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-10 THINGS I LIKE ABOUT YOU!

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**WOMEN'S SELF DEFENSE**

BASIC BURLESQUE

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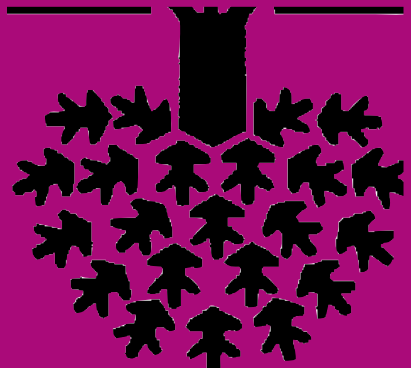
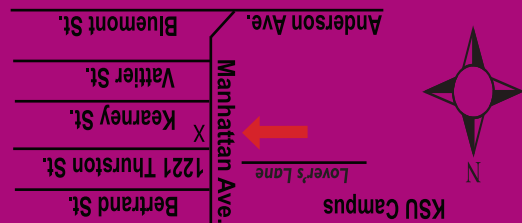
**SPRING 2011**  
**UFM**  
VOL. 54 EDITION 4  
**CATALOG**

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**SPRING 2011**  
**UFM**  
VOL. 54 EDITION 4  
**CATALOG**

UFM Community Learning Center  
1221 Thurston St  
Manhattan, KS 66502



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### UFM OFFICE HOURS:

**MONDAY-FRIDAY**

**8:30 AM-5:00 PM (CLOSED NOON-1 PM)**

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

**[www.tryufm.org](http://www.tryufm.org) | [www.facebook.com/UFMCLC](https://www.facebook.com/UFMCLC)**

# INFORMATION

## 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.

## ABOUT UFM CLASSES

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

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

## UFM CANCELLATION POLICY

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



## REFUND POLICY

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

## INCLEMENT WEATHER POLICY

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

## LIABILITY STATEMENT

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

## NONDISCRIMINATION POLICY

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

## MAILING YOUR REGISTRATIONS?

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

## DONATIONS

UFM accepts donations of money and usable office items. Private monetary donations help underwrite the costs of maintaining the UFM building, coordinating the catalog of classes and special projects such as scholarships, youth projects or gardening. Tax deductible contributions may be sent to UFM at 1221 Thurston St, Manhattan, KS 66502.

## SPECIAL ASSISTANCE

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



## SPECIAL POLICIES FOR K-STATE CREDIT CLASSES

### CREDIT REGISTRATION REFUNDS

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

### CREDIT ENROLLMENT FEE

Courses taken for credit carry additional fees required for University administration of the credit program. A \$25.00 late fee will be charged for enrollments taken after the first day of classes. Additional student activity and health fees may be assessed for students enrolled in 6 or fewer 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](http://www.k-state.edu/dss), 785.532.6441 or [dss@k-state.edu](mailto:dss@k-state.edu). Early notification is requested to ensure that accommodations can be provided in a timely manner.

## 2011 SPRING INSTRUCTORS

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

Cathia Bailey Krehbiel  
Scott Bean  
Amy Boesen  
Kelley Bowker  
Dan Boyle  
Charlotte Braddock  
Chandler Brass  
Jenni Brenner  
Henry Brown  
Charlene Brownson  
Anita Carroll  
Kate Cashman  
Melissa Copp  
Randi Dale  
Habib Diop  
Harry's Restaurant Staff  
Bill Dorsett  
Gregg Eyestone

Alissah Ferris  
Ana Franklin  
Samatha Gangapuram  
John Garetson  
Renee Gates  
Julie Gibbs  
Jeff Gill  
Jim Gregory  
Jeff Gwartz  
Aaron Hernandez  
Rebecca Hickert  
T.J. Hittle  
Palma Holden  
Michele Janette  
Pam Renshi Johansen  
Megan John  
Gayathri Kambhampati  
Brandi (Anola) Kiekel

Jim Kiker  
Alyssa Klimek  
Abigail Klutz  
Diana Knox  
Tom Korte  
Kylie Less  
Mick O' Shea  
Charles "Chuck" Marr  
Judy Metcalf  
David Moore  
Kelsey Moran  
Debbie Newton  
Meghan Olson  
Steven Paul  
Nadja Peery  
Ashley Penner  
Jim Peterson  
Kelly Reed-Harkness

Nahshon Ruffin  
Carol Russell  
Sara Shea  
Paul Sodamann  
Jacqueline Taylor  
Mei Hwa (Tina) Terhune  
Abby Thrash  
Elsa Toburen  
Michael Tran  
Amy Trujillo  
Kennita Tully  
Alison Watson  
Paul Weidhaas  
Amy (Nashid) Werner  
Jeff Wilson  
Stan Wilson  
Voices For All, LLC

## UFM STAFF

Executive Director | LINDA INLOW TEENER

Education Coordinator | MARCIA HORNUNG

State Outreach/K-State Credit Coordinator | CHARLENE BROWNSON

Program Assistant | VALERIE COLTHARP

Registrar/Program Assistant | ANNETTE ROUTON

Teen Mentoring Coordinator | AMBER REEVES

Konza Development Officer | MEGAN ANDREWS

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

# AQUATICS

## 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 K-State parking lot on Denison Ave. across the street west of Natatorium after 5 pm or on side streets.

### SWIM PROGRAM MAKE-UP & REFUND POLICY

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

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

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

### BEGINNING & ENDING DATES (Levels 1-6, Adult Lessons and Lap Swimming):

Session A:	Monday, Feb. 7 to April 1 (No class 3/21)
Session B:	Tuesday, Feb. 8 to April 19 (No class 3/22)
Session C:	Wednesday, Feb. 9 to April 20 (No class 3/23)
Session D:	Thursday, Feb. 10 to April 21 (No class 3/24)
Session E:	Saturday, Feb. 12 to May 7 (No classes 3/19, 3/26, 4/23)

### Parent and Child Aquatics (12 mos-3 yrs)

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

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

Monday	6:00 PM to 6:30 PM
AQ-01P1	Feb. 7 to March 7
AQ-01P2	March 14 to April 18 (No class 3/21)
Thursday	6:00 PM to 6:30 PM
AQ-04P1	Feb. 10 to March 10
AQ-04P2	March 17 to April 21 (No class 3/24)

Saturday	9:30 AM to 10:00 AM
AQ-05P1E	Feb. 12 to March 12
AQ-05P2E	April 2 to May 7 (No class 4/23)

### Tot Transition (3-4 yrs)

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

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

Tuesday	6:00 PM to 6:30 PM
AQ-02T1	Feb. 8 to March 8
AQ-02T2	March 15 to April 19 (No class 3/22)

Wednesday	6:00 PM to 6:30 PM
AQ-03T1	Feb. 9 to March 9
AQ-03T2	March 16 to April 20 (No class 3/23)

Saturday	9:30 AM to 10:00 AM
AQ-05T1E	Feb. 12 to March 12
AQ-05T2E	April 2 to May 7 (No class 4/23)

### Level I: Introduction to Water Skills

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

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

AQ-01A	Monday	6:45 PM to 7:25 PM
AQ-01B	Tuesday	6:45 PM to 7:25 PM
AQ-01C	Wednesday	6:45 PM to 7:25 PM
AQ-01D	Thursday	6:45 PM to 7:25 PM
AQ-01E	Saturday	10:20 AM to 11:00 AM

### Level II: Fundamental Aquatic Skills

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

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

AQ-02A	Monday	6:45 PM to 7:25 PM
AQ-02B	Tuesday	6:45 PM to 7:25 PM
AQ-02C	Wednesday	6:45 PM to 7:25 PM
AQ-02D	Thursday	6:45 PM to 7:25 PM
AQ-02E	Saturday	10:20 AM to 11:00 AM

### Level III: Stroke Development

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

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

AQ-03A	Monday	6:45 PM to 7:25 PM
AQ-03B	Tuesday	6:45 PM to 7:25 PM
AQ-03C	Wednesday	6:45 PM to 7:25 PM
AQ-03D	Thursday	6:45 PM to 7:25 PM
AQ-03E	Saturday	10:20 AM to 11:00 AM



Manhattan  
Marlins

Swim Team



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

Ages: 5 years through college

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

For more information contact: Ben Skutnik at 330-614-1397 or Nellie Bucholtz at 785-587-8770

## Level IV: Stroke Improvement

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

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

AQ-04A	Monday	6:45 PM to 7:25 PM
AQ-04B	Tuesday	6:45 PM to 7:25 PM
AQ-04C	Wednesday	6:45 PM to 7:25 PM
AQ-04D	Thursday	6:45 PM to 7:25 PM
AQ-04E	Saturday	10:20 AM to 11:00 AM

## Level V: Stroke Refinement

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

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

AQ-05A	Monday	6:45 PM to 7:25 PM
AQ-05C	Wednesday	6:45 PM to 7:25 PM
AQ-05E	Saturday	10:20 AM to 11:00 AM

## Level VI: Swimming and Skill Proficiency

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

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

AQ-06A	Monday	6:45 PM to 7:25 PM
AQ-06C	Wednesday	6:45 PM to 7:25 PM
AQ-06E	Saturday	10:20 AM to 11:00 AM

## Adult Swim Lessons

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

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

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

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

Fee: \$19.00 per session (10 times)

AQLSA	Monday	6:00 PM to 7:30 PM
AQLSB	Tuesday	6:00 PM to 7:30 PM
AQLSC	Wednesday	6:00 PM to 7:30 PM
AQLSD	Thursday	6:00 PM to 7:30 PM
AQLSE	Saturday	9:30 AM to 11:00 AM



## Lap Swimming for Parents

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

Fee: \$16.00 per session (10 times)

AQLPA	Monday	6:00 PM to 7:30 PM
AQLPB	Tuesday	6:00 PM to 7:30 PM
AQLPC	Wednesday	6:00 PM to 7:30 PM
AQLPD	Thursday	6:00 PM to 7:30 PM
AQLPE	Saturday	9:30 AM to 11:00 AM

## Shallow/Deep Water Exercise AQSHD

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 floatation device are allowed to participate in this class). \*Shallow Water meets M-Th and Deep Water meets only Tues/Thurs.

\*\*NOTE: Participants will receive a punch card with name, the number of classes enrolled in and will be distributed first day of class. Cards are valid only to the registered participant.\*\*

AQSHD:	01/18/2011 to 05/05/2011 (No class 3/21-3/24) Monday - Thursday (6:40pm - 7:30pm)
Fee:	\$28 for 16 classes \$40 for 24 classes \$52 for 32 classes \$68 for 48 classes

## Private Swim Lessons AQ103

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

### Beginning and Ending Dates for Private Lessons:

Session A1:	Monday	Feb. 7 to March 7
Session A2:	Monday	March 14 to April 18 (No class 3/21)
Session B1:	Tuesday	Feb. 8 to March 8
Session B2:	Tuesday	March 15 to April 19 (No class 3/22)
Session C1:	Wednesday	Feb. 9 to March 9
Session C2:	Wednesday	March 16 to April 20 (No class 3/23)
Session D1:	Thursday	Feb. 10 to March 10
Session D2:	Thursday	March 17 to April 21 (No class 3/24)
Session E1:	Saturday	Feb. 12 to March 12
Session E2:	Saturday	April 2 to May 7 (No class 4/23)

### Times for Monday - Thursday sessions:

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

### Times for Saturday sessions:

9:30 AM to 10:00 AM

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

## Open Swim Appreciation 11AAQ31A

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

Date:	04/03/2011 (Su)
Time:	5:00 PM to 7:00 PM
Fee:	No charge
Location:	Natatorium, KSU Campus

## \*Professional Certification Courses\*

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

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

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

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



**RECYCLE  
THIS  
CATALOG!!**

## Open Swim Appreciation

**11AAQ31B**

Date: 04/17/2011 (Su)  
 Time: 5:00 PM to 7:00 PM  
 Fee: No charge  
 Location: Natatorium, K-State Campus

## Sunday Family Swim

**11AAQ32**

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

Date: 04/03/2011 to 05/01/2011 (Su)  
 (No class 4/24)  
 Time: 5:00 PM to 7:00 PM  
 Fee: \$8.00/Individual; \$20.00/Family  
 Location: Natatorium, K-State Campus

## Lifeguard Training

**11AAQ35AZ**

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

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

Date: 04/08/2011 to 04/16/2011 (F/Sa)  
 Time: Precourse: 4/8 from 6:00 PM (F)  
 4/8 from 6:00 PM to 9:00 PM (F)  
 4/15 from 4:30 PM to 9:00 PM (F)  
 4/9 & 4/16 from 8:00 AM to 7:00 PM (Sa)  
 Fee: \$149.00 (Available for KSU Credit)  
 Location: Natatorium, K-State Campus

## Lifeguard Training

**11AAQ35A**

Instructor: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com)

Date: 04/01/2011 to 04/03/2011 (F/Sa/Su)  
 Time: 4/1 from 6:30 PM to 10:00 PM (F)  
 4/2 from 8:00 AM to 8:00 PM (Sa)  
 4/3 from 8:00 AM to 5:00 PM (Su)  
 Fee: \$149.00  
 Location: Natatorium, K-State Campus

## Lifeguard Training

**11AAQ35B**

Instructor: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com)

Date: 04/29/2011 to 05/01/2011 (F/Sa/Su)  
 Time: 4/29 from 6:30 PM to 10:00 PM (F)  
 4/30 from 8:00 AM to 8:00 PM (Sa)  
 5/1 from 8:00 AM to 5:00 PM (Su)  
 Fee: \$149.00  
 Location: Natatorium, K-State Campus

## Deep Water Exercise

**11AAQ100Z**

Exercise and enjoy it! This is a course intended for students interested in becoming familiar with and participating in various types of water exercise for fitness and conditioning. Topics addressed include a review of: different types of water exercise, current research findings, hydrodynamic principles, basic principles of physical fitness and exercise physiology, applications and considerations, workout design. Lecture/lab once weekly; mainly lab time, which will be in water! Prerequisites: must be able to jump into deep water, swim to surface and tread water for one minute. Instructor: Julie Gibbs

Date: 01/18/2011 to 05/03/2011 (Tu)  
 (No class 3/22)  
 Time: 7:30 AM to 8:30 AM  
 Fee: \$95.00 (Available for KSU credit)  
 Location: Natatorium, K-State Campus



## Scuba Diving

**11AAQ105AZ**

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

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

Date: 01/31/2011 to 03/07/2011 (M)  
 Time: 6:00 PM to 10:00 PM  
 Fee: \$257.00 (Available for KSU Credit)  
 Location: Natatorium, K-State Campus

## Scuba Diving

**11AAQ105BZ**

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

Date: 03/28/2011 to 05/02/2011 (M)  
 Time: 6:00 PM to 10:00 PM  
 Fee: \$257.00 (Available for KSU Credit)  
 Location: Natatorium, K-State Campus

## Scuba Diving

**11AAQ105CZ**

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

Date: 01/29/2011 to 03/12/2011 (Sa)  
 (No class 2/5)  
 Time: 9:30 AM to 1:30 PM  
 Fee: \$257.00 (Available for KSU Credit)  
 Location: Natatorium, K-State Campus

## Fitness Swimming

**11AAQ108AZ**

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

Date: 01/25/2011 to 03/10/2011 (Tu/Th)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$95.00 (Available for KSU Credit)  
 Location: Natatorium, K-State Campus

## Intermediate Kayak

### Chapter Workshop

**11AAQ109A**

This class is for experienced touring and white water kayakers only. Bring your boats to practice self and assisted rescues. Instructors & Instructor Aides will be on hand from the Kansas Canoe Association (KCA) Kayak Chapter.

Instructors will:

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

Equipment and location needs for this class are listed at [www.tryufm.org](http://www.tryufm.org).

