Going back more than 5,000 years to a time when there was no other way to transmit this knowledge, teachers chanted and students listened and repeated. The language of Yoga is Sanskrit, one of the world's most ancient and beautiful languages. The names of the traditional poses or 'asanas' of Yoga are in Sanskrit, which some have noticed has a very rhythmic nature. In this class you will learn to listen and memorize some of the ancient chants from the Vedic Tradition and also from the Yoga Tradition. You'll also learn how to read Sanskrit in its transliterated form using English text and symbols.

Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 10/03/2011 to 11/28/2011 (M)
 Time: M from 4:30 PM to 5:30 PM
 Fee: \$98.00
 Location: Yoga Connection, 321 Poyntz Ave, Ste A

Ana Franklin has been studying Vedic Chant and Ptanjali's Yoga Sutra for fifteen years with her teacher, Sonia Nelson of The Vedic Chant Center, Santa Fe, NM. Ana's interest in Vedic Chanting stems from her forty years of practicing Yoga and her love of vocalization. She has found that the practice of chanting and memorization of the Sanskrit chants is a wonderful way to increase lung capacity and strength, and has many other physical and non-physical benefits. Ana is looking forward to joining voices with you!

**Yoga II****11CHW21Z**

This course will increase the student's understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and study of Yoga Sutras. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the individual body-type. *Prerequisite: Eligibility for this course requires a personal interview with Ana Franklin. Students must make arrangements to meet with Ana to receive permission to enroll for this course. Please call or email her at 785-341-9908 or yogaconnection@gmail.com. Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 10/13/2011 to 12/08/2011 (ThTu)
 (No class 11/22, 11/24)
 Time: Th and Tu from 10:30 AM to 11:30 AM
 Fee: \$99.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

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**Morning Yoga****11CHW89A**

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

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 08/13/2011 to 09/10/2011 (Sa)
 (No class 9/3)
 Time: Sa from 9:30 AM to 11:00 AM
 Fee: \$27.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Morning Yoga**11CHW89B**

Date: 09/17/2011 to 10/08/2011 (Sa)
 Time: Sa from 9:30 AM to 11:00 AM
 Fee: \$27.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Morning Yoga**11CHW89C**

Date: 10/15/2011 to 11/05/2011 (Sa)
 Time: Sa from 9:30 AM to 11:00 AM
 Fee: \$27.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Morning Yoga**11CHW89D**

Date: 11/12/2011 to 12/10/2011 (Sa)
 (No class 11/26)
 Time: Sa from 9:30 AM to 11:00 AM
 Fee: \$27.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Evening Yoga**11CHW88A**

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

Date: 08/22/2011 to 09/19/2011 (M)
 (No class 9/5)
 Time: M from 7:15 PM to 8:45 PM
 Fee: \$27.00
 Location: K-State International Student Center,
 Multipurpose Room
 Corner of Midcampus Drive and Claflin

Evening Yoga**11CHW88B**

Date: 09/26/2011 to 10/17/2011 (M)
 Time: M from 7:15 PM to 8:45 PM
 Fee: \$27.00
 Location: K-State International Student Center,
 Multipurpose Room
 Corner of Midcampus Drive and Claflin

Evening Yoga**11CHW88C**

Date: 10/24/2011 to 11/14/2011 (M)
 Time: M from 7:15 PM to 8:45 PM
 Fee: \$27.00
 Location: K-State International Student Center,
 Multipurpose Room
 Corner of Midcampus Drive and Claflin

Evening Yoga**11CHW88D**

Date: 11/28/2011 to 12/19/2011 (M)
 Time: M from 7:15 PM to 8:45 PM
 Fee: \$27.00
 Location: K-State International Student Center,
 Multipurpose Room
 Corner of Midcampus Drive and Claflin

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

Sleeping Beauty: How to**Set Your Alarm Clock****11CHW748Z**






Late to work because your alarm didn't sound or you set it to p.m. instead of a.m.? We have just the class for you! Gain the confidence to correctly set your alarm clock, allowing you to keep your mind off of oversleeping and being late again. Please bring your alarm clock that you intend to use, once you master the skill of setting your alarm! We will also cover how to successfully (and unsuccessfully) use the Snooze button on your alarm clock.

Instructor: Susan Westclox

Date: 08/23/2011 (Tu)
 Time: 6:00 PM to 6:30 PM
 Fee: -\$1.00
 Location: UFM, 1221 Thurston

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**Community CPR,
First Aid & AED** **11CHW25C**
Instructor: Abby Thrash, abbythrash@gmail.com

Date: 09/10/2011 (Sa)
Time: Sa from 11:00 AM to 7:00 PM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Blended Learning:
CPR/First Aid** **11CHW70A**

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 hands-on skills practice and assessment session. YOU WILL BE CONTACTED VIA EMAIL with login information and directions. Certification requirements are as follows:

Part I
A. Complete online session by correctly answering at least 80% of the questions of the final exam, then bring printed final exam score to hands-on skills practice and assessment session.

Part II
B. Attend in person and demonstrate competency in the hands-on skills practice and assessment session.
Source: American Red Cross

**No textbook required and the date listed is for hands-on skills practice session. There is a \$20 non-refundable deposit.
Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/28/2011 (Su)
Time: Su from 10:00 AM to 11:00 AM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Blended Learning:
CPR/First Aid** **11CHW70B**

Date: 09/03/2011 (Sa)
Time: Sa from 10:00 AM to 11:00 AM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Blended Learning:
CPR/First Aid** **11CHW70C**

Date: 09/10/2011 (Sa)
Time: Sa from 10:00 AM to 11:00 AM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Responding to
Emergencies** **11CHW19AZ**

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). **Materials not included in fee; need to buy mask for \$13.50 at UFM, 1221 Thurston St. before class.**

Instructor: Henry Brown

Date: 10/02/2011 to 10/16/2011 (SuSa)
Time: Su and Sa from 12 N to 6:30 PM
Fee: \$154.00
Location: UFM Banquet Room
1221 Thurston St.

**Community CPR,
First Aid & AED** **11CHW25A**

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

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/28/2011 (Su)
Time: Su from 11:00 AM to 7:00 PM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Community CPR,
First Aid & AED** **11CHW25B**

Instructor: Abby Thrash Email: abbythrash@gmail.com,

Date: 09/03/2011 (Sa)
Time: Sa from 11:00 AM to 7:00 PM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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



Beginning Tai Chi Chaun 11CHW31

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

Instructor: Mei Hwa (Tina) Terhune

Date: 09/21/2011 to 10/19/2011 (W)
 Time: W from 5:30 PM to 6:30 PM
 Fee: \$43.00
 Location: UFM Banquet Room, 1221 Thurston St.