Instructor: T.J. Hittle, [tjhittle@yahoo.com](mailto:tjhittle@yahoo.com)

Date: 01/30/2011 (Su)  
 Time: 8:00 AM to 12 N  
 Fee: \$16.00  
 Location: Natatorium, K-State Campus

## Intermediate Kayak

### Chapter Workshop

**11AAQ109B**

Instructor: T.J. Hittle, [tjhittle@yahoo.com](mailto:tjhittle@yahoo.com)

Date: 02/20/2011 (Su)  
 Time: 8:00 AM to 12 N  
 Fee: \$16.00  
 Location: Natatorium, K-State Campus

## WSI-Water Safety Instructor

**11AAQ121Z**

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

Dates: 03/04/2011 to 03/13/2011 (F/Sa/Su)  
 (No class 3/6)  
 Time: 3/4 & 3/11 from 4:30 PM to 7:00 PM (F)  
 3/5 & 3/12 from 8:30 AM to 7:00 PM (Sa)  
 3/13 from 9:00 AM to 12:00 PM (Su)  
 Fee: \$180.00 (Available for KSU Credit)  
 Location: Natatorium, K-State Campus

## WSI-Water Safety Instructor

**11AAQ121**

Instructor: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com)

Date: 03/05/2011 to 03/13/2011 (Sa/Su)  
 Time: 3/5 & 3/12 from 9:00 AM to 7:00 PM (Sa)  
 3/6 & 3/13 from 9:00 AM to 2:00 PM (Su)  
 Fee: \$180.00  
 Location: Natatorium, K-State Campus

## Lifeguard Instructor (LGI)

**11AAQ122Z**

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

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

Dates: 04/01/2011 to 4/16/2011 (Th/F/Sa)  
 Time: Precourse: 4/01 from 4:30 PM (F)  
 4/01 & 4/15 from 4:30 PM to 9:00 PM (F)  
 4/7 from 4:30 PM to 9:00 PM (Th)  
 4/8 from 6:00 PM to 9:00 PM (F)  
 4/2, 4/9 & 4/16 from 8 AM to 7 PM (Sa)  
 Fee: \$149.00 (Available for KSU Credit)  
 Location: Natatorium, K-State Campus

# CAREER & FINANCE

## Take Control of Your Money

**11AFC01**

Is there too much month at the end of your paycheck? Do you have a plan to control the money that you make, spend, and save? Are you spending too much on debt, insurance and personal items. You will learn to identify problem areas in your finances so that you can start to take control of your money. Learn to buy wisely and set realistic financial goals. Topics will include planned spending, debt, credit cards, insurances and investment basics.

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

Date: 03/10/2011 to 03/17/2011 (Th)  
Time: 7:00 PM to 8:30 PM  
Fee: Individual - \$12.00, Couple - \$16.00  
Location: UFM Conference Room,  
1221 Thurston St., 2nd floor



## GRE Prep Course

**11AFC06**

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](http://www.tryufm.org) for updated info  
Time: TBD  
Fee: \$270.00  
Location: TBD

## LSAT Prep Course

**11AFC24**

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

Instructor: Kelsey Moran

Date: 03/28/2011 to 04/20/2011 (M/W)  
Time: 6:00 PM to 9:00 PM  
Fee: \$270.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## One-on-One Computer Help

**11AFC107A**

This is an one-hour computer class meant for an individual or a small group of individuals to have tailored one-on-one instruction on computers and Internet use. The student will contact the instructor to discuss topics and goals for the session.

\*Please contact UFM if there is more than one person enrolling for a session.

Instructor: Amy Trujillo, amyellen@me.com

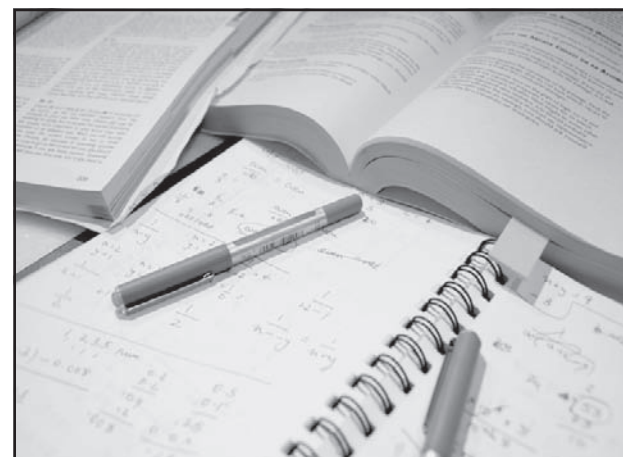
Date: 02/05/2011 (Sa)  
Time: 1:00 PM to 2:00 PM  
Fee: \$12.00  
Location: UFM Computer Lab,  
1221 Thurston St., 2nd floor

## One-on-One Computer Help

**11AFC107B**

Instructor: Amy Trujillo, amyellen@me.com

Date: 02/05/2011 (Sa)  
Time: 2:00 PM to 3:00 PM  
Fee: \$12.00  
Location: UFM Computer Lab,  
1221 Thurston St., 2nd floor



## One-on-One Computer Help

**11AFC107C**

Instructor: Amy Trujillo, amyellen@me.com

Date: 03/05/2011 (Sa)  
Time: 10:00 AM to 11:00 AM  
Fee: \$12.00  
Location: UFM Computer Lab,  
1221 Thurston St., 2nd floor

## One-on-One Computer Help

**11AFC107D**

Instructor: Amy Trujillo, amyellen@me.com

Date: 03/05/2011 (Sa)  
Time: 11:00 AM to 12 N  
Fee: \$12.00  
Location: UFM Computer Lab,  
1221 Thurston St., 2nd floor

## One-on-One Computer Help

**11AFC107E**

Instructor: Amy Trujillo, amyellen@me.com

Date: 04/09/2011 (Sa)  
Time: 10:00 AM to 11:00 AM  
Fee: \$12.00  
Location: UFM Computer Lab,  
1221 Thurston St., 2nd floor

## One-on-One Computer Help

**11AFC107F**

Instructor: Amy Trujillo, amyellen@me.com

Date: 04/09/2011 (Sa)  
Time: 11:00 AM to 12 N  
Fee: \$12.00  
Location: UFM Computer Lab,  
1221 Thurston St., 2nd floor

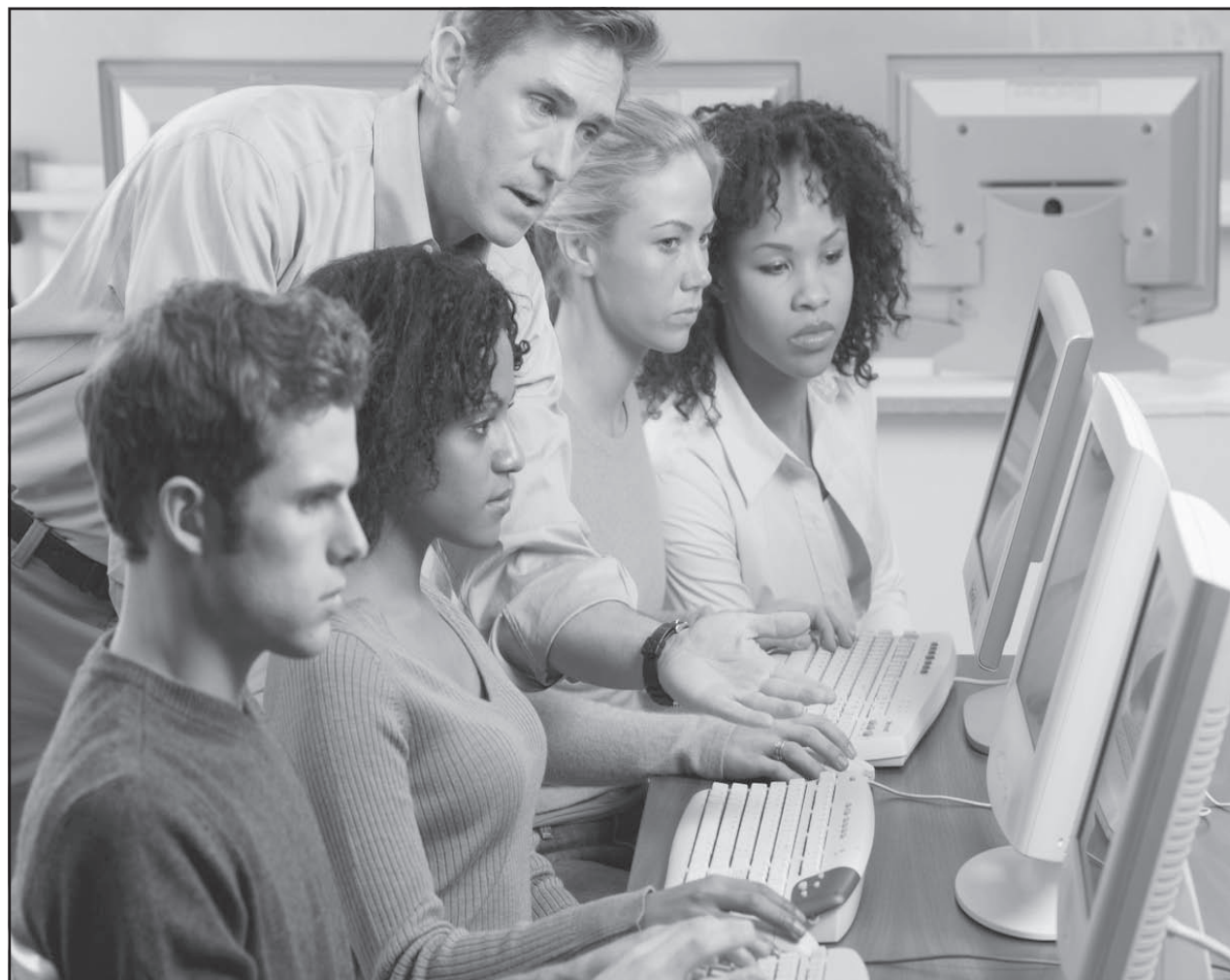
## Computers and the Internet for Beginners

**11AFC108**

Technology is not as scary as it sometimes appears! This workshop is an opportunity for those not confident in their computer skills to have guidance at an appropriate pace. Participants will learn how to turn on the computer, access programs and documents in the computer, create folders, use the mouse, and navigate the Internet. Some of the Internet sites that will be visited include: Google, Gmail, Facebook, Walgreens, WebMD, Manhattan Mercury, Manhattan Public Library, and genealogy sites. There are a limited number of one-on-one classes available after the Beginners Workshop for additional computer support. This class is tailored to move at a pace so those in attendance feel comfortable with their computer skills. Participants will receive an e-mail after attending to use for proof of attendance for professional development. Enrollment closes January 18, 2011.

Instructor: Amy Trujillo, amyellen@me.com

Date: 01/22/2011 (Sa)  
Time: 10:00 AM to 1:00 PM  
Fee: \$12.00  
Location: Manhattan Public Library  
Computer Classroom, 629 Poyntz Ave.



**Free and Useful Online Programs 11AFC109**

This workshop provides participants with a brief introduction to a myriad of free, quick, and easy online programs and services. These online resources are great for teachers, parents, students and anyone who likes programs that are simple, free and don't have to be downloaded. Participants will be introduced to Wordle, Xtranormal, Prezi, Youblisher, Glogster, Google Apps, and more. A digital handout will be provided for participants to access after the completion of the workshop. This workshop is a great starting point for the other workshops as well as the one-on-one computer instruction offered this semester. Participants will receive an e-mail after attending to use for proof of attendance for professional development. Enrollment closes February 1, 2011.

Instructor: Amy Trujillo, amyellen@me.com

Date: 02/05/2011 (Sa)  
 Time: 10:00 AM to 12 N  
 Fee: No Charge  
 Location: Manhattan Public Library  
 Computer Classroom, 629 Poyntz Ave.

**Google Apps: Your Free and Secure Online Office 11AFC110**

There's more to Google than meets the eye! When most people think of Google, they only think of a search engine. They don't realize how much Google has to offer and how powerful their Apps and services can be. Google Apps can help businesses, organizations and individuals communicate and collaborate quickly, effectively and at a great price-FREE! Participants will learn how to create, share and edit documents; add and edit events on a shared calendar, participate in the group's blog, learn to post videos to YouTube and how to use Google Voice and Chat to communicate with others via text and phone calls. Some of the other Google Apps that will be covered are iGoogle, Google Books, Picasa, Google Latitude, Google Desktop, Google Earth/Sky/Ocean, Google Listen, Google Maps, Timeline and WonderWheel. Everyone will be introduced to the Google Teacher Academy, Google Application for Educators and Google YouTube channel. Participants will receive an e-mail after attending to use for proof of attendance for professional development. Enrollment closes March 8, 2011.

Instructor: Amy Trujillo, amyellen@me.com

Date: 03/12/2011 (Sa)  
 Time: 10:00 AM to 12 N  
 Fee: \$12.00  
 Location: Manhattan Public Library  
 Computer Classroom, 629 Poyntz Ave.

**Making Social Networking Work for Your Organization 11AFC111**

Are you confused over how social networking fits into your life? Social networking can be a valuable or hurtful item for businesses and organizations, depending on how people are using (or not using) them. Participants will be introduced on how FourSquare, Where, Twitter, Facebook, Yelp and other sites can help generate buzz about their products, increase sales and provide a human face for the consumers. Participants will brainstorm how social networking could be beneficial to their organization or business, learn about which social networking service would work best for them, and how to manage their account, including privacy settings. Participants will receive an e-mail after attending to use for proof of attendance for professional development. Enrollment closes March 8, 2011.

Instructor: Amy Trujillo, amyellen@me.com

Date: 03/12/2011 (Sa)  
 Time: 1:00 PM to 3:00 PM  
 Fee: \$12.00  
 Location: Manhattan Public Library  
 Computer Classroom, 629 Poyntz Ave.

**Getting Your Money's Worth from Microsoft Office 11AFC112**

Does your business or organization require that you have basic Microsoft Office skills? This workshop will guide you through the basics of Word, Excel, and PowerPoint. After this workshop, participants will have the knowledge to create letters, business cards, budgets, inventory lists, resumes and slide show presentations. Various tips and tricks will also be taught like page formatting, templates, customization of toolbars, formulas, shortcuts and auto-fill/auto-complete options. Different versions of Microsoft Office as well as Google Docs will be covered in this workshop. One-on-one classes are available for participants before and after the workshop for more in-depth individual help for Microsoft Office. Participants will receive an e-mail after attending to use for proof of attendance for professional development. Enrollment closes April 1, 2011.

Instructor: Amy Trujillo, amyellen@me.com

Date: 04/16/2011 (Sa)  
 Time: 10:00 AM to 1:00 PM  
 Fee: \$12.00  
 Location: Manhattan Public Library  
 Computer Classroom, 629 Poyntz Ave

**Teens on the Net Workshop 11AFC113**

Internet users 11 years old and older and their parent(s) are encouraged to attend this helpful workshop on Internet use, privacy settings, and appropriate web sites for teens and preteens. Some of the web sites that will be discussed are Facebook, Twitter, Wordle, Glogster, Google, Youblisher, FourSquare, Homework Kansas, Kansas State Library, Easy Bib, and Parent Portal. Students will learn how to set the privacy settings on social networking sites, how to get help with homework and projects, and how to monitor their own grades. Parents will have an opportunity to see what the teens are doing online, what is safe and not safe, how to monitor their child, his/her grades, and online activity from a safe distance. Enrollment closes May 3, 2011.

Instructor: Amy Trujillo, amyellen@me.com

Date: 05/07/2011 (Sa)  
 Time: 10:00 AM to 12 N  
 Fee: \$12.00  
 Location: Manhattan Public Library  
 Computer Classroom, 629 Poyntz Ave.