Living the Art: Jin Shin Jyutsu 11CHW08

Jin Shin Jyutsu is an ancient art of harmonizing body, mind and spirit. During class we'll be practicing self help and learning how to interpret the messages our bodies send us. As we begin to know ourselves, we can better help ourselves. Jin Shin Jyutsu is relaxing, simple, and profound. Please wear comfortable clothing and bring a smile.

Instructor: Kate Cashman

Date: 09/10/11 (Sa)
 Time: Sa from 1:00 PM to 5:00 PM
 Fee: \$24.00
 Location: 1421 Colorado St.



Clutter Clearing 11CHW22

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

Instructor: Kate Cashman

Date: 10/11/11 to 10/25/11 (Tu)
 Time: Tu from 7:00 PM to 9:00 PM
 Fee: \$35.00
 Location: 1421 Colorado Street

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Novelene Ross (curator of education, Wichita Art Museum), in front of the museum, September 4, 1982

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MARTIAL ARTS



Judo I

11CMA08Z

Judo I is an introduction to the Olympic sport of Judo. Students will learn mat etiquette, break falls, basic mat and throwing techniques. Judo I is intended not for gaining proficiency, but to gain understanding of how principles of dynamics (force, acceleration, momentum, work, rotation, moment of inertia, etc.) are used to gain physical advantage (subduing the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles.

Instructor: Jim Kiker

Date: 08/22/2011 to 12/05/2011 (MTh)
(No classes 9/5, 11/21, 11/24)
Time: M and Th from 8:00 PM to 9:00 PM
Fee: \$75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Karate & Self-Defense (Adults & Youth)

11CMA10

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

Instructor: Habib Diop, hdiop@ksu.edu

Date: 10/06/2011 to 11/17/2011 (Th)
Time: Th from 6:00 PM to 7:00 PM
Fee: \$51.00
Location: K-State Ahearn Gym, 2nd floor

Tae Kwon Do I

11CMA01Z

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. Ages 9+. Instructor: David Moore

Date: 08/23/2011 to 12/08/2011 (TTh)
(No class 11/22, 11/24)
Time: Tu and Th from 5:00 PM to 6:00 PM
Fee: \$72.00
Location: Sun Yi's Academy
1650 Hayes Dr.

Lao Hu Pai Self Defense and Kung Fu

11CMA05

Lao Hu Pai Self Defense and Kung Fu - New students will learn self defense (Aikijutsu and Chinese chi na). Students will learn falling, joint manipulation, take downs, self defense with punches/grabs/kicks/weapons, basic forms/exercises, and ground techniques. Students may join the Kung Fu class after acquiring a Brown Belt level in self defense. Ages 14+. Instructor: Michael Tran, mtrandpm@cox.net

Date: 08/31/2011 to 12/07/2011 (W)
(No class 11/23)
Time: W from 6:00 PM to 8:00 PM
Fee: \$62.00
Location: K-State Ahearn Gym, 2nd floor

Dr. Michael Tran has participated in the martial arts for 23 years. He holds black belt/sash in Lao Hu Pai Kung Fu, Won Hop Loong Chuan Kung Fu, and Goshin Aikijutsu. He also has training in: Vovinam Viet Vo Dao, Shaolin Long Fist, and Praying Mantis Kung Fu. Website: <http://www.honorablenmartialarts.com/>



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



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RECREATION & FITNESS



Archery for Adults 11CRF01AZ

This course provides men and women instruction in target style archery. Emphasis is on the archery form currently used in Olympic sports. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.

Instructor: Tom Korte

Date: 08/29/2011 to 11/28/2011 (M)
Time: M from 7:00 PM to 8:20 PM
Fee: \$96.00
Location: Sports Center, 11th St #615 A

Archery for Adults 11CRF01BZ

Date: 08/29/2011 to 11/28/2011 (M)
Time: M from 8:30 PM to 9:50 PM
Fee: \$96.00
Location: Sports Center, 11th St #615 A



Introduction to Golf 11CRF04A

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

**First class meets from 6-7 pm, the second and third meet from 6-7:30 pm.

Instructor: Jim Gregory, (785) 539-1041

Date: 08/25/2011 to 09/08/2011 (Th)
Time: Th from 6:00 PM to 7:00 PM;
6:00 PM to 7:30 PM

Fee: \$41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

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

Introduction to Golf 11CRF04B

**First class meets from 6-7 pm, the second and third meet from 6-7:30 pm.

Date: 09/15/2011 to 09/29/2011 (Th)
Time: Th from 6:00 PM to 7:00 PM;
6:00 PM to 7:30 PM

Fee: \$41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Tennis 11CRF19AZ

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

Instructor: Ryan Marick

Date: 09/06/2011 to 11/15/2011 (T)
Time: Tu from 1:30 PM to 3:00 PM
Fee: \$82.00
Location: Body First Tennis & Fitness
3615 Claflin Road

Tennis 11CRF19BZ

Date: 09/07/2011 to 11/16/2011 (W)
Time: W from 1:30 PM to 3:00 PM
Fee: \$82.00
Location: Body First Tennis & Fitness
3615 Claflin Road

Golf in Junction City 11CRF30AZ

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

Instructor: Jim Peterson

Date: 08/23/2011 to 10/11/2011 (T)
Time: Tu from 5:30 PM to 7:30 PM
Fee: \$143.00
Location: Rolling Meadows Golf Course
6514 Old Milford Rd., Junction City

Golf in Junction City 11CRF30BZ

Date: 08/24/2011 to 10/12/2011 (W)
Time: W from 5:30 PM to 7:30 PM
Fee: \$143.00
Location: Rolling Meadows Golf Course
6514 Old Milford Rd., Junction City



Ballroom, Swing and Salsa 11CRF100A

Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. Steps from Ballroom (Foxtrot, Waltz, or Tango), Swing (Jitterbug or Lindy), and Latin (Chacha, Salsa, or Mambo) will be taught. Learn something new each time you enroll! Classes fill rapidly, and it is advisable to register early. Partners are welcome, but not required for the class.

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 08/26/2011 to 10/07/2011 (F)
(No class 9/9)
Time: F from 6:00 PM to 7:00 PM
Fee: Individual - \$50.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Ballroom, Swing and Salsa 11CRF100B

Date: 10/14/2011 to 11/18/2011 (F)
Time: F from 6:00 PM to 7:00 PM
Fee: Individual - \$50.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Exploring Contact

Improvisation 11CRF103

Want to learn an exciting new dance form that will increase your strength and bodily awareness? Looking for a new way to connect with other people? In this class, students will learn about and explore the contemporary dance form called contact improvisation. Dancers stay in constant contact with a partner to create a shared improvised dance. Contact improvisation uses shared weight, counterbalances, momentum, falling, and lifting to create a unique dance. Participants should wear comfortable clothing that is easy to move in. Beginner to advanced dancers are welcome and no previous dance experience necessary.

Instructor: Charissa Bowditch, charissa.bowditch@gmail.com

Date: 10/08/2011 to 11/05/2011 (Sa)
Time: Sa from 3:00 PM to 4:00 PM
Fee: \$25.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor



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Professional Dance Troupe 11CRF152

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

Date: 09/14/2011 to 12/07/2011 (W)
(No class 11/23)
Time: W from 8:00 PM to 8:30 PM
Fee: \$48.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Intermediate & Advanced Modern Dance 11CRF105

This contemporary modern class will help increase your strength, balance, and flexibility. This class will also challenge your way of moving and encourage you to find new ways of exploring the art of dance. Class time will include a floor warm-up, center combinations, and traveling combinations. Participants will learn to release their muscles to aid in the fluidity of movement. Inversions, turns, balances, floor work, improvisation, and jumps will be explored. Participants should wear comfortable clothing that is easy to move in. Intermediate to advanced dancers with experience in ballet or modern are encouraged to take this class.

Date: 10/08/2011 to 11/05/2011 (Sa)
Time: Sa from 4:15 PM to 5:30 PM
Fee: \$40.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Charissa graduated from the University of Montana with a Bachelor of Arts in dance. She has trained in classical ballet for over 18 years and in contemporary modern dance for 5 years. She has also choreographed for and performed in a variety of collegiate and independent dance performances. Charissa has taught a variety of dance techniques to children, teens, and adults and always strives to create safe, fun, and challenging classes.

Yogilates 11CRF142AZ

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, dknox@ksu.edu

Date: 08/22/2011 to 10/12/2011 (MW)
(No class 9/5)
Time: M and W from 9:00 AM to 10:00 AM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Diana Knox has been involved in the fitness industry for over 17 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, and yogilates.

Yogilates 11CRF142BZ

Date: 08/22/2011 to 10/12/2011 (MW)
(No class 9/5)
Time: M and W from 1:30 PM to 2:30 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 11CRF142CZ

Date: 08/23/2011 to 10/11/2011 (TTh)
Time: Tu and Th from 12:00 PM to 1:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 11CRF142DZ

Date: 08/23/2011 to 10/11/2011 (TTh)
Time: Tu and Th from 7:00 PM to 8:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 11CRF142EZ

Date: 10/13/2011 to 12/08/2011 (ThT)
(No class 11/22, 11/24)
Time: Th and Tu from 12 N to 1:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 11CRF142FZ

Date: 10/13/2011 to 12/08/2011 (ThT)
(No class 11/22, 11/24)
Time: Th and Tu from 7:00 PM to 8:00 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 11CRF142GZ

Date: 10/17/2011 to 12/07/2011 (MW)
(No class 11/21, 11/23)
Time: M and W from 9:00 AM to 10:00 AM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.

Yogilates 11CRF142HZ

Date: 10/17/2011 to 12/07/2011 (MW)
(No class 11/21, 11/23)
Time: M and W from 1:30 PM to 2:30 PM
Fee: \$75.00
Location: Pro Fitness, 1125 Laramie St.



Beginning Fencing 11CRF21Z

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

Date: 08/22/2011 to 12/05/2011 (M)
(No class 9/5, 11/21)
Time: M from 6:00 PM to 7:30 PM
Fee: Has equipment - \$60.00
Use instructor's equipment - \$93.00
Location: K-State Ahearn Fieldhouse

Intermediate Fencing 11CRF22Z

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

Date: 08/22/2011 to 12/05/2011 (M)
(No class 9/5, 11/21)
Time: M from 7:30 PM to 9:00 PM
Fee: Has equipment - \$60.00
Use instructor's equipment - \$93.00
Location: K-State Ahearn Fieldhouse



Marathon Training 11CRF68

If you have ever wanted to finish a marathon or run a personal best, but didn't know how to begin or train, this is the class for you! This class will cover setting a marathon goal, designing a marathon schedule, selecting a marathon, nutrition, hydration, weather, prerace routines and postrace recovery. The course structure will consist of classroom lectures, discussions and some running. All participants are encouraged to meet outside of class time for organized runs. In addition, there will be opportunities to meet with the instructor at different locations outside of regularly scheduled classes for organized runs. This course is recommended for individuals that have been running at least 30 minutes per day, 4-7 days per week for 6 weeks. You must be able to run at least 6 miles the first week of class. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to train for, complete and survive a marathon. Class will meet Tuesday from 5:30-6:30 pm at UFM, 1221 Thurston and work outs will be Thursday from 5:30-6:30 pm at Memorial Stadium outdoor track meet at south end.

Instructor: Dan L Boyle, dboyle@ksu.edu

Date: 09/06/2011 to 10/27/2011 (TTh)
Time: Tu and Th from 5:30 PM to 6:30 PM
Fee: \$140.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach. Since becoming a Masters Runner, he has been ranked as one of the best distance runners in the US and since 1992 has completed over 20 marathons. He has helped numerous athletes from around the US achieve their goals at distances from 2 miles up to the marathon distance. For Dan's complete bio, visit www.tryufm.org.



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RECREATION & FITNESS

Let's Get Running!

11CRF72

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

Instructor: Dan L Boyle, dboyle@ksu.edu
 Date: 09/07/2011 to 10/17/2011 (WFM)
 Time: W, F and M from 6:00 PM to 7:00 PM
 Fee: \$145.00
 Location: K-State Ahearn Field House
 Indoor Track

Dance Conditioning

11CRF96AZ

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

Instructor: Alison Watson, awatson421@gmail.com

Alison Watson has studied dance and performed her own dance choreography in Siracusa, Sicily and in Times Square in New York. She has a Bachelor of Arts degree and has performed with the K-State dance department and has taught dance and gymnastics classes in Manhattan. She hopes you'll join her in these upcoming sessions!