**5 WAYS TO START LIVING GREEN**

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



**Stories from Both Sides of the Desk of a Diverse Learner 11AFC114**

Participants will hear stories from family members, students, and teachers about how to best meet the needs of learners in today's classroom. Educational differences between countries, differences in dialects, and general tips for working with Culturally and Linguistically Diverse (CLD) students will be discussed. Strategies for working with exceptional students, especially those with ADD, Autism, and Sensory Processing Disorder, will also be discussed. Participants will be introduced to some technologies and programs that are beneficial when working with diverse students. This workshop is meant to precede the Using Technology with Diverse Learners workshop but can also be attended as a stand-alone workshop. Digital handouts will be provided as well as links to resources for effectively working with diverse learners. Participants will receive an e-mail after attending to use for proof of attendance for professional development. Enrollment closes April 1, 2011.

Instructor: Amy Trujillo, amyellen@me.com

Date: 04/05/2011 (Tu)  
 Time: 5:30 PM to 7:30 PM  
 Fee: \$12.00  
 Location: K-State Bluemont Hall

**Using Technology to Meet the Needs of Diverse Learners 11AFC115**

This workshop is for certified, pre-service, and home school teachers as well as others interested in using technology with students. Using technology helps educators make sure that no child is left behind because it meets a variety of learning styles as well as linguistic needs. Some of the technology and web sites that will be used in the workshop include: Youblisher, Glogster, EasyBib, Text to Speech Translation, Online Stopwatch, Audacity, Comic Life, Interval Timers, Visual Online Dictionary, Online Manipulatives, Online Summary Tool, and Google SketchUp. Some of the tools that will be demonstrated are: digital voice recorders, computers, digital cameras, and flip camcorders. Participants will be provided with digital handouts that will direct them to further professional development on working with diverse learners, including podcast, webinars, and websites. Participants will receive an e-mail after attending to use for proof of attendance for professional development. Enrollment closes April 17, 2011.

Instructor: Amy Trujillo, amyellen@me.com

Date: 04/21/2011 (Th)  
 Time: 5:30 PM to 7:30 PM  
 Fee: \$12.00  
 Location: K-State Bluemont Hall

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



# CREATIVE FREE TIME



## Beginning Knitting 11ACF05A

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

Instructor: Kennita Tully, (785) 537-1826

Date: 01/19/2011 to 02/09/2011 (W)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$31.00  
 Location: 300 Poyntz Ave.  
 Wildflower Yarns and Knitwear

## Beginning Knitting 11ACF05B

Instructor: Kennita Tully, (785) 537-1826

Date: 02/15/2011 to 03/08/2011 (Tu)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$31.00  
 Location: 300 Poyntz Ave.  
 Wildflower Yarns and Knitwear

## Beginning Knitting 11ACF05C

Instructor: Kennita Tully, (785) 537-1826

Date: 03/29/2011 to 04/19/2011 (Tu)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$31.00  
 Location: 300 Poyntz Ave.  
 Wildflower Yarns and Knitwear

## Introduction to Adobe Photoshop 11ACF65

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, (785) 341-1047  
 scott@scottbeanphoto.com

Date: 02/01/2011 to 02/10/2011 (Tu/Th)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$48.00  
 Location: UFM Computer Lab  
 1221 Thurston St., 2nd floor



## Introduction to Photography 1:

### The Basics 11ACF78

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

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

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

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

Date: 02/16/2011 to 03/16/2011 (W/Sa)  
 (No class 3/5)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$66.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

## Introduction to Photography 2:

### Improving Your Composition 11ACF120

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

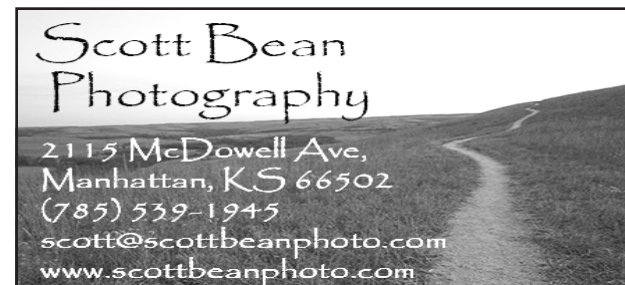
The class will be structured around the review and discussion of photographs taken during the class and how to create photographs they wish to capture. Discussions will involve how to improve composition and exposure in camera and also how post-processing can help translate your vision to your finished print. Classroom time and Saturday field trips.

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

Date: 04/07/2011 to 04/28/2011 (Th/Sa)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$74.00  
 Location: UFM Conference Room



300 Poyntz Ave in Manhattan  
 785-537-1826  
 www.wildflowerknits.com



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 you register and receive \$1 off  
 your registration for one class.

## CREATIVE FREE TIME

### Introduction to Adobe Lightroom 11ACF140

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, (785) 341-1047  
scott@scottbeanphoto.com

Date: 01/18/2011 to 01/27/2011 (Tu/Th)  
Time: 7:00 PM to 9:00 PM  
Fee: \$48.00  
Location: UFM Computer Lab  
1221 Thurston St., 2nd floor

### Brain Gym® 101 Core Course 11ACF29

Discover a way to...learn ANYTHING faster and more easily with Brain Gym® 101 Core Course. This 24-hour course introduces you to using Brain Gym to benefit yourself and others. You will learn how to draw out potential in all areas of life by using powerful Brain Gym tools including: 4 steps to Get Ready. This 4 minute BG warm-up helps you feel focused, relaxed and ready to begin any new task or challenge.

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

Date: 03/19/2011 to 03/27/2011 (Sa/Su)  
Time: 9:00 AM to 4:30 PM  
Fee: \$373.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### An Introduction to Brain Gym : The Physical Skills of Comprehension 11ACF121

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

The technique of "Noticing" will be taught to refine body awareness skills and "the physical skills of comprehension" will be explored. Six Brain Gym Activities will be taught from the Focus Dimension. Participants will benefit from bringing simple goals/intentions related to comprehension.  
Instructor: Judy Metcalf, (571) 217-7736  
kinlearn3jm@yahoo.com

Date: 03/19/2011 (Sa)  
Time: 9:30 AM to 4:00 PM  
Fee: \$72.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### An Introduction to Brain Gym : The Physical Skills of Organization 11ACF122

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

Another technique of "Noticing" will be taught to refine body awareness skills and "the physical skills of organization" will be experienced. Six Brain Gym Activities will be taught from the Centering Dimension. Participants will benefit from bringing simple goals/intentions related to organization.  
Instructor: Judy Metcalf, (571) 217-7736  
kinlearn3jm@yahoo.com

Date: 03/20/2011 (Su)  
Time: 9:30 AM to 4:00 PM  
Fee: \$72.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### An Introduction to Brain Gym : The Physical Skills of Communication 11ACF123

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

An additional technique of "Noticing" will be taught to refine body awareness skills and "the physical skills of communication" will be discussed. Ten Brain Gym Activities will be taught from the Laterality Dimension. Participants will benefit from bringing simple goals/intentions related to communication.

Instructor: Judy Metcalf, (571) 217-7736  
kinlearn3jm@yahoo.com

Date: 03/26/2011 (Sa)  
Time: 9:30 AM to 4:00 PM  
Fee: \$72.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### Paper Bead Jewelry Making 11ACF72

Paper beads were made in Victorian times by women in England; the women would gather in dining rooms to roll scraps of wallpaper on knitting needles. The beads were strung on yarn and used to create curtains that separates rooms. This craft has become popular again; paper jewelry is sold in many boutiques today. In this class you will learn how to create your own paper beads and string them into necklaces, bracelets or earrings. Materials needed for assembling your jewelry will be included in class fees. Bring to class: scissors, white glue or stick glue, wrapping paper, magazines, newspaper, and washcloth.  
Instructor: Charlene Brownson, (785) 539-8763  
cmb@ksu.edu

Date: 04/21/2011 to 04/28/2011 (Th)  
Time: 6:30 PM to 8:00 PM  
Fee: \$5.00  
Location: UFM Fireplace Room, 1221 Thurston St.



### Introduction to Voiceovers 11ACF129

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

Date: 01/18/2011 to 05/03/2011 (Tu)  
Time: See class description  
Fee: \$30.00  
Location: See class description

MAC

## Arts for All at the Manhattan Arts Center

**Live Theatre**

*Drinking Alone*  
Feb 25-27 & Mar 3-6

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

**Galleries**

Watercolors,  
photos, ceramics, etc.

**Live Music**

Chuck Pyle  
Jan 15

The Waymores  
Thursday, Feb 10  
...and more!



**MACademy  
Youth Theatre**

*Missoula Children's Theatre*  
*King Arthur's Quest*  
Jan 24-29

*The Paul Mesner Puppets*  
*Sleeping Beauty*  
March 19

**Adult & Kids' Classes**

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

*Starting in February*

**Ongoing Adult Studios**

Clay Open Studio  
Watercolor Studio  
Writers' Studio

visit us on the web at [www.manhattanarts.org](http://www.manhattanarts.org)  
by phone at (785) 537-4420 or at 1520 Poyntz





## CREATIVE FREE TIME



### **Dog Obedience-Foundations For a Well-Mannered Canine** **11ACF136**

This small and low stress class is designed to get you and your dog off to a great start in your life together. No more than six dogs per class will ensure much personal attention to every participant. The trainer is a member of the Association of Pet Dog Trainers (APDT) and learned positive training methods at the Animal Behavior College (ABC). All training is dedicated to methods that are fun for the dog and effective for the handler. While you will be learning basic commands like sit, down, stay, come and loose leash walking, every class can be customized to the level of the participating dogs and their handlers. Specific requests about commands or behaviors are welcome at any time. Class fee includes book and class materials. More information available at [www.muttschool.com](http://www.muttschool.com). \*Our insurance company requires that in order to participate in this class, you will need to fill out an animal release form and an up-to-date copy of your dog's shot record. These records will be retained for UFM's files.  
Instructor: Nadja Peery, (541) 974-4715  
[info@muttschool.com](mailto:info@muttschool.com)

Date: 01/26/2011 to 03/02/2011 (W)  
Time: 6:30 PM to 7:30 PM  
Fee: \$75.00  
Location: UFM Solar Addition  
1221 Thurston St.

### **Pet First Aid & Safety** **11ACF141**

Pet First Aid, from the American Red Cross and the Riley County Humane Society, is an illustrated first aid reference for dog lovers. This course provides detailed instructions for emergency situations and common injuries. Class fee includes a practical reference book and DVD.  
Instructor: Nadja Peery, (541) 974-4715  
[info@muttschool.com](mailto:info@muttschool.com)

Date: 03/12/2011 to 03/12/2011 (Sa)  
Time: 10:00 AM to 1:00 PM  
Fee: \$33.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### **Dog Trick Training** **11ACF142A**

Put the fun back into dog training with wave, roll over, play dead and more! Taking away the pressure of having to perfect obedience cues, this class will remind you and your dog that training should be a fun experience. And the benefits go way beyond silly tricks. This class is an opportunity to bond with your dog in a way that gets rid of his pent up energy, teaches him to problem solve and teaches you to communicate more effectively with your best friend. For more information go to [www.muttschool.com](http://www.muttschool.com). Class materials, equipment and a starting supply of treats will be provided. NOTE: Participating dogs should know the commands sit and down. \*Our insurance company requires that in order to participate in this class, you will need to fill out an animal release form and an up-to-date copy of your dog's shot record. These records will be retained for UFM's files.  
Instructor: Nadja Peery, (541) 974-4715  
[info@muttschool.com](mailto:info@muttschool.com)

Date: 01/27/2011 to 02/10/2011 (Th)  
Time: 6:30 PM to 7:30 PM  
Fee: \$50.00  
Location: UFM Solar Addition, 1221 Thurston St.

### **Dog Trick Training** **11ACF142B**

Instructor: Nadja Peery, (541) 974-4715  
[info@muttschool.com](mailto:info@muttschool.com)

Date: 02/17/2011 to 03/03/2011 (Th)  
Time: 6:30 PM to 7:30 PM  
Fee: \$50.00  
Location: UFM Solar Addition, 1221 Thurston St.

### **Montessori at Home with Children Ages 2-6** **11ACF137A**

There aren't many Montessori schools in Manhattan, but you can learn how to incorporate these ingenious ideas into your own home and reap the benefits. Children who are permitted to learn Montessori-style exhibit skills of independence and good manners, long attention spans, a love of learning, and peacefulness. Parents, in turn, get to witness children at their best behavior, which brings profound joy and satisfaction. Lecture geared toward parents of children ages 2-6, Q&A period, and a chance to see many basic Montessori materials.  
Instructor: Sara Shea, (785) 537-2483

Date: 02/18/2011 (F)  
Time: 7:00 PM to 9:00 PM  
Fee: \$22.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### **Montessori at Home with Children Ages 2-6** **11ACF137B**

Instructor: Sara Shea, (785) 537-2483

Date: 03/11/2011 (F)  
Time: 7:00 PM to 9:00 PM  
Fee: \$22.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### **Montessori at Home with Children Ages 2-6** **11ACF137C**

Instructor: Sara Shea, (785) 537-2483

Date: 04/22/2011 (F)  
Time: 7:00 PM to 9:00 PM  
Fee: \$22.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### **10 Things I Like about You!** **11ACF138A**

Trouble planning your album? At a loss for words? A 10 Things album is a series of 10 questions designed to get you thinking about a topic in depth. You will have a variety of themes to choose from or I will help you create your own. Come prepared with a set of photos (20-40) from one event, season, sport or activity and leave with a complete album. This is a great way to remember a special event, celebrate a favorite friend or coach or honor a loved one. \*Price includes album, paper, stickers and adhesive to complete your album.  
Instructor: Renee Gates, (785) 565-1633, [cmfun@cox.net](mailto:cmfun@cox.net)

Date: 01/05/2011 to 01/12/2011 (W)  
Time: 7:00 PM to 9:00 PM  
Fee: \$44.00  
Location: UFM Fireplace Room, 1221 Thurston St.

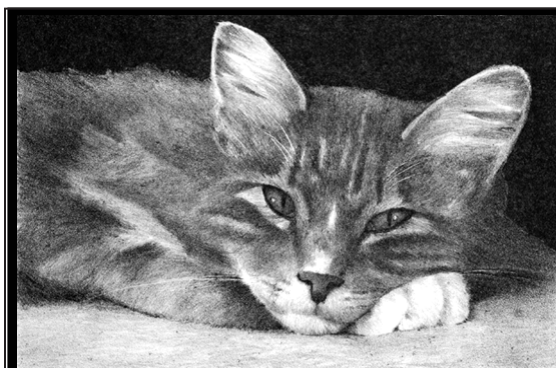
### **10 Things I Like about You!** **11ACF138B**

Instructor: Renee Gates, (785) 565-1633, [cmfun@cox.net](mailto:cmfun@cox.net)

Date: 01/18/2011 to 01/25/2011 (Tu)  
Time: 7:00 PM to 9:00 PM  
Fee: \$44.00  
Location: UFM Fireplace Room, 1221 Thurston St.



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785.539.8763 | [INFO@TRYUFM.ORG](mailto:INFO@TRYUFM.ORG)



## **STRECKER-NELSON GALLERY**

### **OUR ART IS THE "CAT'S MEOW"**

**PREVIEW IT ON OUR WEBSITE AT [WWW.STRECKER-NELSONGALLERY.COM](http://WWW.STRECKER-NELSONGALLERY.COM)**  
**THEN VISIT THE GALLERY MON-SAT 10:00-6:00 AT 406<sup>1/2</sup> POYNTZ 537-2099**

## CREATIVE FREE TIME

### Gerber to Graduation 11ACF139A

Create a keepsake album for your upcoming graduate OR get an early start on one for a younger student. This project will encompass 3 sessions and will result in a completed 12X12 or 11X14 photo album for display at graduation and hours of family enjoyment. Bring photos (8-10 per category) from birth to now in the following areas: birthdays, grade school, middle school, high school, activities and sports, dances, family, summer, winter, spring, fall, first years and friends. \*Fees include album, paper, stickers and adhesive to complete your album.