Date: 10/10/2011 to 12/07/2011 (MW)
 (No class 11/21, 11/23)
 Time: M and W from 9:15 AM to 10:15 AM
 Fee: \$75.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Dance Conditioning

11CRF96BZ

Date: 10/10/2011 to 12/07/2011 (MW)
 (No class 11/21, 11/23)
 Time: M and W from 1:30 PM to 2:30 PM
 Fee: \$75.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Bootcamp Fitness

11CRF97AZ

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

Instructor: Meghan Olson, olson.meghan@yahoo.com,

Date: 08/22/2011 to 10/12/2011 (MW)
 (No class 9/5)
 Time: M and W from 12 N to 1:00 PM
 Fee: \$75.00
 Location: Pro Fitness, 1125 Laramie St.

Meghan Olson is a certified personal trainer at ProFitness. She has her bachelor's degree in health promotions from Fort Hays State University.



Bootcamp Fitness

11CRF97CZ

Instructor: Diana Knox, dknox@ksu.edu
 Date: 08/23/2011 to 10/11/2011 (TTh)
 Time: Tu and Th from 9:30 AM to 10:30 AM
 Fee: \$75.00
 Location: Pro Fitness, 1125 Laramie St.

Bootcamp Fitness

11CRF97DZ

Instructor: Diana Knox, dknox@ksu.edu
 Date: 10/13/2011 to 12/08/2011 (ThT)
 (No classes 11/22, 11/24)
 Time: Th and Tu from 9:30 AM to 10:30 AM
 Fee: \$75.00
 Location: Pro Fitness, 1125 Laramie St.

Bootcamp Fitness

11CRF97EZ

Instructor: Meghan Olson, olson.meghan@yahoo.com
 Date: 10/17/2011 to 12/07/2011 (MW)
 (No classes 11/21, 11/23)
 Time: M and W from 12 N to 1:00 PM
 Fee: \$75.00
 Location: Pro Fitness, 1125 Laramie St.

Bicycle Ed 101

11CEN75A

Cyclists will learn how to care for their bicycle with proper maintenance and basic repair skills. Participants will learn about tire & tube changes, bicycling & the law, pre-ride safety check, cleaning and lubrication, proper storage and wheel removal & installation. Plan to wear clothes you don't mind getting greasy.

Instructor: Big Poppi Bicycle Company, (785) 537-3737

Date: 09/30/2011 (F)
 Time: F from 8:00 PM to 9:00 PM
 Fee: \$10.00
 Location: Big Poppi Bicycle Co, 1126 Moro St.

Bicycle Ed 101

11CEN75B

Date: 10/07/2011 (F)
 Time: F from 8:00 PM to 9:00 PM
 Fee: \$10.00
 Location: Big Poppi Bicycle Co
 1126 Moro St.

Bicycle Ed 101

11CEN75C

This date is for women only.
 Date: 10/14/2011 (F)
 Time: F 8:00 PM to 9:00 PM
 Fee: \$10.00
 Location: Big Poppi Bicycle Co
 1126 Moro St.

Bicycle Ed 101

11CEN75D

Date: 10/21/2011 to 10/21/2011 (F)
 Time: F 8:00 PM to 9:00 PM
 Fee: \$10.00
 Location: Big Poppi Bicycle Co
 1126 Moro St.

Bicycle Core Concepts:

Drive-train Mechanics

11CEN76

CLICK! TICK! POP! CREAK! Do your gears feel like they are jumping all over creation when you are pedaling? You need help and we have a class that will teach you how to fix all of those sounds, the clunky performance and leave you with nothing but crisp, smooth, quite shifting all the live long day. Topics covered include: drivetrain cleaning & lubrication, front & rear, derailleur installation, front & rear derailleur cable adjustment, front & rear derailleur limit adjustment, chain installation & maintenance and shifter maintenance & cleaning.

Instructor: Big Poppi Bicycle Company, (785) 537-3737

Date: 10/02/2011 (Su)

Time: Su from 5:00 PM to 7:00 PM
 Fee: \$60.00
 Location: Big Poppi Bicycle Company
 1126 Moro St.

Bicycle Core Concepts:

Brake System Mechanics

11CEN77

Let's just leave this one to explain itself. The danger of bad brakes is pretty apparent. If your bike currently has or has ever had trouble stopping or you are just a gear-head and want to know how everything works, this class is a great opportunity to understand the different styles of brakes for bicycles and how they work. Topics covered: cantilever, side-pull, disc, v-brake/linear pull, u-brake, dual-pivot, brake pad installation, brake cable adjustments, caliper adjustments.

Instructor: Big Poppi Bicycle Company, (785) 537-3737

Date: 10/09/2011 (Su)

Time: Su from 5:00 PM to 7:00 PM
 Fee: \$60.00
 Location: Big Poppi Bicycle Company
 1126 Moro St.

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Bicycle Major Bearing Systems 11CEN78

Each of these four area's on the bike are the key to smooth, efficient forward movement. Without good bearing adjustment you will go no where fast. The key to this class is, "as loose as possible without knock." Topics covered: bottom bracket overhaul, hub overhaul & adjustment, headset overhaul & adjustment 1" & 1 1/8". Instructor: Big Poppi Bicycle Company, (785) 537-3737

Date: 10/16/2011 (Su)
 Time: Su from 5:00 PM to 7:00 PM
 Fee: \$100.00
 Location: Big Poppi Bicycle Company
 1126 Moro St.

Bicycle Wheel Systems 11CEN79

Bicycle wheelbuilding is a beautiful combination of science and art reserved for the patients. This class will explain the amazing almagimation of parts and technique that it takes to procedure bicycle wheels from the three components that comprise it: a rim, hub, and spokes. Topics covered: wheel lacing 2-cross, 3-cross, 4-cross, radial, spoke tensioning, dishing, radial truing, lateral truing. You will leave this class with a new wheel hand built by YOU!
 Cost: If you buy a hub, rim, and spokes from Big Poppi Bicycle Co. the class is \$10. If you opt to attend and bring outside materials, the normal cost of the class is \$125.

Date: 10/23/2011 (Su)
 Time: Su from 5:00 PM to 7:00 PM
 Fee: Big Poppi Materials \$10.00
 Purchased on Own \$125.00
 Location: Big Poppi Bicycle Co
 1126 Moro St.

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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

Fall Mentoring Dates:

Grades 9-12

September: 12,19,26

October: 3,10,17,24,31

November: 7,14,28

Grades 7-8

September: 14,21,28

October: 5,12,19,26

November: 2,9,16,30



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distance

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



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KANSAS STATE
 UNIVERSITY

Division of Continuing Education



Introduction to Nutcracker Ballet and Tap Dancing **11CYO06A**

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 taught to delightful music. After two lessons, students may continue dance lessons through private instruction. No dance experience or formal dance attire necessary. For girls and boys ages 4-10. Tennis shoes can be used as tap shoes.

Instructor: Randi Dale

Date: 08/22/2011 to 08/29/2011 (M)
 Time: M from 6:00 PM to 6:30 PM
 Fee: \$12.00
 Location: 2416 Rogers Blvd.

Randi Dale has taught dance for 47 years. Her dance choir toured the Midwest and Europe. In May 2008, her students performed the story "Nutcracker Ballet." Her dancers have performed Coppelia, Alice in Wonderland and Swan Lake. Her original choreography is designed for children.

Introduction to Nutcracker Ballet and Tap Dancing **11CYO06B**

Date: 09/06/2011 to 09/13/2011 (T)
 Time: Tu from 6:30 PM to 7:00 PM
 Fee: \$12.00
 Location: 2416 Rogers Blvd.

Pre-School Ballet **11CYO63A**

This class is designed for girls and boys ages 3-5. Basic Dance movements like marching, hopping, skipping, jumping and turning will be blended with ballet technique. Dance games and creative dance will make this class fun and exciting. No dance attire needed.

Instructor: Randi Dale

Date: 08/22/2011 to 08/29/2011 (M)
 Time: M from 5:30 PM to 6:00 PM
 Fee: \$12.00
 Location: 2416 Rogers Blvd.

Pre-School Ballet **11CYO63B**

Date: 09/06/2011 to 09/13/2011 (T)
 Time: Tu from 6:00 PM to 6:30 PM
 Fee: \$12.00
 Location: 2416 Rogers Blvd.

Solar Energy for Kids **11CYO57**

We'll demonstrate solar energy and how it is used for kids ages 10 to teen. Pie pans will show how sunlight can heat our homes and concentrating reflectors will cook a hot dog. From there, we will pump water with solar cells and power a toy dinosaur. Showing how sunshine is used will require no more than a few clouds this morning, so if it's cloudy, we'll try the following Saturday.

Instructor: Bill Dorsett, wmdorsett@sbcglobal.net

Date: 09/10/2011 (Sa)
 Time: Sa from 10:30 AM to 12 N
 Fee: No charge
 Location: UFM Solar Addition, 1221 Thurston St.

Zumbatomic Fitness

(Ages 4-11) **11CYO58A**

Sure, chillin' out is cool. But rockin' out is a blast. That's why you're gonna love the Zumbatomic fitness program for kids. It's a fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop, and more) and high-octane workouts designed to let kids max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumbatomic groove. Watch their energy and fitness levels soar as they get the groove.

Instructor: Elsa Toburen, elsatob@hotmail.com

Date: 09/10/2011 to 10/01/2011 (Sa)
 Time: Sa from 11:45 AM to 12:30 PM
 Fee: \$36.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

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 Fitness instructor in 2007. She loves Zumba Fitness 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.

Zumbatomic Fitness

(Ages 4-11) **11CYO58B**

Date: 10/08/2011 to 10/29/2011 (Sa)
 Time: Sa from 11:45 AM to 12:30 PM
 Fee: \$36.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Zumbatomic Fitness

(Ages 4-11) **11CYO58C**

Date: 11/05/2011 to 11/19/2011 (Sa)
 (No class 11/26)
 Time: Sa from 11:45 AM to 12:30 PM
 Fee: \$27.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor



Archery for Youth

(Ages 9-12) **11CYO01A**

The main focus of this course will be to introduce youth to Olympic Style Archery and learn the important basics of the sport. This is a great sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety and introduction to the world of archery. All equipment will be provided by the instructor.

Instructor: Tom Korte

Date: TBA
 Time: TBA
 Fee: \$35.00
 Location: UFM House, 1221 Thurston St.

Archery for Youth

(Ages 13-16) **11CYO01B**

Date: TBA
 Time: TBA
 Fee: \$35.00
 Location: UFM House, 1221 Thurston St.

Tutoring in Reading

and Language Arts **11CYO54A**

This class was designed to meet the needs of students who want to enhance their reading and language arts skills this fall. 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 is for grade levels completed 1st grade through 6th grade.

Instructor: Randi Dale

Date: 10/06/2011 to 10/27/2011 (Th)
 Time: Th from 6:15 PM to 6:45 PM
 Fee: \$45.00
 Location: 2416 Rogers Blvd.

Randi Dale is a certified teacher and Reading Specialist for K-12. She has taught English as a Second Language Special Education, English, and Theatre. She has two B.S. degrees: Elementary and Secondary English and Theatre and M.S. in Education.



Baking from Scratch for Kids **11CFF82A**

Children will learn to bake cookies, cupcakes and other baked goods from scratch. They will then have the opportunity to decorate their baked creations and take home delicious treats for their friends and families. Ages 6-12.

Instructor: Jessica Campbell, jessica@tryufm.org

Date: 09/10/2011 to 09/10/2011 (Sa)
 Time: Sa from 2:00 PM to 5:00 PM
 Fee: \$10.00
 Location: HyVee Club Room, 601 3rd PI

Baking from Scratch for Kids **11CFF82B**

Date: 12/10/2011 to 12/10/2011 (Sa)
 Time: Sa from 2:00 PM to 5:00 PM
 Fee: \$10.00
 Location: HyVee Club Room, 601 3rd PI

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 MORE INFORMATION, PLEASE
 CONTACT MARCIA OR KAYLA AT
 785.539.8763 | INFO@TRYUFM.ORG