Instructor: Renee Gates, (785) 565-1633, cmfun@cox.net

Date: 02/01/2011 to 02/22/2011 (Tu)  
(No class 2/15)  
Time: 7:00 PM to 9:00 PM  
Fee: \$76.00  
Location: UFM Fireplace Room, 1221 Thurston St.

### Gerber to Graduation 11ACF139B

Instructor: Renee Gates, (785) 565-1633, cmfun@cox.net

Date: 03/02/2011 to 03/16/2011 (W)  
Time: 7:00 PM to 9:00 PM  
Fee: \$76.00  
Location: UFM Fireplace Room, 1221 Thurston St.

### Gerber to Graduation 11ACF139C

Instructor: Renee Gates, (785) 565-1633, cmfun@cox.net

Date: 04/05/2011 to 04/19/2011 (Tu)  
Time: 7:00 PM to 9:00 PM  
Fee: \$76.00  
Location: UFM Fireplace Room, 1221 Thurston St.



Interact with the Beach Museum's art through the "Meet the Art" series.

January 11, March 8, May 10  
10:30 a.m.

Watch for details at [beach.k-state.edu](http://beach.k-state.edu)



**MARIANNA KISTLER BEACH MUSEUM OF ART**

WEDNESDAY THROUGH SATURDAY | 10-5 SUNDAY | 12-5

14TH & ANDERSON MANHATTAN, KS  
785.532.7718 BEACH.K-STATE.EDU

### Beginning Violin 11ACF143A

Beginning Violin will go through Suzuki's first violin book. It will cover basic music reading and violin technique. Students should leave able to play simple songs on the violin. Students will need to acquire the first Suzuki violin volume prior to the first class. Students will need to provide their own violin.

Instructor: Kelley Bowker, fischers.music@gmail.com

Date: 01/21/2011 to 03/11/2011 (F)  
Time: 8:00 PM to 9:00 PM  
Fee: \$80.00  
Location: College Avenue United Methodist  
1609 College Ave

### Beginning Violin 11ACF143B

Instructor: Kelley Bowker, fischers.music@gmail.com

Date: 03/18/2011 to 05/06/2011 (F)  
Time: 8:00 PM to 9:00 PM  
Fee: \$80.00  
Location: College Avenue United Methodist  
1609 College Ave

### Guitar Fundamentals 11ACF144A

Guitar Fundamentals covers basic chord structure and technique through exploring a variety of styles, from blues/rock to fingerstyle. Students will need to provide their own guitar.

Instructor: Kelley Bowker, fischers.music@gmail.com

Date: 01/21/2011 to 03/11/2011 (F)  
Time: 6:00 PM to 7:00 PM  
Fee: \$80.00  
Location: College Avenue United Methodist  
1609 College Ave



### Guitar Fundamentals 11ACF144B

Instructor: Kelley Bowker, fischers.music@gmail.com

Date: 03/18/2011 to 05/06/2011 (F)  
Time: 6:00 PM to 7:00 PM  
Fee: \$80.00  
Location: College Avenue United Methodist  
1609 College Ave

### Intermediate Guitar 11ACF145A

Intermediate Guitar will strengthen the student's foundation in chord structure and technique, as well as learning the basics of soloing. Students will need to provide their own guitar.

Instructor: Kelley Bowker, fischers.music@gmail.com

Date: 01/21/2011 to 03/11/2011 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: \$80.00  
Location: College Avenue United Methodist  
1609 College Ave

### Intermediate Guitar 11ACF145B

Instructor: Kelley Bowker, fischers.music@gmail.com

Date: 03/18/2011 to 05/06/2011 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: \$80.00  
Location: College Avenue United Methodist  
1609 College Ave



## Leading in a Networked World

It's not about who you know.... It's about who knows you....  
And how you learn and work together.

**15<sup>th</sup> Annual K-State Leadership Seminar**  
**Thursday, April 7, 2011**

Visit the seminar website in early February for more information and online registration:

**[www.k-state.edu/leadershipseminar](http://www.k-state.edu/leadershipseminar)**

# EARTH & NATURE

## Fly Fishing

**11AEN04AZ**

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

Instructor: Paul Sodamann, (785) 494-2340

Date: 04/18/2011 to 04/28/2011 (M-Th)  
Time: 6:00 PM to 8:00 PM  
Fee: \$95.00  
Location: K-State Durland/Rathbone Hall 1061

## Home Landscape Design

**11AEN08**

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

Instructor: Gregg Eyestone

Date: 03/03/2011 to 03/17/2011 (Th)  
Time: 6:30 PM to 8:30 PM  
Fee: Individual-\$21.00,  
Couple-\$30.00  
Location: Riley County Extension Office,  
110 Courthouse Plaza, 2nd Floor

## Wildflower Walks

### at Tuttle Creek Lake

**11AEN69**

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: 05/07/2011 (Sa)  
Time: 1:30 PM to 3:30 PM  
Fee: No Charge  
Location: Tuttle Creek Lake Visitor's Center  
5020 Tuttle Creek Blvd

## Basic Photovoltaics: Solar Energy For Your Home and Entertainment

**11AEN94**

We will discuss the ways you can produce solar electricity from sunlight, the various solar panels, the tracking and concentrating sunlight. We will then discuss how to use it to power anything you are interested in...from remote computers, house boats, or livestock pumps, to selling electricity from your home back to Westar. We won't have time for details, but we will try to cover whatever you are interested in.

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

Date: 02/19/2011 (Sa)  
Time: 10:00 AM to 12 N  
Fee: No Charge  
Location: UFM Solar Addition, 1221 Thurston St.

## Container Gardening for Herbs

**11AEN95**

Enjoy the freshness of home grown with a container garden just steps away from your door. You can grow a variety of things in pots depending on the space and light available on your patio, balcony or porch. Our class will explore what to grow and how to do it successfully. We will discuss pot sizes and types for different kinds of plants as well as potting soil recommendations. We'll talk about combining plants together for color and variety. We'll also talk about caring for your plants so they'll look great and be productive all summer. Prepare to show off your green thumb and if it isn't green yet, it will be before you know it!

Instructor: Anita Carroll, a.carroll.design@gmail.com

Date: 03/31/2011 (Th)  
Time: 7:30 PM to 8:30 PM  
Fee: \$12.00  
Location: UFM Fireplace Room, 1221 Thurston St.

## Container Gardening for Flowers

**11AEN96**

Instructor: Anita Carroll, a.carroll.design@gmail.com

Date: 04/07/2011 (Th)  
Time: 7:30 PM to 8:30 PM  
Fee: \$12.00  
Location: UFM Fireplace Room, 1221 Thurston St.

## Container Gardening for Veggies

**11AEN97**

Instructor: Anita Carroll, a.carroll.design@gmail.com

Date: 04/14/2011 (Th)  
Time: 7:30 PM to 8:30 PM  
Fee: \$12.00  
Location: UFM Fireplace Room, 1221 Thurston St.



## Vegetable Gardening for Beginners

**11AEN98**

This class will focus on general aspects of growing a wide variety of vegetables including seed/plant selection, soil improvement, watering, and culture. It will also focus on some specific vegetable crops grown in gardens-cool season, warm season and perennials.

Instructor: Charles "Chuck" Marr, cmarr@ksu.edu

Date: 02/09/2011 to 02/16/2011 (W)  
Time: 7:00 PM to 8:30 PM  
Fee: \$14.00  
Location: UFM Fireplace Room, 1221 Thurston St.

## Spring Back to Gardening Workshop & Plant Swap

**11AEN99**

Join Riley County Extension Master Gardeners for their spring workshop and plant swap. There will be a variety of classes to choose from including:

- Drip Irrigation for the Novice (9:00 AM)
- Growing Roses in Riley County (9:00 AM)
- Container Gardening (10:00 AM)
- Plant & Flower Photography (10:00 AM)
- Butterflies in Your Gardens (11:00 AM)
- If You Like Day Lilies (11:00 AM)

Along with classes, there will also be a plant swap from 9 am to 1 pm. For more information on these classes and to view full class descriptions, please visit [www.tryufm.org](http://www.tryufm.org). Please register by March 28, 2011.

Date: 04/02/2011 (Sa)  
Time: 9:00 AM to 1:00 PM  
Fee: \$12.00  
Location: UFM, 1221 Thurston St.



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

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

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



## 2011 MANHATTAN COMMUNITY GARDEN SIGN UP

### \*NEW GARDENERS\*

ORIENTATION & SIGN UP  
JANUARY 5 AT 7-830 PM (W)  
JANUARY 22 AT 10-12 PM (SA)  
FEBRUARY 2 AT 7-830 PM (W)  
FEBRUARY 12 AT 10-12 PM (SA)  
ALL DATES ABOVE AT UFM, 1221 THURSTON ST.

# FUN FOODS

## Beer Tasting

**11AFF39**

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: 03/11/2011 (F)  
Time: 6:30 PM to 8:30 PM  
Fee: \$12.00  
Location: Tallgrass Brewing Company, 8845 Quail Lane, Suite 1. East on US-24, Left on Dempsey Road, Continue on Green Valley Road then turn right on Quail Lane.



## Eating Healthy on a Budget

**11AFF52**

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.

Date: View [www.tryufm.org](http://www.tryufm.org) for updated info  
Time: TBA  
Fee: No Charge  
Location: People's Grocery, 523 South 17th St



## Make your Own

### Kombucha at Home

**11AFF76**

Participants will learn how to make this healthy and ancient healing tea. Kombucha tea is gaining popularity in the U.S. Health benefits attributed to Kombucha tea include stimulating the immune system, possible cancer preventions, and improving digestion and liver functioning.

Date: View [www.tryufm.org](http://www.tryufm.org) for updated info  
Time: TBA  
Fee: No Charge  
Location: People's Grocery, 523 South 17th St

## Beginner Indian Cooking

**11AFF75A**

Did you always want to learn how to cook delicious and authentic Indian food? Join me on this culinary adventure where I will simplify Indian cooking so you can do it at home. All classes will feature different dishes.  
Instructor: Samatha Gangapuram  
[gangapuram@gmail.com](mailto:gangapuram@gmail.com)

Date: 01/28/2011 (F)  
Time: 6:30 PM to 8:30 PM  
Fee: \$22.00  
Location: UFM Kitchen, 1221 Thurston St.

## Beginner Indian Cooking

**11AFF75B**

Instructor: Samatha Gangapuram  
[gangapuram@gmail.com](mailto:gangapuram@gmail.com)

Date: 02/25/2011 (F)  
Time: 6:30 PM to 8:30 PM  
Fee: \$22.00  
Location: UFM Kitchen, 1221 Thurston St.

## Beginner Indian Cooking

**11AFF75C**

Instructor: Samatha Gangapuram  
[gangapuram@gmail.com](mailto:gangapuram@gmail.com)

Date: 04/08/2011 (F)  
Time: 6:30 PM to 8:30 PM  
Fee: \$22.00  
Location: UFM Kitchen, 1221 Thurston St.

## Wine 101

**11AFF77**

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.

Instructor: Harry's Staff

Date: 02/22/2011 to 03/15/2011 (Tu)  
Time: 6:00 PM to 7:30 PM  
Fee: \$76.00  
Location: Harry's Restaurant, 418 Poyntz Ave.

## Champagne and Dessert

### Wine Tasting

**11AFF78**

Let's skip dinner and go to dessert! Do you love champagnes, proseccos, or just anything with bubbles? Join us at Harry's for our Sparkling and Dessert Wine Tasting! We will try different wines from all over the world and discuss how they are made, what foods to pair them with, and how they are best served.  
Instructor: Harry's Staff

Date: 03/29/2011 (Tu)  
Time: 6:00 PM to 7:30 PM  
Fee: \$29.00  
Location: Harry's Restaurant, 418 Poyntz Ave.



## Easy College Cooking

**11AFF79A**

Learn the fun in cooking while at college! Topics will include budgeting and healthy choices with hands-on cooking with teams. Registration deadline is Jan 19.  
Instructor: Nahshon Ruffin, (913) 526-8191  
[nahshon@ksu.edu](mailto:nahshon@ksu.edu)

Date: 01/26/2011 (W)  
Time: 6:30 PM to 8:00 PM  
Fee: \$22.00  
Location: UFM Kitchen, 1221 Thurston St

## Easy College Cooking

**11AFF79B**

Registration deadline is Feb 19.  
Instructor: Nahshon Ruffin, (913) 526-8191  
[nahshon@ksu.edu](mailto:nahshon@ksu.edu)

Date: 02/23/2011 (W)  
Time: 6:30 PM to 8:00 PM  
Fee: \$22.00  
Location: UFM Kitchen, 1221 Thurston St

## Easy College Cooking

**11AFF79C**

Registration deadline is Feb 23.  
Instructor: Nahshon Ruffin, (913) 526-8191  
[nahshon@ksu.edu](mailto:nahshon@ksu.edu)

Date: 03/09/2011 (W)  
Time: 6:30 PM to 8:00 PM  
Fee: \$22.00  
Location: UFM Kitchen, 1221 Thurston St



**TEACH a Class at UFM**

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



# HEALTH & WELLNESS

## Sahaj Marg Meditation

11AHW02

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

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

Date: 02/20/2011 to 05/15/2011 (Su)  
Time: 7:30 AM to 9:30 AM  
Fee: No Charge  
Location: UFM Solar Addition, 1221 Thurston St.

## Living the Art: Jin Shin Jyutsu

11AHW08A

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

Instructor: Kate Cashman, (785) 537-1911

Date: 01/15/2011 to 01/15/2011 (Sa)  
Time: 10:00 AM to 3:00 PM  
Fee: \$22.00  
Location: 1421 Colorado Street

## Living the Art: Jin Shin Jyutsu

11AHW08B

Instructor: Kate Cashman, (785) 537-1911

Date: 02/26/2011 to 02/26/2011 (Sa)  
Time: 10:00 AM to 3:00 PM  
Fee: \$22.00  
Location: 1421 Colorado Street

## Living the Art: Jin Shin Jyutsu

11AHW08C

instructor: Kate Cashman, (785) 537-1911

Date: 04/09/2011 to 04/09/2011 (Sa)  
Time: 10:00 AM to 3:00 PM  
Fee: \$22.00  
Location: 1421 Colorado Street

## Beginning Yoga

11AHW15AZ

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

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

Date: 01/18/2011 to 03/08/2011 (Tu/Th)  
Time: 10:30 AM to 11:30 AM  
Fee: \$99.00  
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

## Beginning Yoga

11AHW15BZ

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

Date: 01/19/2011 to 03/09/2011 (W/M)  
Time: 10:30 AM to 11:30 AM  
Fee: \$99.00  
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

## Beginning Yoga

11AHW15CZ

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

Date: 01/19/2011 to 03/09/2011 (W/M)  
Time: 3:00 PM to 4:00 PM  
Fee: \$99.00  
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

## Beginning Yoga

11AHW15DZ

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

Date: 03/14/2011 to 05/04/2011 (M/W)  
(No class 3/21, 3/23)  
Time: 10:30 AM to 11:30 AM  
Fee: \$99.00  
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

## Beginning Yoga

11AHW15EZ

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

Date: 03/14/2011 to 05/04/2011 (M/W)  
(No class 3/21, 3/23)  
Time: 3:00 PM to 4:00 PM  
Fee: \$99.00  
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

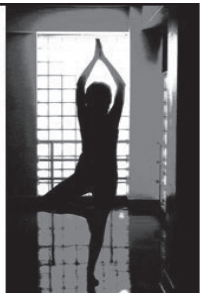


**Yoga Connection**  
321 Poyntz, Suite A  
Manhattan, Kansas  
785-537-8224 or 785-341-9908

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

Website: [www.yogaconnection.byregion.net](http://www.yogaconnection.byregion.net)  
Email: [yogaconnection@kansas.net](mailto:yogaconnection@kansas.net)

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Visit our website or contact Megan at 785-539-8763  
or [megan@tryufm.org](mailto:megan@tryufm.org) for more info.