KSU CREDIT COURSES

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

TITLE	REFERENCE #	DATE	TIME	FEE	LOCATION
DANCE -599					
BALLROOM DANCE I	15673	08/23/2011 to 12/06/2011 (Tu) (no class 11/22)	8:00 PM to 9:00 PM	\$253.20	K-State Ahearn Room 301
BEG MIDDLE EASTERN DANCE	15674	09/08/2011 to 11/17/2011 (TH)	6:00 PM to 7:30pm	\$303.20	K-State Ahearn Room 301
YOGA I	15675	08/23/2011 to 10/11/2011 (T/TH)	10:30 AM to 11:30 AM	\$303.20	K-State Ahearn Room 301
YOGA I	15676	10/17/2011 to 12/07/2011 (M/W) (no class 11/21, 11/23)	10:30 AM to 11:30 AM	\$303.20	K-State Ahearn Room 301
YOGA I	15677	08/22/2011 to 10/12/2011 (M/W) (no class 9/5)	5:30 PM to 6:30 PM	\$303.20	K-State Ahearn Room 301
YOGA I	15678	10/17/2011 to 12/07/2011 (M/W) (no class 11/21, 11/23)	5:30 PM to 6:30 PM	\$303.20	K-State Ahearn Room 301
YOGA 1	15679	08/22/2011 to 10/12/2011 (M/W) (no class 9/5)	10:30 AM to 11:30 AM	\$303.20	K-State Ahearn Room 301
YOGA II	15688	10/13/2011 to 12/08/2011 (T/TH) (no class 11/22, 11/24)	10:30 AM to 11:30 AM	\$303.20	K-State Ahearn Room 301
SWING & SALSA DANCE	15690	08/23/2011 to 12/06/2011 (T) (no class 11/22)	7:00 PM to 8:00 PM	\$253.20	K-State Ahearn Room 301
RRES -200					
ARCHERY	15719	08/29/2011 to 11/14/2011 (M) (no class 9/5, 10/31)	7:00 PM to 8:20 PM	\$370.80	Sports Center, 615 A South11th Street
ARCHERY	15971	08/29/2011 to 11/14/2011 (M) (no class 9/5, 10/31)	8:30 PM to 9:50 PM	\$370.80	Sports Center, 615 A South11th Street
BEGINNING BOWLING	15739	08/22/2011 to 12/05/2011 (M) (no class 9/5, 11/21)	10:30 AM to 11:30 AM	\$283.20	K-State Union Bowling Alley
BEGINNING BOWLING	15751	08/23/2011 to 12/06/2011 (T) (no class 11/22)	2:30 PM to 3:20 PM	\$283.20	K-State Union Bowling Alley
BEGINNING BOWLING	15752	08/24/2011 to 12/07/2011 (W) (no class 11/23)	2:30 PM to 3:20 PM	\$283.20	K-State Union Bowling Alley
BEGINNING BOWLING	15753	08/23/2011 to 12/06/2011 (T) (no class 11/22)	10:30 AM to 11:20 AM	\$283.20	K-State Union Bowling Alley
BOOTCAMP FITNESS <i>Diana Knox</i>	15826	08/23/2011 to 10/11/2011 (T/TH)	9:30 AM to 10:30 AM	\$369.80	Pro Fitness, 1125 Laramie St
BOOTCAMP FITNESS <i>Meghan Olson</i>	15828	08/22/2011 to 10/12/2011 (M/W) (no class 9/5)	12:00 PM to 1:00 PM	\$369.80	Pro Fitness, 1125 Laramie St
BOOTCAMP FITNESS <i>Diana Knox</i>	15829	10/13/2011 to 12/08/2011 (T/TH) (no class 11/22, 11/24)	9:30 AM to 10:30 AM	\$369.80	Pro Fitness, 1125 Laramie St
BOOTCAMP FITNESS <i>Meghan Olson</i>	15831	10/17/2011 to 12/07/2011 (M/W) (no class 11/21, 11/23)	12:00 PM to 1:00 PM	\$369.80	Pro Fitness, 1125 Laramie St
BOXING I	15712	08/22/2011 to 10/12/2011 (M/W) (no class 9/5)	6:30 PM to 7:30 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING I	15711	08/23/2011 to 10/11/2011 (T/TH)	2:00 PM to 3:00 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING I	15710	08/23/2011 to 10/11/2011 (T/TH)	6:30 PM to 7:30 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING I	15709	08/22/2011 to 10/12/2011 (M/W) (no class 9/5)	2:00 PM to 3:00 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING I	15708	10/17/2011 to 12/07/2011 (M/W) (no class 11/21, 11/23)	2:00 PM to 3:00 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.

KSU CREDIT COURSES

TITLE	REFERENCE #	DATE	TIME	FEE	LOCATION
RRES -200					
BOXING I	15707	10/17/2011 to 12/07/2011 (M/W) (no class 11/21, 11/23)	6:30 PM to 7:30 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING I	15700	10/13/2011 to 12/08/2011 (T/TH) (no class 11/22, 11/24)	6:30 PM to 7:30 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING I	15699	10/13/2011 to 12/08/2011 (T/TH) (no class 11/22, 11/24)	2:00 PM to 3:00 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd. (
BOXING II	16299	08/22/2011 to 10/12/2011 (M/W) (no class 9/5)	12:00 PM to 1:00 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING II	16300	10/17/2011 to 12/07/2011 (M/W) (no class 11/21, 11/23)	12:00 PM to 1:00 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING III	16301	08/23/2011 to 10/11/2011 (T/TH)	12:00 PM to 1:00 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING III	16302	10/13/2011 to 12/08/2011 (T/TH) (no class 11/22, 11/24)	12:00 PM to 1:00 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING IV	15913	08/22/2011 to 10/12/2011 (M/W) (no class 9/5)	7:30 PM to 8:30 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING IV	15914	08/23/2011 to 10/11/2011 (T/TH)	7:30 PM to 8:30 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING IV	15922	10/13/2011 to 12/08/2011 (T/TH) (no class 11/22, 11/24)	7:30 PM to 8:30 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
BOXING IV	15924	10/17/2011 to 12/07/2011 (M/W) (no class 11/21, 11/23)	7:30 PM to 8:30 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
BEGINNING FENCING	15754	08/22/2011 to 12/05/2011 (M) (no class 9/5, 11/21)	6:00 PM to 7:30 PM	\$285.20	K-State Ahearn Field House
INTERMEDIATE FENCING	15911	08/22/2011 to 12/05/2011 (M) (no class 9/5, 11/21)	7:30 PM to 9:00 PM	\$285.20	K-State Ahearn Field House
FIRST AID/CPR/AED	15713	08/27/2011 to 08/28/2011 (Sat/Sun)	12:00 PM to 7:30 PM	\$345.80	UFM Conference Room, 1221 Thurston
FIRST AID/CPR/AED	15714	09/11/2011 to 09/18/2011 (Sun)	12:00 PM to 7:30 PM	\$345.80	UFM Banquet Room, 1221 Thurston
FIRST AID/CPR/AED	15715	09/24/2011 to 09/25/2011 (Sat/Sun)	12:00 PM to 7:30 PM	\$345.80	UFM Banquet Room, 1221 Thurston
FIRST AID/CPR/AED	15716	10/22/2011 to 10/23/2011 (Sat/Sun)	12:00 PM to 7:30 PM	\$345.80	UFM Banquet Room, 1221 Thurston
FIRST AID/CPR/AED	15717	11/12/2011 to 11/13/2011 (Sat/Sun)	12:00 PM to 7:30 PM	\$345.80	UFM Banquet Room, 1221 Thurston
FIRST AID/CPR/AED	15718	12/03/2011 to 12/04/2011 (Sat/Sun)	12:00 PM to 7:30 PM	\$345.80	UFM Banquet Room, 1221 Thurston
FITBALL FUSION	15905	08/23/2011 to 10/11/2011 (T/TH)	10:00 AM to 11:00 AM	\$369.80	Max Fitness, 3011 Anderson Ave #503
FITBALL FUSION	15852	10/13/2011 to 12/08/2011 (T/TH) (no class 11/22, 11/24)	10:00 AM to 11:00 AM	\$369.80	Max Fitness, 3011 Anderson Ave #503
FITNESS SWIMMING	15775	08/23/2011 to 10/11/2011 (T/TH)	6:00 PM to 7:30 PM	\$289.20	K-State Natatorium
FITNESS SWIMMING	16222	10/13/2011 to 12/08/2011 (T/TH) (no class 11/22, 11/24)	6:00 PM to 7:30 PM	\$289.20	K-State Natatorium
FLY FISHING	15854	10/17/2011 to 10/27/2011 (M/T/W/TH)	6:00 PM to 8:00 PM	\$293.20	K-State Durland Hall Room 1061
GOLF	15855	08/24/2011 to 10/12/2011 (W)	1:30 PM to 3:30 PM	\$389.80	Stagg Hill Golf Club, 4441 Ft Riley Blvd
GOLF	15856	08/24/2011 to 10/12/2011 (W)	5:30 PM to 7:30 PM	\$389.80	Stagg Hill Golf Club, 4441 Ft Riley Blvd
GOLF	15857	08/23/2011 to 10/11/2011 (T)	2:30 PM to 4:30 PM	\$389.80	Stagg Hill Golf Club, 4441 Ft Riley Blvd
GOLF	15906	08/25/2011 to 10/13/2011 (TH)	9:30 AM to 11:30 AM	\$389.80	Stagg Hill Golf Club, 4441 Ft Riley Blvd
GOLF IN JUNCTION CITY	15907	08/23/2011 to 10/11/2011 (T)	5:30 PM to 7:30 PM	\$389.80	JC Golf Course, 7550 Old Milford Rd
GOLF IN JUNCTION CITY	15908	08/24/2011 to 10/12/2011 (W)	5:30 PM to 7:30 PM	\$389.80	JC Golf Course, 7550 Old Milford Rd
INDOOR CYCLING	15909	08/22/2011 to 10/12/2011 (M/W) (no class 9/5)	11:30 AM to 12:30 PM	\$369.80	Max Fitness, 3011 Anderson Ave #503
INDOOR CYCLING	15910	10/17/2011 to 12/07/2011 (M/W) (no class 11/21, 11/23)	11:30 AM to 12:30 PM	\$369.80	Max Fitness, 3011 Anderson Ave #503
JUDO	15912	08/22/2011 to 12/08/2011 (M/TH) (no class 9/5, 11/21, 11/24)	8:00 PM to 9:00 PM	\$264.20	K-State Ahearn Room 301
RESPONDING TO EMERGENCIES	15930	10/02/2011 to 10/16/2011 (Sun,Sat)	12:00 PM to 6:30 PM	\$691.60 <i>2 hour credit</i>	UFM Banquet Room, 1221 Thurston
SCUBA DIVING	15931	09/12/2011 to 10/17/2011 (M)	6:00 PM to 10:00 PM	\$441.20	K-State Natatorium
SCUBA DIVING	15932	10/24/2011 to 12/05/2011 (M) (no class 11/21)	6:00 PM to 10:00 PM	\$441.20	K-State Natatorium