## Intermediate Yoga

**11AHW21Z**

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

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

Prerequisite: Eligibility for this course requires a personal interview with Ana Franklin. Students must make arrangements to meet with Ana to receive permission to enroll for this course. Please call or email her at 785-341-9908 or [yogaconnection@gmail.com](mailto:yogaconnection@gmail.com).  
Instructor: Ana Franklin, (785) 537-8224  
[yogaconnection@gmail.com](mailto:yogaconnection@gmail.com)

Date: 03/10/2011 to 05/05/2011 (Th/Tu)  
(No class 3/22, 3/24)  
Time: 10:30 AM to 11:30 AM  
Fee: \$99.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

## Yoga Over Forty

**11AHW99A**

This class will heal your body, heart and mind. All you have to do is arrive at each class with an empty stomach, a willingness to relax and listen to your body's messages. Yoga can help you in all areas of your life - heart health, weight and stress reduction, emotional health and mental focus. Yoga means integration of the whole person. Hormone balance is also gained from regular practice.  
Instructor: Ana Franklin, (785) 537-8224  
[yogaconnection@gmail.com](mailto:yogaconnection@gmail.com)

Date: 01/18/2011 to 03/08/2011 (Tu)  
Time: 7:30 PM to 8:30 PM  
Fee: \$80.00  
Location: Yoga Connection, 321 Poyntz Ave, Ste A

## Yoga Over Forty

**11AHW99B**

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

Date: 03/29/2011 to 05/17/2011 (Tu)  
Time: 7:30 PM to 8:30 PM  
Fee: \$80.00  
Location: Yoga Connection, 321 Poyntz Ave, Ste A

## Responding to Emergencies

**11AHW19AZ**

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

Instructor: Henry Brown

Date: 02/05/2011 to 02/19/2011 (Sa/Su)  
Time: 12 N to 6:30 PM  
Fee: \$154.00  
Location: UFM Banquet Room, 1221 Thurston St.

## Community CPR, First Aid & AED

**11AHW25A**

This course includes training in Adult, Child, Infant CPR, First Aid and AED. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; control bleeding; and many other useful skills. Textbook included in fee. There will be a \$20 non-refundable deposit for this class.  
Instructor: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com)

Date: 01/28/2011 to 01/29/2011 (F/Sa)  
Time: F from 6:30 PM to 9:30 PM;  
Sa from 8:00 AM to 12 N  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Community CPR, First Aid & AED

**11AHW25B**

Instructor: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com)

Date: 01/29/2011 to 01/29/2011 (Sa)  
Time: 11:00 AM to 6:00 PM  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Community CPR, First Aid & AED

**11AHW25C**

Instructor: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com)

Date: 02/25/2011 to 02/26/2011 (F/Sa)  
Time: F from 6:30 PM to 9:30 PM;  
Sa from 8:00 AM to 12 N  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Community CPR, First Aid & AED

**11AHW25D**

Instructor: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com)

Date: 02/26/2011 to 02/26/2011 (Sa)  
Time: 11:00 AM to 6:00 PM  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Community CPR, First Aid & AED

**11AHW25E**

Instructor: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com)

Date: 04/15/2011 to 04/16/2011 (F/Sa)  
Time: F from 6:30 PM to 9:30 PM;  
Sa from 8:00 AM to 12 N  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Community CPR, First Aid & AED

**11AHW25F**

Instructor: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com)

Date: 04/16/2011 to 04/16/2011 (Sa)  
Time: 11:00 AM to 6:00 PM  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor



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### Flint Hills PFLAG

(Parents, Families and Friends  
of Lesbians and Gays)



#### Monthly Educational meetings:

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

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

#### Family Support:

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

**Join with us as we continue to listen to, support, and advocate for gay, lesbian, and transgender people and their families. More info at [www.fhpflag.org](http://www.fhpflag.org)**



## Beginning Tai Chi Chaun 11AHW31

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

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

Date: 03/23/2011 to 04/13/2011 (W)  
 Time: 5:30 PM to 6:30 PM  
 Fee: \$43.00  
 Location: UFM Banquet Room, 1221 Thurston St.

## Blended Learning:

### CPR/First Aid 11AHW70A

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. 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. You will be contacted via email with login information and directions. There is a \$20 non-refundable deposit.**

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/29/2011 to 01/29/2011 (Sa)  
 Time: 10:00 AM to 11:00 AM  
 Fee: \$45.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

## Blended Learning:

### CPR/First Aid 11AHW70B

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 02/26/2011 to 02/26/2011 (Sa)  
 Time: 10:00 AM to 11:00 AM  
 Fee: \$45.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

## Blended Learning:

### CPR/First Aid 11AHW70C

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 04/16/2011 to 04/16/2011 (Sa)  
 Time: 10:00 AM to 11:00 AM  
 Fee: \$45.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor



## Guided Meditation:

### Journey to the Seven Directions 11AHW66A

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

Instructor: Palma Holden, (785) 539-1183

Date: 03/05/2011 (Sa)  
 Time: 10:00 AM to 11:30 AM  
 Fee: \$22.00  
 Location: UFM Solar Addition, 1221 Thurston St

## Guided Meditation:

### Journey to the Seven Directions 11AHW66B

Instructor: Palma Holden, (785) 539-1183

Date: 03/17/2011 (Th)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$22.00  
 Location: UFM Solar Addition, 1221 Thurston St

## Meditation Practices 11AHW119A

Engaging meditation exercises to strengthen your body, mind & spirit connection.

Instructor: Palma Holden, (785) 539-1183

Date: 04/09/2011 (Sa)  
 Time: 10:00 AM to 11:30 AM  
 Fee: \$22.00  
 Location: UFM Solar Addition, 1221 Thurston St

## Meditation Practices 11AHW119B

Instructor: Palma Holden, (785) 539-1183

Date: 04/14/2011 (Th)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$22.00  
 Location: UFM Solar Addition, 1221 Thurston St

## Beginning Pilates 11AHW73A

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

Instructor: Alison Watson, (785) 236-9419  
 awatson421@gmail.com

Date: 03/08/2011 to 04/07/2011 (Tu/Th)  
 (No class 3/22, 3/24)  
 Time: 9:15 AM to 10:15 AM  
 Fee: \$61.00  
 Location: K-State Mike Ahearn Gym Room 301,  
 College Heights St. and Denison Ave.

## Beginning Pilates 11AHW73B

Instructor: Alison Watson, (785) 236-9419  
 awatson421@gmail.com

Date: 04/12/2011 to 05/05/2011 (Tu/Th)  
 Time: 9:15 AM to 10:15 AM  
 Fee: \$61.00  
 Location: K-State Mike Ahearn Gym Room 301,  
 College Heights St. and Denison Ave.

## Evening Yoga 11AHW88A

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: 01/24/2011 to 02/14/2011 (M)  
 Time: 7:15 PM to 8:45 PM  
 Fee: \$27.00  
 Location: K-State International Student Center,  
 Multipurpose Room

## Evening Yoga 11AHW88B

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 02/21/2011 to 03/14/2011 (M)  
 Time: 7:15 PM to 8:45 PM  
 Fee: \$27.00  
 Location: K-State International Student Center,  
 Multipurpose Room

## Evening Yoga 11AHW88C

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 03/28/2011 to 04/18/2011 (M)  
 Time: 7:15 PM to 8:45 PM  
 Fee: \$27.00  
 Location: K-State International Student Center,  
 Multipurpose Room

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



## Take a Peek at the Past



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

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

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

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



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

# HEALTH & WELLNESS

## Evening Yoga

11AHW88D

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 04/25/2011 to 05/16/2011 (M)  
 Time: 7:15 PM to 8:45 PM  
 Fee: \$27.00  
 Location: K-State International Student Center, Multipurpose Room

## Morning Yoga

11AHW89A

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: 01/22/2011 to 02/12/2011 (Sa)  
 Time: 9:30 AM to 11:00 AM  
 Fee: \$27.00  
 Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

## Cerebral Horticultural

### Lawn Mediation

11AHW252

Are you the type of person who enjoys watching grass grow but are tired of broadleaf infringing on your bentgrass? Well then, Greenthumb, this is the class for you! During the course of study you will learn to mentally negotiate with pesky weeds and persuade them that the place for them is in someone else's yard. Using no more than the mental capacity you have, now you can harness the power of metacognition and visualize a lawn that is dandelion-free, or at least dandelion-flexible.

Date: 03/21/2011  
 Time: 5:50 AM to 6:15 AM  
 Fee: \$-1.00  
 Location: UFM West Side



## Morning Yoga

11AHW89B

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 02/19/2011 to 03/12/2011 (Sa)  
 Time: 9:30 AM to 11:00 AM  
 Fee: \$27.00  
 Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

## Morning Yoga

11AHW89C

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 03/19/2011 to 04/09/2011 (Sa)  
 Time: 9:30 AM to 11:00 AM  
 Fee: \$27.00  
 Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

## Morning Yoga

11AHW89D

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 04/16/2011 to 05/07/2011 (Sa)  
 Time: 9:30 AM to 11:00 AM  
 Fee: \$27.00  
 Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

## Hypnosis for Weight Loss

11AHW102A

A variety of suggestive therapies as well as self hypnosis can be used to change thinking and behaviors. You can change anything in your life you want. All hypnosis is self hypnosis. Your motivation determines your results.

\*PLEASE NOTE: HYPNOSIS DOES NOT WORK ON EVERYONE. RESULTS MAY VARY.

Instructor: Steven Paul

Date: 01/24/2011 to 02/28/2011 (M)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$90.00  
 Location: UFM Multipurpose Room 1221 Thurston St.

## Hypnosis for Weight Loss

11AHW102B

Instructor: Steven Paul

Date: 03/07/2011 to 04/18/2011 (M)  
 (No class 3/21)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$90.00  
 Location: UFM Multipurpose Room 1221 Thurston St.

## Women's Self Defense

11AHW118A

1 out of every 6 women are assaulted. College age women are 4 times more likely to be assaulted. 60% are not reported. Learn the don't and do's of self defense and the ABC's of basic training. Learn how to avoid situations and mid-setting techniques. All ages welcome!

Instructor: Pam Renshi Johansen  
 pam@midamerica-karate.com

Date: 01/22/2011 to 02/12/2011 (Sa)  
 Time: 2:00 PM to 3:00 PM  
 Fee: \$38.00  
 Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

## Women's Self Defense

11AHW118B

Instructor: Pam Renshi Johansen  
 pam@midamerica-karate.com

Date: 02/26/2011 to 03/19/2011 (Sa)  
 Time: 2:00 PM to 3:00 PM  
 Fee: \$38.00  
 Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

## Women's Self Defense

11AHW118C

Instructor: Pam Renshi Johansen  
 pam@midamerica-karate.com

Date: 04/02/2011 to 04/23/2011 (Sa)  
 Time: 2:00 PM to 3:00 PM  
 Fee: \$38.00  
 Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.



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# LANGUAGE

## Introduction to French

11ALA32

Have you never had French, but you are interested in learning the basics of the French language? Or have you had a class but need a refresher? This class is for you! This introductory French language class will teach the basic structure of the French language and how to communicate in French.

Instructor: Amy Boesen, (316) 772-6107  
aboesen@ksu.edu

Date: 02/03/2011 to 03/17/2011 (Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$46.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Introduction to Spanish

11ALA33A

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

Instructor: Alyssa Klimek

Date: 01/19/2011 to 03/02/2011 (W)  
Time: 6:30 PM to 8:30 PM  
Fee: \$44.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

## Introduction to Spanish

11ALA33B

Instructor: Alyssa Klimek

Date: 03/09/2011 to 04/27/2011 (W)  
(No class 3/23)  
Time: 6:30 PM to 8:30 PM  
Fee: \$44.00  
Location: UFM Multipurpose Room  
1221 Thurston St.



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# MARTIAL ARTS

## Tae Kwon Do I

**11AMA01Z**

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: 01/18/2011 to 05/05/2011 (Tu/Th)  
(No class 3/22, 3/24)  
Time: 7:00 PM to 8:00 PM  
Fee: \$72.00  
Location: Sun Yi's Academy, 1650 Hayes Dr.



## Lao Hu Pai Kung Fu

**11AMA05**

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

Instructor: Michael Tran, mtrandpm@cox.net

Date: 01/19/2011 to 05/04/2011 (W)  
(No class 3/23)  
Time: 6:00 PM to 8:00 PM  
Fee: \$62.00  
Location: K-State Ahearn Gym, 2nd floor

## Judo I

**11AMA08Z**

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: 01/18/2011 to 05/05/2011 (Tu/Th)  
(No class 3/22, 3/24)  
Time: 8:00 PM to 9:00 PM  
Fee: \$75.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

## Basics White Phoenix System

**11AMA03**

In this class, we will learn basic solo Pai Lum Kung Fu techniques and some self defense techniques. If the student wants to, they will be able to test at the end of the semester. In order to test, the student will be required to buy a uniform consisting of a school t-shirt and martial arts pants and pay the test fee.

Instructor: Stan Wilson

Date: 02/02/2011 to 04/27/2011 (W)  
Time: 7:00 PM to 8:00 PM  
Fee: \$72.00  
Location: K-State Ahearn Fieldhouse

## Modern Aikijujutsu

**11AMA11**

In this class, we will learn to take a fall without getting hurt and do the first basic waza (techniques) of Hakkoryu (aiki) Jujutsu. We will work on self defense techniques and walking exercises if we have time. If the student wants to, they will be able to test at the end of the semester. The student will be required to have a uniform consisting of a school t-shirt and martial arts pants and pay the test fee in order to test.

Instructor: Stan Wilson

Date: 01/31/2011 to 04/25/2011 (M)  
Time: 7:00 PM to 8:00 PM  
Fee: \$72.00  
Location: K-State Ahearn Fieldhouse



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

**11AMA10**

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: 03/17/2011 to 05/05/2011 (Th)  
(No class 3/24)  
Time: 6:00 PM to 7:00 PM  
Fee: \$51.00  
Location: K-State Ahearn Gym, 2nd floor

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## Yama Bushi Kai Martial Arts

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# RECREATION & FITNESS



## Introduction to Golf

**11ARF04A**

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: 04/07/2011 to 04/21/2011 (Th)  
Time: 6:00 PM to 7:00 PM; 6:00 PM to 7:30 PM  
Fee: \$41.00  
Location: Stagg Hill Golf Club  
4441 Fort Riley Blvd.

## Introduction to Golf

**11ARF04B**

Instructor: Jim Gregory, (785) 539-1041

Date: 05/12/2010 to 05/26/2010 (W)  
Time: 6:00 PM to 7:00 PM; 6:00 PM to 7:30 PM  
Fee: \$41.00  
Location: Stagg Hill Golf Club  
4441 Fort Riley Blvd.

## Zumba® Fitness

**11ARF08A**

Zumba Fitness is a dance-based fitness class that features Latin and exotic music flavors including salsa, merengue, cumbia, flamenco, reggaeton, samba and many other international flavors. ZUMBA® Fitness is designed for everyone, every shape, and every age. It's an absolute blast!!! Ages 13 and up.  
Instructor: Elsa Toburen, (785) 844-2016  
elsatob@hotmail.com

Date: 01/24/2011 to 02/21/2011 (M)  
Time: 5:30 PM to 6:30 PM  
Fee: \$47.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

## Zumba® Fitness

**11ARF08B**

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

Date: 02/28/2011 to 04/04/2011 (M)  
(No class 3/21)  
Time: 5:30 PM to 6:30 PM  
Fee: \$47.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

## Zumba® Fitness

**11ARF08C**

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

Date: 04/11/2011 to 05/09/2011 (M)  
Time: 5:30 PM to 6:30 PM  
Fee: \$47.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

## Zumba® Fitness

**11ARF08D**

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

Date: 01/25/2011 to 02/22/2011 (Tu)  
Time: 5:30 PM to 6:30 PM  
Fee: \$47.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

## Zumba® Fitness

**11ARF08E**

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

Date: 03/01/2011 to 04/05/2011 (Tu)  
(No class 3/22)  
Time: 5:30 PM to 6:30 PM  
Fee: \$47.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

## Zumba® Fitness

**11ARF08F**

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

Date: 04/12/2011 to 05/10/2011 (Tu)  
Time: 5:30 PM to 6:30 PM  
Fee: \$47.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

## Beginning Belly Dance

**11ARF09**

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

Date: 01/25/2011 to 04/19/2011 (Tu)  
(No class 3/22)  
Time: 7:00 PM to 8:00 PM  
Fee: \$96.00  
Location: K-State International Student Center  
Multipurpose Room

## Intermediate Belly Dance

**11ARF10**

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

Date: 01/26/2011 to 04/20/2011 (W)  
(No class 3/23)  
Time: 7:00 PM to 8:00 PM  
Fee: \$96.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.