TITLE	REFERENCE #	DATE	TIME	FEE	LOCATION
RRES -200					
TAE KWON DO I	15933	08/23/2011 to 12/08/2011 (T/TH) (no class 11/22, 11/24)	5:00 PM to 6:00 PM	\$345.80	Sun Yi's Academy, 1650 Hayes Drive
TENNIS	15934	09/06/2011 to 11/15/2011 (T)	1:30 PM to 3:00 PM	\$353.80	Body First Tennis and Fitness, 3615 Claflin Rd
TENNIS	15935	09/07/2011 to 11/16/2011 (W)	1:30 PM to 3:00 PM	\$353.80	Body First Tennis and Fitness 3615 Claflin Rd
TOTAL BODY TONING <i>Meghan Olson</i>	15936	10/17/2011 to 12/07/2011 (M/W) (no class 11/21, 11/23)	10:30 AM to 11:30 AM	\$369.80	Pro Fitness, 1125 Laramie St
TOTAL BODY TONING <i>Diana Knox</i>	15937	08/23/2011 to 10/11/2011 (T/TH) (no class 9/5)	4:15 PM to 5:15 PM	\$369.80	Pro Fitness, 1125 Laramie St
TOTAL BODY TONING <i>Meghan Olson</i>	15938	08/22/2011 to 10/12/2011 (M/W) (no class 9/5)	10:30 AM to 11:30 AM	\$369.80	Pro Fitness, 1125 Laramie St
TOTAL BODY TONING <i>Jenni Brenner</i>	15939	08/22/2011 to 10/12/2011 (M/W) (no class 9/5)	1:00 PM to 2:00 PM	\$369.80	Max Fitness, 3011 Anderson Ave #503
TOTAL BODY TONING <i>Jenni Brenner</i>	15940	08/22/2011 to 10/12/2011 (M/W) (no class 9/5)	10:00 AM to 11:00 AM	\$369.80	Max Fitness, 3011 Anderson Ave #503
TOTAL BODY TONING <i>Meghan Olson</i>	15941	08/23/2011 to 10/11/2011 (T/TH)	1:30 PM to 2:30 PM	\$369.80	Pro Fitness, 1125 Laramie St
TOTAL BODY TONING <i>Diana Knox</i>	15942	10/13/2011 to 12/08/2011 (T/TH) (no class 11/22, 11/24)	4:15 PM to 5:15 PM	\$369.80	Pro Fitness, 1125 Laramie St
TOTAL BODY TONING <i>Jenni Brenner</i>	15943	10/17/2011 to 12/07/2011 (M/W) (no class 11/21, 11/23)	10:00 AM to 11:00 PM	\$369.80	Max Fitness, 3011 Anderson Ave #503
TOTAL BODY TONING <i>Jenni Brenner</i>	15944	10/17/2011 to 12/07/2011 (M/W) (no class 11/21, 11/23)	1:00 PM to 2:00 PM	\$369.80	Max Fitness, 3011 Anderson Ave #503
TOTAL BODY TONING <i>Meghan Olson</i>	15945	10/13/2011 to 12/08/2011 (T/TH) (no class 11/22, 11/24)	1:30 PM to 2:30 PM	\$369.80	Pro Fitness, 1125 Laramie St
TURBO KICK	15729	08/23/2011 to 10/11/2011 (T/TH)	4:00 PM to 5 PM	\$369.80	Max Fitness, 3011 Anderson Ave #503
TURBO KICK	15728	10/13/2011 to 12/08/2011 (T/TH) (no class 11/22, 11/24)	4:00 PM to 5 PM	\$369.80	Max Fitness, 3011 Anderson Ave #503
YOGILATES	15727	08/22/2011 to 10/12/2011 (M/W) (no class 9/5)	9:00 AM to 10:00 AM	\$369.80	Pro Fitness, 1125 Laramie St
YOGILATES	15726	08/22/2011 to 10/12/2011 (M/W) (no class 9/5)	1:30 PM to 2:30 PM	\$369.80	Pro Fitness, 1125 Laramie St
YOGILATES	15725	08/23/2011 to 10/11/2011 (T/TH)	12:00 PM to 1:00 PM	\$369.80	Pro Fitness, 1125 Laramie St
YOGILATES	15724	10/13/2011 to 12/08/2011 (T/TH) (no class 11/22, 11/24)	12:00 PM to 1:00 PM	\$369.80	Pro Fitness, 1125 Laramie St
YOGILATES	15723	10/17/2011 to 12/07/2011 (M/W) (no class 11/21, 11/23)	9:00 AM to 10:00 AM	\$369.80	Pro Fitness, 1125 Laramie St
YOGILATES	15722	10/17/2011 to 12/07/2011 (M/W) (no class 11/21, 11/23)	1:30 PM to 2:30 PM	\$369.80	Pro Fitness, 1125 Laramie St
YOGILATES	16088	08/23/2011 to 10/11/2011 (T/TH)	7:00 PM to 8:00 PM	\$369.80	Pro Fitness, 1125 Laramie St
YOGILATES	16089	10/13/2011 to 12/08/2011 (T/TH) (no class 11/22, 11/24)	7:00 PM to 8:00 PM	\$369.80	Pro Fitness, 1125 Laramie St
ZUMBA	15721	08/23/2011 to 10/11/2011 (T/TH)	1:00 PM to 2:00 PM	\$369.80	Max Fitness, 3011 Anderson Ave #503
ZUMBA	15720	10/13/2011 to 12/08/2011 (T/TH)	1:00 PM to 2:00 PM	\$369.80	Max Fitness, 3011 Anderson Ave #503
FUNDAMENTALS OF CANOEING	16408	09/24/2011 to 09/25/2011 (Sat/Sun)	8:30 AM to 4:30 PM	\$377.80	UFM Banquet Room, 1221 Thurston
FUNDAMENTALS OF CANOEING	16409	10/01/2011 to 10/02/2011 (Sat/Sun)	8:30 AM to 4:30 PM	\$377.80	UFM Banquet Room, 1221 Thurston
INTRO TO RIVER CANOEING	16407	10/08/2011 to 10/09/2011 (Sat/Sun)	8:30 AM to 4:30 PM	\$377.80	UFM Banquet Room, 1221 Thurston

Fall 2011 Manhattan Courses

1950s Television and American Culture

Thursdays, September 15, 22, and 29 from 7-9 p.m.
NISTAC Conference Room
2005 Research Park Drive, Manhattan, Kan.
\$35



This course, offered by video conferencing from KU, examines the development of network television during the Eisenhower era and how several television programs reflected post-war cultural concerns. Television genres such as the sitcom, the crime series and the western will be studied. Programs to be viewed include *I Love Lucy*, *Father Knows Best*, *Highway Patrol*, *Johnny Staccato*, *Have Gun Will Travel*, and *Gunsmoke*.

Ron Wilson, Ph.D., is a lecturer at KU where he has taught courses in American popular culture. He is currently working on a book on *The Untouchables* for Wayne State University Press.

Aesthetics of Theater

Mondays, October 10, 17 and 24 from 3-5 p.m.
Meadowlark Hills Retirement Center
Community Room
2121 Meadowlark Road, Manhattan, Kan.
\$35



Jim Hamilton is a professor of Philosophy at Kansas State University. His research is in aesthetics, especially theater-aesthetics. He received his Ph.D. from the University of Texas at Austin. He is the founder and director of the Manhattan Experimental Theater Workshop, a program of the Manhattan Arts Center.

Aesthetics is the branch of philosophy dealing with such notions as the beautiful, the ugly, the sublime, the comic or as applicable to the fine arts, with a view to establishing the validity of critical judgments concerning works of art, and the principles justifying such judgments. What do you think is beautiful and why? Explore the world of beauty and theater. Learn about the aesthetics of theater in two class sessions and witness the world of aesthetics through the Manhattan Experimental Theater Workshop group in the third class session.

The Osher Institute provides engaging and enriching classes offered solely for the joy of learning to diverse communities of lifelong learners, with a focus on those 50 years of age and older.

A special thanks to our local partner Meadowlark Hills Retirement Center.

Landscapes of the Flint Hills

Mondays, Oct. 31, Nov. 7 and 14 from 3-5 p.m.
Meadowlark Hills Retirement Center
Community Room
2121 Meadowlark Road, Manhattan, Kan.
\$35



Explore the fascinating history of the Kansas Flint Hills in this three part series! Investigate the geology of how the gently rolling hills were created. Learn about the lush vegetation and wildflowers of this impressive landscape. Discover the majestic beauty of the Flint Hills and learn creative techniques to capture that divine beauty through photography.

Keith B. Miller is a research assistant professor of geology at Kansas State University.

Scott Bean is a local Manhattanite who has enjoyed the Flint Hills landscape for most of his life. Scott has his own photography business and offers workshops for those interested in learning more about photography.

Mike Haddock is the Assistant Dean of the Research, Education and Engagement Division of the K-State Libraries. He is also the author of *Wildflowers and Grasses of Kansas: A Field Guide*.

Recalling World War II

Wednesdays, Nov. 2, 9, and 16 from 12:30-2:30 p.m.
Meadowlark Hills Retirement Center
Community Room
2121 Meadowlark Road, Manhattan, Kan.
\$35



Learn about the start of WW II, the major battles that were fought, what was happening on the Home Front, and the end to the war. Discussion will cover the turning points of the war and the outstanding military leaders. Guest speakers will be WWII veterans who will share their experiences.

Bill McKale is the former director of the Cavalry Museum at Fort Riley, Kansas. He is a native Kansan who earned his M.A. degree in history from Kansas State University.

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