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## RECREATION & FITNESS

### Advanced Belly Dance

**11ARF11**

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

Date: 01/24/2011 to 04/18/2011 (M)  
(No class 3/21)

Time: 6:45 PM to 7:45 PM

Fee: \$96.00

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

### Belly Dance Conditioning Workout

**11ARF12A**

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

Date: 01/26/2011 to 03/02/2011 (W)

Time: 5:30 PM to 6:30 PM

Fee: \$48.00

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

### Belly Dance

#### Conditioning Workout

**11ARF12B**

Instructor: Michele Janette, mjanette@ksu.edu

Date: 03/16/2011 to 04/27/2011 (W)  
(No class 3/23)

Time: 5:30 PM to 6:30 PM

Fee: \$48.00

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

### Professional Dance Troupe

**11ARF152**

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: 01/24/2011 to 04/18/2011 (M)  
(No class 3/21)

Time: 8:00 PM to 8:30 PM

Fee: \$48.00

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

### Tennis

**11ARF19AZ**

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: Chandler Brass

Date: 02/01/2011 to 04/19/2011 (Tu)  
(No class 3/22)

Time: 1:30 PM to 3:00 PM

Fee: \$99.00

Location: Body First Tennis & Fitness,  
3615 Claflin Road



### Tennis

**11ARF19BZ**

Instructor: Chandler Brass

Date: 02/02/2011 to 04/20/2011 (W)  
(No class 3/23)

Time: 1:30 PM to 3:00 PM

Fee: \$99.00

Location: Body First Tennis & Fitness,  
3615 Claflin Road

### Beginning Fencing

**11ARF21Z**

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

Date: 01/24/2011 to 05/02/2011 (M)  
(No class 3/21)

Time: 6:00 PM to 7:30 PM

Fee: Has equipment - \$60.00

Use instructors - \$93.00

Location: K-State Ahearn Fieldhouse

### Intermediate Fencing

**11ARF22Z**

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

Date: 01/24/2011 to 05/02/2011 (M)  
(No class 3/21)

Time: 7:30 PM to 9:00 PM

Fee: Has equipment - \$60.00

Use instructors - \$93.00

Location: K-State Ahearn Fieldhouse

### Swing & Salsa Dance

**11ARF27AZ**

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

Date: 01/18/2011 to 05/03/2011 (Tu)  
(No class 3/22)

Time: 7:00 PM to 8:00 PM

Fee: \$75.00

Location: ECM-1021 Denison Ave.

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## RECREATION & FITNESS

### Ballroom, Swing and Salsa 11ARF100A

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! Partners are welcome, but not required for the class.  
Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 01/21/2011 to 02/25/2011 (F)  
Time: 6:00 PM to 7:00 PM  
Fee: \$50.00  
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

### Ballroom, Swing and Salsa 11ARF100B

Instructor: Rebecca Hickert, rebeccahickert@gmail.com

Date: 03/04/2011 to 04/15/2011 (F)  
(No class 3/25)  
Time: 6:00 PM to 7:00 PM  
Fee: \$50.00  
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.



### Golf in Junction City 11ARF30AZ

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

Date: 03/01/2011 to 04/26/2011 (Tu)  
(No class 3/22)  
Time: 5:00 PM to 7:00 PM  
Fee: \$143.00  
Location: Rolling Meadows Golf Course, 6514 Old Milford Rd., Junction City

### Golf in Junction City 11ARF30BZ

Instructor: Jim Peterson

Date: 03/02/2011 to 04/27/2011 (W)  
(No class 3/23)  
Time: 5:00 PM to 7:00 PM  
Fee: \$143.00  
Location: Rolling Meadows Golf Course, 6514 Old Milford Rd., Junction City

### Archery Instructor Training & Certification 11ARF37Z

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

Date: 01/24/2011 to 03/14/2011 (M)  
Time: 7:00 PM to 8:45 PM  
Fee: \$96.00  
Location: Archery Range, 8330 East HWY 24

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### Marathon Training 11ARF68

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 530-630 pm at UFM, 1221 Thurston and work outs will be Thursday from 530-630 pm at Memorial Stadium outdoor track  
Instructor: Dan L. Boyle, (785) 532-0134, dboyle@ksu.edu

Date: 03/08/2011 to 05/05/2011 (Tu/Th)  
(No class 3/22, 3/24)  
Time: 5:30 PM to 6:30 PM  
Fee: \$140.00  
Location: UFM Conference Room

### Let's Get Running! 11ARF72

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, (785) 532-0134, dboyle@ksu.edu

Date: 03/07/2011 to 04/22/2011 (M/W/F)  
(No class 3/21, 3/23, 3/25)  
Time: 6:00 PM to 7:00 PM  
Fee: \$145.00  
Location: K-State Ahearn Field House, Indoor Track



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# RECREATION & FITNESS



## Beginning Ballet 11ARF71A

This ballet class is challenging and fun for teens or adults looking to learn or refresh an enjoyment of classical ballet. This class is geared toward beginning students, but intermediate and advanced students are welcome. We'll work on body placement, technique at the barre, and center exercises including turns, jumps and leaps. Ballet slippers are recommended, but socks are fine. All ages welcome. Instructor: Alison Watson, (816) 522-5028 awatson421@gmail.com

Date: 03/08/2011 to 04/05/2011 (Tu)  
(No class 3/22)  
Time: 4:00 PM to 5:30 PM  
Fee: \$53.00  
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

## Beginning Ballet 11ARF71B

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

Date: 04/12/2011 to 05/03/2011 (Tu)  
Time: 4:00 PM to 5:30 PM  
Fee: \$53.00  
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

## Dance Conditioning 11ARF96AZ

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, (816) 522-5028, awatson421@gmail.com

Date: 03/07/2011 to 05/04/2011 (M/W)  
(No class 3/21, 3/23)  
Time: 9:15 AM to 10:15 AM  
Fee: \$75.00  
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

## Dance Conditioning 11ARF96BZ

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

Date: 03/07/2011 to 05/04/2011 (M/W)  
(No class 3/21, 3/23)  
Time: 1:30 PM to 2:30 PM  
Fee: \$75.00  
Location: K-State Mike Ahearn Gym Room 301, College Heights St. and Denison Ave.

## Bootcamp Fitness 11ARF97AZ

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

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

Date: 01/19/2011 to 03/09/2011 (W/M)  
Time: 12 N to 1:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

## Bootcamp Fitness 11ARF97BZ

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

Date: 03/14/2011 to 05/04/2011 (M/W)  
(No class 3/21, 3/23)  
Time: 12 N to 1:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

## Bootcamp Fitness 11ARF97CZ

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

Date: 01/18/2011 to 03/08/2011 (Tu/Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

## Bootcamp Fitness 11ARF97DZ

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

Date: 03/10/2011 to 05/05/2011 (Th/Tu)  
(No class 3/22, 3/24)  
Time: 7:00 PM to 8:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

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### **Burlesque for the Performer 11ARF98**

Burlesque is an art form involving short turns, comic skits, and sometimes striptease acts. In this class, it's all about personal comfort and bringing out your inner diva. We will work on basic burlesque movements, the use of props, creating a character, and putting together your own two minute routine. You will need a pair of comfortable heels that you can work and move in and tighter, form fitting workout clothing you can dance in. No jeans please.  
Instructor: Brandi (Anola) Kiekel, bnkiesel@gmail.com

Date: 02/01/2011 to 04/26/2011 (Tu)  
(No class 3/22)  
Time: 6:40 PM to 8:00 PM  
Fee: \$96.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

### **Basic Burlesque 11ARF99A**

This class will teach you basic burlesque moves, use of props and fun and exciting ways to strut your stuff.  
Instructor: Brandi (Anola) Kiekel, bnkiesel@gmail.com

Date: 02/04/2011 to 03/11/2011 (F)  
Time: 7:15 PM to 8:45 PM  
Fee: \$48.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

### **Basic Burlesque 11ARF99B**

Instructor: Brandi (Anola) Kiekel, bnkiesel@gmail.com

Date: 04/01/2011 to 05/06/2011 (F)  
Time: 7:15 PM to 8:45 PM  
Fee: \$48.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

### **Beginning Tap Dancing for Teens, Adults and Seniors 11ARF101**

This class is designed to introduce tap dancing techniques and a routine to all that like to make noise with their feet. Tennis shoes can be used for tap shoes. The classes can be continued if there is an interest.  
Instructor: Randi Dale, (785) 539-5767

Date: 01/11/2011 to 01/25/2011 (Tu)  
Time: 5:30 PM to 6:00 PM  
Fee: \$21.00  
Location: 2416 Rogers Blvd.



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### **Yogilates 11ARF142AZ**

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

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

Date: 01/19/2011 to 03/09/2011 (W/M)  
Time: 9:00 AM to 10:00 AM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

### **Yogilates 11ARF142BZ**

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

Date: 03/14/2011 to 05/04/2011 (M/W)  
(No class 3/21, 3/23)  
Time: 9:00 AM to 10:00 AM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

### **Yogilates 11ARF142CZ**

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

Date: 01/19/2011 to 03/09/2011 (W/M)  
Time: 1:30 PM to 2:30 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

### **Yogilates 11ARF142DZ**

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

Date: 03/14/2011 to 05/04/2011 (M/W)  
(No class 3/21, 3/23)  
Time: 1:30 PM to 2:30 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

### **Yogilates 11ARF142EZ**

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

Date: 01/18/2011 to 03/08/2011 (Tu/Th)  
Time: 12 N to 1:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

### **Yogilates 11ARF142FZ**

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

Date: 03/10/2011 to 05/05/2011 (Th/Tu)  
(No class 3/22, 3/24)  
Time: 12 N to 1:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

### **Introduction to CrossFit 11ARF146A**

Introduction to CrossFit is a basic course tailored for all levels of fitness. The course provides detailed instructions, demonstration and execution of various functional exercises primarily utilized in a CrossFit workout. Each session incorporates newly acquired skills/exercises in a workout of the day (WOD). All workouts are scaled/modified based upon individual athletic abilities to assure safety, effectiveness and an appropriate level of intensity. Furthermore, the course shall provide a brief overview on nutritional recommendations endorsed by the CrossFit community.

Instructor: Megan John, (785) 543-8341  
info@crossfitmanhattan.com

Date: 01/18/2011 to 02/10/2011 (Tu/Th)  
Time: 4:30 PM to 5:30 PM  
Fee: \$96.00  
Location: CrossFit, 353 Johnson Rd.

### **Introduction to CrossFit 11ARF146B**

Instructor: Megan John, (785) 543-8341  
info@crossfitmanhattan.com

Date: 02/22/2011 to 03/17/2011 (Tu/Th)  
Time: 4:30 PM to 5:30 PM  
Fee: \$96.00  
Location: CrossFit, 353 Johnson Rd.

### **Introduction to CrossFit 11ARF146C**

Instructor: Megan John, (785) 543-8341  
info@crossfitmanhattan.com

Date: 03/29/2011 to 04/21/2011 (Tu/Th)  
Time: 4:30 PM to 5:30 PM  
Fee: \$96.00  
Location: CrossFit, 353 Johnson Rd.

### **Basic Olympic Weightlifting 11ARF147A**

Basic Olympic Weightlifting is a fundamental course of instruction on the two Olympic lifts: the snatch, and the clean and jerk. The course shall introduce recommended warmup drills and skills transfer exercises to better prepare for Olympic weightlifting. This course is tailored for anyone interested in learning the basics of these two extremely technical exercises.

Instructor: Megan John, (785) 543-8341  
info@crossfitmanhattan.com

Date: 02/05/2011 (Sa)  
Time: 8:00 AM to 10:00 AM  
Fee: \$52.00  
Location: CrossFit, 353 Johnson Rd.

### **Basic Olympic Weightlifting 11ARF147B**

Instructor: Megan John, (785) 543-8341  
info@crossfitmanhattan.com

Date: 03/05/2011 (Sa)  
Time: 8:00 AM to 10:00 AM  
Fee: \$52.00  
Location: CrossFit, 353 Johnson Rd.

### **Basic Olympic Weightlifting 11ARF147C**

Instructor: Megan John, (785) 543-8341  
info@crossfitmanhattan.com

Date: 04/02/2011 (Sa)  
Time: 8:00 AM to 10:00 AM  
Fee: \$52.00  
Location: CrossFit, 353 Johnson Rd.

## INTERNATIONAL FOLK DANCING

Ever wanted to dance like Zorba the Greek? Learn easy line and circle dances from all nations!

Classes are 6:30-7:30 pm on the second and fourth Saturdays of every month at Douglass Center Annex, 9th and Yuma (enter through the south door). No partners necessary.

First class is free; after first class, a \$5 free will donation is requested.

For more information, call Douglass Center at 587-2774



## Introduction to Nutcracker Ballet and Tap Dancing

**11AYO06**

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 three lessons, students may continue dance lessons through private instruction. No dance experience or formal dance attire necessary. For girls and boys ages 4-12. NOTE: Children can be divided by age if needed. Tennis shoes can be used as tap shoes. Instructor: Randi Dale, (785) 539-5767

Date: 01/11/2011 to 01/25/2011 (Tu)  
Time: 6:00 PM to 6:30 PM  
Fee: \$21.00  
Location: 2416 Rogers Blvd.

## American Red Cross Babysitter's Clinic

**11AYO23A**

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

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

\*\*Materials included in fee and students will have lunch from 12-1 pm. Lunch is not included.\*\*  
Instructor: Kelly Reed-Harkness

Date: 03/26/2011 (Sa)  
Time: 9:00 AM to 4:00 PM  
Fee: \$46.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd Floor

## American Red Cross Babysitter's Clinic

**11AYO23B**

Instructor: Kelly Reed-Harkness

Date: 05/21/2011 (Sa)  
Time: 9:00 AM to 4:00 PM  
Fee: \$46.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd Floor

## Solar Energy for Kids

**11AYO57**

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 next Saturday, April 30. Instructor: Bill Dorsett, (785) 539-1956  
wmdorsett@sbcglobal.net

Date: 04/23/2011 (Sa)  
Time: 10:30 AM to 12:00 PM  
Fee: No Charge  
Location: UFM Solar Addition, 1221 Thurston St.



## Zumbatomic® Lil Starz

(ages 4-7)

**11AYO58A**

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, (785) 844-2016  
elsatob@hotmail.com

Date: 01/22/2011 to 02/12/2011 (Sa)  
Time: 11:20 AM to 12:20 PM  
Fee: \$36.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

## Zumbatomic® Lil Starz

(ages 4-7)

**11AYO58B**

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

Date: 02/19/2011 to 03/12/2011 (Sa)  
Time: 11:20 AM to 12:20 PM  
Fee: \$36.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

## Zumbatomic® Lil Starz

(ages 4-7)

**11AYO58C**

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

Date: 03/19/2011 to 04/09/2011 (Sa)  
Time: 11:20 AM to 12:20 PM  
Fee: \$36.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

## Zumbatomic® Lil Starz

(ages 4-7)

**11AYO58D**

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

Date: 04/16/2011 to 05/07/2011 (Sa)  
Time: 11:20 AM to 12:20 PM  
Fee: \$36.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

## Zumbatomic® Big Starz

(ages 8-12)

**11AYO59A**

Sure, chillin' out is cool. But rockin' out is a blast! That's why you're going to 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, (785) 844-2016  
elsatob@hotmail.com

Date: 01/22/2011 to 02/12/2011 (Sa)  
Time: 12:30 PM to 1:30 PM  
Fee: \$36.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

**Zumbatomic® Big Starz (ages 8-12) 11AYO59B**

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

Date: 02/19/2011 to 03/12/2011 (Sa)  
Time: 12:30 PM to 1:30 PM  
Fee: \$36.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

**Zumbatomic® Big Starz (ages 8-12) 11AYO59C**

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

Date: 03/19/2011 to 04/09/2011 (Sa)  
Time: 12:30 PM to 1:30 PM  
Fee: \$36.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.

**Zumbatomic® Big Starz (ages 8-12) 11AYO59D**

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

Date: 04/16/2011 to 05/07/2011 (Sa)  
Time: 12:30 PM to 1:30 PM  
Fee: \$36.00  
Location: K-State Mike Ahearn Gym Room 301,  
College Heights St. and Denison Ave.



**Musikgarten-Family Music for Toddlers (16 months-3 years) 11AYO60C**

Instructor: Jacqueline Taylor

Date: 04/13/2011 to 05/11/2011 (W)  
Time: 9:20 AM to 10:00 AM  
Fee: \$60.00  
Each Additional Sibling-\$55.00  
Location: Max Fitness, 3011 Anderson Ave.

**Musikgarten-All Together Now! (mixed ages) 11AYO61A**

Musikgarten's All Together Now recaptures the magic of nursery rhymes (a wonderful part of our cultural tradition featuring delightful language and playful rhythms) in a versatile mixed-age curricula for children birth to four. There is lots of movement for those toddlers, while three year-olds and older will learn language skills and use their imaginations in fun new ways. Each program is full of music, movement, imagination, and class time fun. NOTE: A one-time fee of \$35 for family packet to be paid at first class. If registering more than one child, the discounted fee is \$55 per sibling after the first child.

Instructor: Jacqueline Taylor

Date: 01/19/2011 to 02/16/2011 (W)  
Time: 3:00 PM to 4:00 PM  
Fee: \$60.00  
Each Additional Sibling-\$55.00  
Location: Max Fitness, 3011 Anderson Ave.

**Musikgarten-All Together Now! (mixed ages) 11AYO61B**

Instructor: Jacqueline Taylor

Date: 03/02/2011 to 04/06/2011 (W)  
(No class 3/23)  
Time: 3:00 PM to 4:00 PM  
Fee: \$60.00  
Each Additional Sibling-\$55.00  
Location: Max Fitness, 3011 Anderson Ave.

**Musikgarten-All Together Now! (mixed ages) 11AYO61C**

Instructor: Jacqueline Taylor

Date: 04/13/2011 to 05/11/2011 (W)  
Time: 3:00 PM to 4:00 PM  
Fee: \$60.00  
Each Additional Sibling-\$55.00  
Location: Max Fitness, 3011 Anderson Ave.

**Musikgarten-Family Music for Babies (6 weeks-18 months) 11AYO62A**

This class offers adults the opportunity to play with their babies in a musical setting, experiencing music and movement activities designed to delight the child and awaken his or her curiosity about music. By singing, dancing, bouncing, and rocking, the child's music aptitude is being carefully nurtured, laying the foundation for beat awareness, vocal production, and aural discrimination. NOTE: A one-time fee of \$35 for family packet to be paid at first class. If registering more than one child, the discounted fee is \$55 per sibling after the first child.  
Instructor: Jacqueline Taylor

Date: 01/21/2011 to 02/18/2011 (F)  
Time: 10:00 AM to 10:30 AM  
Fee: \$60.00  
Each Additional Sibling-\$55.00  
Location: Max Fitness, 3011 Anderson Ave.

**Musikgarten-Family Music for Babies (6 weeks-18 months) 11AYO62B**

Instructor: Jacqueline Taylor

Date: 02/25/2011 to 04/01/2011 (F)  
(No class 3/25)  
Time: 10:00 AM to 10:30 AM  
Fee: \$60.00  
Each Additional Sibling-\$55.00  
Location: Max Fitness, 3011 Anderson Ave.

**Musikgarten-Family Music for Babies (6 weeks-18 months) 11AYO62C**

Instructor: Jacqueline Taylor

Date: 04/08/2011 to 05/06/2011 (F)  
Time: 10:00 AM to 10:30 AM  
Fee: \$60.00  
Each Additional Sibling-\$55.00  
Location: Max Fitness, 3011 Anderson Ave.



**Musikgarten-Family Music for Toddlers (16 months-3 years) 11AYO60A**

This class is designed to bring the joy of music and movement to toddlers and their caregivers. Activities include singing, dancing, focused listening and simple instrument playing, creating an environment in which the child's music aptitude is nurtured and skills are developed. NOTE: A one-time fee of \$35 for family packet to be paid at first class. If registering more than one child, the discounted fee is \$55 per sibling after the first child.  
Instructor: Jacqueline Taylor

Date: 01/19/2011 to 02/16/2011 (W)  
Time: 9:20 AM to 10:00 AM  
Fee: \$60.00  
Each Additional Sibling-\$55.00  
Location: Max Fitness, 3011 Anderson Ave.

**Musikgarten-Family Music for Toddlers (16 months-3 years) 11AYO60B**

Instructor: Jacqueline Taylor

Date: 03/02/2011 to 04/06/2011 (W)  
(No class 3/23)  
Time: 9:20 AM to 10:00 AM  
Fee: \$60.00  
Each Additional Sibling-\$55.00  
Location: Max Fitness, 3011 Anderson Ave.

**UFM Teen Mentoring Program**

Spring 2011! NEW DAYS!!

**Our Program!**

NEW THIS SEMESTER:

This Spring UFM Teen Mentoring will now be switching to **Monday's and Wednesday's!**

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

**Spring Mentoring Dates:**

**Grades 9-12**

February: 7,14,21,28  
March: 7,14,28  
April: 4,11,18,25

**Grades 7-8**

February: 9,16,23  
March: 2,9,16,30  
April: 6,13,20,27

Sessions: 3:00-5:00 Pm!

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

# K-STATE CREDIT COURSES

- These Recreational courses are offered for K-State 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](http://www.tryufm.org) **OR**
- <http://www.dce.k-state.edu/courses/recreational.shtml>
- Registration available on iSIS <https://isis.k-state.edu>

TITLE	REFERENCE #	DATE	TIME	FEE	LOCATION
<b>DANCE 599</b>					
<b>BALLROOM DANCE I</b> <i>Rebecca Hickert</i> <i>beckys@ksu.edu</i>	15783	01/18/2011 to 05/03/2011 (Tu) (No class 3/22)	8:00 PM to 9:00 PM	\$365	ECM Auditorium, 1021 Denison Ave
<b>SWING AND SALSA DANCE</b>	15784	01/18/2011 to 05/03/2011 (Tu) (No class 3/22)	7:00 PM to 8:00 PM	\$365	ECM Auditorium, 1021 Denison Ave
<b>DANCE CONDITIONING</b> <i>Alison Watson</i>	15883	03/07/2011 to 05/04/2011 (M/W) (No class 3/21, 3/23)	9:15 AM to 10:15 AM	\$294.40	K-State Ahearn Room 301
<b>DANCE CONDITIONING</b>	15896	03/07/2011 to 05/04/2011 (M/W) (No class 3/21, 3/23)	1:30 PM to 2:30 PM	\$294.40	K-State Ahearn Room 301
<b>BEGINNING MIDDLE EASTERN DANCE (Belly Dance)</b> <i>Amy Werner</i>	15777	02/03/2011 to 04/21/2011 (Th) (No class 3/24)	6:00 PM to 7:30 PM	\$294.40	K-State Ahearn Room 301
<b>BEGINNING YOGA</b> <i>Ana Franklin, (785) 537-8224</i> <i>yogini@ksu.edu</i>	15776	01/18/2011 to 03/08/2011 (Tu/Th)	10:30 AM to 11:30 AM	\$294.40	K-State Ahearn Room 301
<b>BEGINNING YOGA</b>	15781	01/19/2011 to 03/09/2011 (M/W)	10:30 AM to 11:30 AM	\$294.40	K-State Ahearn Room 301
<b>BEGINNING YOGA</b>	15782	01/19/2011 to 03/09/2011 (M/W)	3:00 PM to 4:00 PM	\$294.40	K-State Ahearn Room 301
<b>BEGINNING YOGA</b>	15778	03/14/2011 to 05/04/2011 (M/W) (No class 3/21, 3/23)	10:30 AM to 11:30 AM	\$294.40	K-State Ahearn Room 301
<b>BEGINNING YOGA</b>	15779	03/14/2011 to 05/04/2011 (M/W) (No class 3/21, 3/23)	3:00 PM to 4:00 PM	\$294.40	K-State Ahearn Room 301
<b>INTERMEDIATE YOGA</b> <i>Ana Franklin</i>	15780	03/10/2011 to 05/05/2011 (Tu/Th) (No class 3/22, 3/24)	10:30 AM to 11:30 AM	\$294.40	K-State Ahearn Room 301
<b>RRES-200</b>					
<b>ARCHERY INSTRUCTOR TRAINING AND CERTIFICATION - LEVEL I</b> <i>Tom Korte, (785) 494-8889</i>	15648	01/24/2011 to 03/14/2011 (M)	7:00 PM to 8:45 PM	\$358	Archery Range, 8330 E. HWY 24
<b>ARCHERY</b>	15651	01/24/2011 to 03/14/2011 (M)	8:00 PM to 9:45 PM	\$358	Archery Range, 8330 E. HWY 24
<b>BEGINNING BOWLING</b> <i>John Garetson</i>	15626	01/24/2011 to 05/02/2011 (M) (No class 3/21)	10:30 AM to 11:30 AM	\$274.40	K-State Union Recreation Center
<b>BEGINNING BOWLING</b>	15655	01/18/2011 to 05/03/2011 (Tu) (No class 3/22)	10:30 AM to 11:20 AM	\$274.40	K-State Union Recreation Center
<b>BEGINNING BOWLING</b>	15625	01/18/2011 to 05/03/2011 (Tu) (No class 3/22)	2:30 PM to 3:20 PM	\$274.40	K-State Union Recreation Center
<b>BEGINNING BOWLING</b>	15658	01/19/2011 to 05/04/2011 (W) (No class 3/23)	2:30 PM to 3:20 PM	\$274.40	K-State Union Recreation Center
<b>BOOTCAMP FITNESS</b> <i>Diana Knox</i>	15647	01/19/2011 to 03/09/2011 (M/W)	12:00 PM to 1:00 PM	\$357	Pro Fitness, 1125 Laramie St.
<b>BOOTCAMP FITNESS</b>	15646	03/14/2011 to 05/04/2011 (M/W) (No class 3/21, 3/23)	12:00 PM to 1:00 PM	\$357	Pro Fitness, 1125 Laramie St.
<b>BOOTCAMP FITNESS</b> <i>Meghan Olson</i>	15884	01/18/2011 to 03/08/2011 (Tu/Th)	7:00 PM to 8:00 PM	\$357	Pro Fitness, 1125 Laramie St.
<b>BOOTCAMP FITNESS</b>	15885	03/10/2011 to 05/05/2011 (Tu/Th) (No class 3/22, 3/24)	7:00 PM to 8:00 PM	\$357	Pro Fitness, 1125 Laramie St.
<b>BOXING</b> <i>Lorissa Ridley-Fink, (785) 341-1708</i> <i>lorissa@ksu.edu</i>	15665	01/18/2011 to 03/08/2011 (Tu/Th)	2:00 PM to 3:00 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
<b>BOXING</b>	15660	01/18/2011 to 03/08/2011 (Tu/Th)	6:30 PM to 7:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.

# K-STATE CREDIT COURSES

TITLE	REFERENCE #	DATE	TIME	FEE	LOCATION
<b>BOXING</b>	<b>15662</b>	03/10/2011 to 05/05/2011 (Tu/Th) (No class 3/22, 3/24)	2:00 PM to 3:00 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
<b>BOXING</b>	<b>15659</b>	03/10/2011 to 05/05/2011 (Tu/Th) (No class 3/22, 3/24)	6:30 PM to 7:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
<b>BOXING</b>	<b>15563</b>	01/19/2011 to 03/09/2011 (M/W)	2:00 PM to 3:00 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
<b>BOXING</b>	<b>15664</b>	01/19/2011 to 03/09/2011 (M/W)	6:30 PM to 7:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
<b>BOXING</b>	<b>15661</b>	03/09/2011 to 05/04/2011 (M/W) (No class 3/21, 3/23)	2:00 PM to 3:00 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
<b>BOXING</b>	<b>15666</b>	03/09/2011 to 05/04/2011 (M/W) (No class 3/21, 3/23)	6:30 PM to 7:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
<b>INTERMEDIATE BOXING</b>	<b>15668</b>	01/18/2011 to 03/08/2011 (Tu/Th)	7:30 PM to 8:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
<b>INTERMEDIATE BOXING</b>	<b>15709</b>	03/10/2011 to 05/05/2011 (Tu/Th) (No class 3/22, 3/24)	7:30 PM to 8:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
<b>INTERMEDIATE BOXING</b>	<b>15708</b>	01/19/2011 to 03/09/2011 (M/W)	7:30 PM to 8:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
<b>INTERMEDIATE BOXING</b>	<b>15667</b>	03/09/2011 to 05/04/2011 (M/W) (No class 3/21, 3/23)	7:30 PM to 8:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd.
<b>DEEP WATER EXERCISE</b> <i>Julie Gibbs</i>	<b>16015</b>	01/18/2011 to 05/03/2011 (Tu) (No class 3/22)	7:30 AM to 8:30 AM	\$280.40	Natatorium, K-State campus
<b>BEGINNING FENCING</b> <i>Jeff Gwirtz</i>	<b>15650</b>	01/24/2011 to 05/02/2011 (M) (No class 3/21)	6:00 PM to 7:30 PM	\$276.40	K-State Ahearn Fieldhouse
<b>INTERMEDIATE FENCING</b>	<b>15707</b>	01/24/2011 to 05/02/2011 (M) (No class 3/21)	7:30 PM to 9:00 PM	\$276.40	K-State Ahearn Fieldhouse
<b>FIRST AID/CPR/AED</b> <i>Henry Brown</i>	<b>15642</b>	01/22/2011 to 01/23/2011 (Sa/Su)	Noon to 7:30 PM	\$333	UFM Banquet Room, 1221 Thurston
<b>FIRST AID/CPR/AED</b>	<b>15640</b>	01/29/2011 to 01/30/2011 (Sa/Su)	Noon to 7:30 PM	\$333	UFM Banquet Room, 1221 Thurston
<b>FIRST AID/CPR/AED</b>	<b>15644</b>	02/26/2011 to 02/27/2011 (Sa/Su)	Noon to 7:30 PM	\$333	UFM Banquet Room, 1221 Thurston
<b>FIRST AID/CPR/AED</b>	<b>15638</b>	03/05/2011 to 03/06/2011 (Sa/Su)	Noon to 7:30 PM	\$333	UFM Banquet Room, 1221 Thurston
<b>FIRST AID/CPR/AED</b>	<b>15639</b>	03/12/2011 to 03/13/2011 (Sa/Su)	Noon to 7:30 PM	\$333	UFM Banquet Room, 1221 Thurston
<b>FIRST AID/CPR/AED</b>	<b>15643</b>	04/02/2011 to 04/03/2011 (Sa/Su)	Noon to 7:30 PM	\$333	UFM Banquet Room, 1221 Thurston
<b>FIRST AID/CPR/AED</b>	<b>15641</b>	04/09/2011 to 04/10/2011 (Sa/Su)	Noon to 7:30 PM	\$333	UFM Banquet Room, 1221 Thurston
<b>FIRST AID/CPR/AED</b>	<b>15637</b>	04/16/2011 to 04/17/2011 (Sa/Su)	Noon to 7:30 PM	\$333	UFM Banquet Room, 1221 Thurston
<b>FIRST AID/CPR/AED</b>	<b>15645</b>	04/30/2011 to 05/01/2011 (Sa/Su)	Noon to 7:30 PM	\$333	UFM Banquet Room, 1221 Thurston
<b>FITBALL FUSION</b> <i>Jenni Brenner</i>	<b>15728</b>	01/18/2011 to 03/08/2011 (Tu/Th)	10:00 AM to 11:00 AM	\$357	Mercy Fitness West, 315 Seth Childs
<b>FITBALL FUSION</b>	<b>15729</b>	03/10/2011 to 05/05/2011 (Tu/Th) (No class 3/22, 3/24)	10:00 AM to 11:00 AM	\$357	Mercy Fitness West, 315 Seth Childs
<b>FITNESS SWIMMING</b> <i>Melissa Copp, mcopp@ksu.edu</i>	<b>15759</b>	01/25/2011 to 03/10/2011 (Tu/Th)	6:00 PM to 7:30 PM	\$280.40	Natatorium, K-State Campus
<b>FLY FISHING</b> <i>Paul Sodamann, (785) 494-2340</i>	<b>15727</b>	04/18/2011 to 04/28/2011 (M-Th)	6:00 PM to 8:00 PM	\$280.40	K-State Durland/Rathbone Room 1061
<b>FUNDAMENTALS OF CANOEING</b> <i>Mick O'Shea</i>	<b>16027</b>	04/02/2011 to 04/03/2011 (Sa/Su)	8:30 AM to 4:30 PM	\$365	UFM Conference Room, 1221 Thurston
<b>FUNDAMENTALS OF CANOEING</b>	<b>16030</b>	04/09/2011 to 04/10/2011 (Sa/Su)	8:30 AM to 4:30 PM	\$365	UFM Conference Room, 1221 Thurston
<b>INTRODUCTION TO RIVER CANOEING</b>	<b>16028</b>	04/16/2011 to 04/17/2011 (Sa/Su)	8:30 AM to 4:30 PM	\$365	UFM Conference Room, 1221 Thurston
<b>GOLF</b> <i>Jim Gregory, (785) 539-1041</i>	<b>15725</b>	03/01/2011 to 04/26/2011 (Tu) (No class 3/22)	2:30 PM to 4:30 PM	\$377	4441 Fort Riley Blvd. Stagg Hill Golf
<b>GOLF</b>	<b>15723</b>	03/02/2011 to 04/27/2011 (W) (No class 3/23)	1:30 PM to 3:30 PM	\$377	4441 Fort Riley Blvd. Stagg Hill Golf
<b>GOLF</b>	<b>15722</b>	03/02/2011 to 04/27/2011 (W) (No class 3/23)	5:30 PM to 7:30 PM	\$377	4441 Fort Riley Blvd. Stagg Hill Golf
<b>GOLF</b>	<b>15720</b>	03/03/2011 to 04/28/2011 (Th) (No class 3/24)	9:30 AM to 11:30 AM	\$377	4441 Fort Riley Blvd. Stagg Hill Golf
<b>GOLF IN JUNCTION CITY</b> <i>Jim Peterson</i>	<b>15715</b>	03/01/2011 to 04/26/2011 (Tu) (No class 3/22)	5:00 PM to 7:00 PM	\$377	Rolling Meadows Golf Course 6514 Old Milford Rd., Junction City

# K-STATE CREDIT COURSES

TITLE	REFERENCE #	DATE	TIME	FEE	LOCATION
<b>GOLF IN JUNCTION CITY</b>	<b>15713</b>	03/02/2011 to 04/27/2011 (W) (No class 3/23)	5:00 PM to 7:00 PM	\$377	Rolling Meadows Golf Course 6514 Old Milford Rd., Junction City
<b>INDOOR CYCLING</b> <i>Jenni Brenner</i>	<b>15710</b>	01/19/2011 to 03/09/2011 (M/W)	1:00 PM to 2:00 PM	\$357	Mercy Fitness West, 315 Seth Childs
<b>INDOOR CYCLING</b>	<b>15711</b>	03/14/2011 to 05/04/2011 (M/W) (No class 3/21, 3/23)	1:00 PM to 2:00 PM	\$357	Mercy Fitness West, 315 Seth Childs
<b>Judo I</b> <i>Jim Kiker</i>	<b>15789</b>	01/18/2011 to 05/05/2011 (Tu/Th) (No class 3/22, 3/24)	8:00 PM to 9:00 PM	\$255.40	K-State Ahearn Room 301
<b>LIFEGUARD INSTRUCTOR</b> <i>Carol Russell, iteach@ksu.edu</i>	<b>15987</b>	04/01/2011 to 4/16/2011 (Th/F/Sa) Precourse: 4/01 4/01 & 4/15 4/7 4/8 4/02, 4/09 & 4/16	4:30 PM 4:30 PM to 9:00 PM (F) 4:30 PM to 9:00 PM (Th) 6:00 PM to 9:00 PM (F) 8:00 AM to 7:00 PM (Sa)	\$571.80 2 hours KSU Credit	Natatorium, K-State Campus
<b>LIFEGUARD TRAINING</b>	<b>16000</b>	04/08/2011 to 04/16/2011 (F/Sa) Precourse: 4/08 4/08 4/09 & 4/16 4/15	6:00 PM 6:00 PM to 9:00 PM (F) 8:00 AM to 7:00 PM (Sa) 4:30 PM to 9:00 PM (F)	\$542.40 2 hours KSU Credit	Natatorium, K-State Campus
<b>RESPONDING TO EMERGENCIES</b> <i>Henry Brown</i>	<b>15701</b>	02/05/2011 to 02/19/2011 (Sa/Su) (Sa)2/5, (Su)2/6, (Sa)2/12, (Su)2/13, (Sa)2/19	Noon to 6:30 PM	\$666 2 hour K-State credit	UFM Banquet room, 1221 Thurston
<b>SCUBA DIVING</b> <i>Jeff Wilson, (785) 313-4231</i>	<b>15764</b>	01/31/2011 to 03/07/2011 (M)	6:00 PM to 10:00 PM	\$432.40	Natatorium, K-State Campus
<b>SCUBA DIVING</b>	<b>15763</b>	03/28/2011 to 05/02/2011 (M)	6:00 PM to 10:00 PM	\$432.40	Natatorium, K-State Campus
<b>SCUBA DIVING</b>	<b>15760</b>	01/29/2011 to 03/12/2011 (Sa) (No class 2/5)	9:30 AM to 1:30 PM	\$432.40	Natatorium, K-State Campus
<b>TAE KWON DO I</b> <i>David Moore</i>	<b>15671</b>	01/18/2011 to 05/05/2011 (Tu/Th) (No class 3/22, 3/24)	7:00 PM to 8:00 PM	\$333	Sun Yi's Academy, 1650 Hayes Dr.
<b>TENNIS</b> <i>Chandler Brass</i>	<b>15698</b>	02/01/2011 to 04/19/2011 (Tu) (No class 3/22)	1:30 PM to 3:00 PM	\$341	Body First Tennis & Fitness, 3615 Claflin
<b>TENNIS</b>	<b>15699</b>	02/02/2011 to 04/20/2011 (W) (No class 3/23)	1:30 PM to 3:00 PM	\$341	Body First Tennis & Fitness, 3615 Claflin
<b>TOTAL BODY TONING</b> <i>Jenni Brenner</i>	<b>15697</b>	01/19/2011 to 03/09/2011 (M/W)	10:00 AM to 11:00 AM	\$357	Mercy Fitness West, 315 Seth Childs.
<b>TOTAL BODY TONING</b>	<b>15696</b>	01/19/2011 to 03/09/2011 (M/W)	11:30 AM to 12:30 PM	\$357	Mercy Fitness West, 315 Seth Childs
<b>TOTAL BODY TONING</b>	<b>15695</b>	03/14/2011 to 05/04/2011 (M/W) (No class 3/21, 3/23)	10:00 AM to 11:00 AM	\$357	Mercy Fitness West, 315 Seth Childs
<b>TOTAL BODY TONING</b>	<b>15694</b>	03/14/2011 to 05/04/2011 (M/W) (No class 3/21, 3/23)	11:30 AM to 12:30 PM	\$357	Mercy Fitness West, 315 Seth Childs
<b>TOTAL BODY TONING</b> <i>Abigail Kluttz</i>	<b>15761</b>	01/19/2011 to 03/09/2011 (M/W)	10:30 AM to 11:30 AM	\$357	Pro Fitness, 1125 Laramie St.
<b>TOTAL BODY TONING</b>	<b>15766</b>	03/14/2011 to 05/04/2011 (M/W) (No class 3/21, 3/23)	10:30 AM to 11:30 AM	\$357	Pro Fitness, 1125 Laramie St.
<b>TOTAL BODY TONING</b>	<b>15765</b>	01/18/2011 to 03/08/2011 (Tu/Th)	4:15 PM to 5:15 PM	\$357	Pro Fitness, 1125 Laramie St.
<b>TOTAL BODY TONING</b>	<b>15758</b>	03/10/2011 to 05/05/2011 (Tu/Th) (No class 3/22, 3/24)	4:15 PM to 5:15 PM	\$357	Pro Fitness, 1125 Laramie St.
<b>TOTAL BODY TONING</b> <i>Diana Knox, (785) 539-7095 dknox@ksu.edu</i>	<b>15886</b>	01/18/2011 to 03/08/2011 (Tu/Th)	9:30 AM to 10:30 AM	\$357	Pro Fitness, 1125 Laramie St.
<b>TOTAL BODY TONING</b>	<b>15887</b>	03/10/2011 to 05/05/2011 (Tu/Th) (No class 3/22, 3/24)	9:30 AM to 10:30 AM	\$357	Pro Fitness, 1125 Laramie St.
<b>TOTAL BODY TONING</b>	<b>15888</b>	01/18/2011 to 03/08/2011 (Tu/Th)	1:30 PM to 2:30 PM	\$357	Pro Fitness, 1125 Laramie St.
<b>TOTAL BODY TONING</b>	<b>15889</b>	03/10/2011 to 05/05/2011 (Tu/Th) (No class 3/22, 3/24)	1:30 PM to 2:30 PM	\$357	Pro Fitness, 1125 Laramie St.
<b>TURBO KICK™</b> <i>Jenni Brenner</i>	<b>15692</b>	01/18/2011 to 03/08/2011 (Tu/Th)	4:00 PM to 5:00 PM	\$357	Mercy Fitness West, 315 Seth Childs
<b>TURBO KICK™</b>	<b>15693</b>	03/10/2011 to 05/05/2011 (Tu/Th) (No class 3/22, 3/24)	4:00 PM to 5:00 PM	\$357	Mercy Fitness West, 315 Seth Childs
<b>WATER SAFETY INSTRUCTOR</b> <i>Carol Russell, iteach@ksu.edu</i>	<b>16227</b>	03/04/2011 to 03/13/2011 (F/Sa/Su) (No class 3/6) 3/4 & 3/11 3/5 & 3/12 3/13	4:30 PM to 7:00 PM (F) 8:30 AM to 7:00 PM (Sa) 9:00 AM to 12:00 PM (Su)	\$550.80 2 hours KSU Credit	Natatorium, K-State Campus

## K-STATE CREDIT COURSES

TITLE	REFERENCE #	DATE	TIME	FEE	LOCATION
YOGILATES <i>Diana Knox, (785) 539-7095 dknox@ksu.edu</i>	15689	01/19/2011 to 03/09/2011 (M/W)	9:00 AM to 10:00 AM	\$357	Pro Fitness, 1125 Laramie St.
YOGILATES	15688	03/14/2011 to 05/04/2011 (M/W) (No class 3/21, 3/23)	9:00 AM to 10:00 AM	\$357	Pro Fitness, 1125 Laramie St.
YOGILATES	15687	01/19/2011 to 03/09/2011 (M/W)	1:30 PM to 2:30 PM	\$357	Pro Fitness, 1125 Laramie St.
YOGILATES	15686	03/14/2011 to 05/04/2011 (M/W) (No class 3/21, 3/23)	1:30 PM to 2:30 PM	\$357	Pro Fitness, 1125 Laramie St.
YOGILATES	15677	01/18/2011 to 03/08/2011 (Tu/Th)	12:00 PM to 1:00 PM	\$357	Pro Fitness, 1125 Laramie St.
YOGILATES	15676	03/10/2011 to 05/05/2011 (Tu/Th) (No class 3/22, 3/24)	12:00 PM to 1:00 PM	\$357	Pro Fitness, 1125 Laramie St.
ZUMBA® <i>Jenni Brenner</i>	15669	01/18/2011 to 03/08/2011 (Tu/Th)	1:00 PM to 2:00 PM	\$357	Mercy Fitness West, 315 Seth Childs
ZUMBA®	15670	03/10/2011 to 05/05/2011 (Tu/Th) (No class 3/22, 3/24)	1:00 PM to 2:00 PM	\$357	Mercy Fitness West, 315 Seth Childs



### k-state evening

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

### k-state intersession

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

### k-state distance

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



KANSAS STATE UNIVERSITY  
Division of Continuing Education

[www.dce.k-state.edu](http://www.dce.k-state.edu)

# Your education. Your terms.

K-State has options for your education.

# WAYS TO REGISTER



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



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



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



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

On K-State campus?  
 Visit UFM table at Student Union on Wednesday, Jan 26 from 11 am to 1 pm.

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



## UFM REGISTRATION FORM



1221 Thurston St | Manhattan KS 66502

785.539.8763 | (F) 785.539.9460 | [www.tryufm.org](http://www.tryufm.org) | [info@tryufm.org](mailto:info@tryufm.org)

Student Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone (\_\_\_\_\_) \_\_\_\_\_ Evening Phone (\_\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Parent's name if student is under age 18 \_\_\_\_\_ Age if under 18 \_\_\_\_\_

Participant Statistics: K-State Student \_\_\_\_\_ K-State Faculty/Staff \_\_\_\_\_ Fort Riley \_\_\_\_\_ Other \_\_\_\_\_ Age Group: 18-24 \_\_\_\_\_ 25-59 \_\_\_\_\_ 60+ \_\_\_\_\_

Course Code	Session	Course Name	Fee \$
Example: 11AAQ01	A	Level I: Introduction to Water Skills	54.00

Tax Deductible Donation \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

**Method of Payment** (All fees must be paid for at the time of registration) \_\_\_\_\_

Check or Money Order (Make check payable to UFM) \_\_\_\_\_ Cash \_\_\_\_\_

I hereby authorize the use of my Visa \_\_\_\_\_ Mastercard \_\_\_\_\_ Discover \_\_\_\_\_ Card number \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Name on card (please print) \_\_\_\_\_

Where did you obtain your catalog? \_\_\_\_\_ A class I would like offered \_\_\_\_\_

### UFM Liability Participant Statement

By enrolling in this class, I hereby agree, for myself and for the enrollee, to UFM Community Learning Center's liability statement and acknowledge and understand the potential risk(s) of injury associated with participation in recreational sports and fitness activities. Participants should voluntarily assume all risks of loss, damage or injury that may be sustained while using Kansas State University or UFM facilities or participating in programs. K-State 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.

\_\_\_\_\_  
 Signature (Signature of Parent or Guardian required for minors)

\_\_\_\_\_  
 Date

### UFM Refund and Cancellation Policies

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. 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.