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**| WHAT'S INSIDE |**

- 263 fun classes
- 54 amazing instructors
- 1 awesome catalog
- TRY UFM!!**

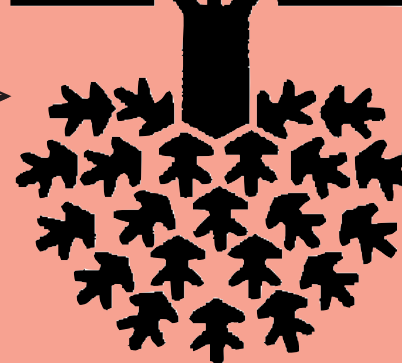
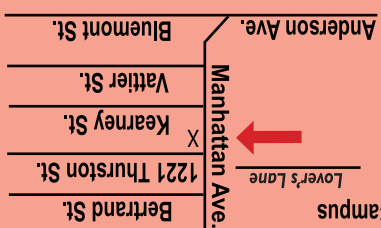
**Summer 2011**  
**UFM**

OR CURRENT RESIDENT

**Summer 2011**  
**UFM**  
VOL. 55 EDITION 5

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

UFM Community Learning Center  
1221 Thurston St, Manhattan, KS 66502  
M-F 8:30 AM-5:00 PM (Closed 12-1 pm)  
785.539.8763 | www.tryufm.org  
info@tryufm.org | facebook.com/UFMCLC



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UFM PUTS THE *COMMUNITY* IN EDUCATION

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# 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.

## CLASS CANCELLATION

When we cancel or reschedule a class, you will be notified. **Therefore, it is extremely important that we have a daytime and evening phone number and email where we may reach you or leave a message.** UFM reserves the right to cancel any class, and change times or locations. In the event of a discrepancy between the printed catalog and online, the information on our website is considered correct.

## 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.

## 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.

## 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.

## 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 an accessible room.

## 2011 SUMMER INSTRUCTORS

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

Voices For All, LLC  
Jenne Andrews  
Megan Andrews  
Carol Barta  
Scott Bean  
Big Poppi Bicycle Co  
Charissa Bowditch  
Kelley Bowker  
Charlotte Braddock  
Jenni Brenner  
Henry Brown  
Charlene Brownson  
Jeff Callaway  
Jessica Campbell  
Kate Cashman

Randi Dale  
Habib Diop  
Bill Dorsett  
Jacob Euteneuer  
Ana Franklin  
Renee Gates  
Jessica Godin  
Jacob Gray  
Jim Gregory  
Evan Grier  
Jennifer Guilford  
Kelsey Hixson-Bowles  
Marcia Hornung  
Virginia Houser  
Ian Hulon

Michele Janette  
Barbara Johnson  
Bondy Kaye  
Diana Knox  
Tom Korte  
Cathia Krehbiel  
Deane Lehmann  
Kylie Less  
Jane Lingenfelter  
Tommy May  
David Moore  
Debbie Newton  
Nadja Peery  
Ashley Penner  
Jessica Reyes

Lorissa Ridley-Fink  
Stephanie Schiefelbein  
Bob Sinnett  
Susie Stanfield  
Travis Steiner  
Dean Stramel  
Linda Teener  
Abby Thrash  
Daniela Thrasher  
Elsa Toburen  
Michael Tran  
Kennita Tully  
Paul Weidhaas  
Jeff Wilson

## UFM STAFF

Executive Director | **LINDA INLOW TEENER**

Education Coordinator | **MARCIA HORNUNG**

State Outreach/K-State Credit Coordinator | **CHARLENE BROWNSON**

Program Assistant | **VALERIE COLTHARP**

Teen Mentoring Coordinator | **JORDAN MELGOZA**

Konza Development Officer | **MEGAN ANDREWS**

Program Assistant | **KAYLA ONEY**

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Mickey Bogart

Nancy Bolsen

Monica Cohen

Chuck Havlicek

Dee Johnson

Bevin Landrum

Steve Levin

Dave Lewis

Jerry Remsbecker

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

## 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 ensure 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:** K-State parking permits are required during the weekdays on campus and parking lots before 5 pm. Parking on city side streets is permitted after 9 am. K-State Parking Services (532-7275), located on Anderson Ave and 17th St., offers daily (\$4/day) parking passes, and garage parking for an hourly fee.

### SWIM PROGRAM MAKE-UP & REFUND POLICY

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

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

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

# AQUATICS



### Beginning & Ending Dates (Levels 1-6, Adult Lessons and Lap Swimming)

Session A: Monday - Thursday, June 6 - June 16  
 Session B: Monday - Thursday, June 20 - June 30  
 \*Session C: Monday - Thursday, July 5 - July 14  
 (No class Monday 7/4, but will have class on Friday 7/8)  
 Session D: Monday - Thursday, July 18 - July 28

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

Session A1: Monday - Thursday, June 6 - June 9  
 Session A2: Monday - Thursday, June 13 - June 16

Session B1: Monday - Thursday, June 20 - June 23  
 Session B2: Monday - Thursday, June 27 - June 30

\*Session C1: Tuesday - Friday, July 5 - July 8  
 Session C2: Monday - Thursday, July 11 - July 14

Session D1: Monday - Thursday, July 18 - July 21  
 Session D2: Monday - Thursday, July 25 - July 28

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

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

Fee: \$29.00 per session (4 lessons/35 min)

Session A1: Monday - Thursday  
 AQAPA 9:15 AM to 9:50 AM  
 AQAPP 6:00 PM to 6:35 PM

Session B1: Monday - Thursday  
 AQBPA 9:15 AM to 9:50 AM  
 AQBPP 6:00 PM to 6:35 PM

\*Session C1: Tuesday - Friday  
 AQCPA 9:15 AM to 9:50 AM  
 AQCPP 6:00 PM to 6:35 PM

Session D1: Monday - Thursday  
 AQDPA 9:15 AM to 9:50 AM  
 AQDPP 6:00 PM to 6:35 PM

### Tot Transition (3-4 yrs)

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

Fee: \$29.00 per session (4 lessons/35 min)

Session A2: Monday - Thursday  
 AQATA 9:15 AM to 9:50 AM  
 AQATP 6:00 PM to 6:35 PM

Session B2: Monday - Thursday  
 AQBTA 9:15 AM to 9:50 AM  
 AQBTP 6:00 PM to 6:35 PM

Session C2: Monday - Thursday  
 AQCTA 9:15 AM to 9:50 AM  
 AQCTP 6:00 PM to 6:35 PM

Session D2: Monday - Thursday  
 AQDTA 9:15 AM to 9:50 AM  
 AQDTP 6:00 PM to 6:35 PM

### Level I: Introduction to Water Skills

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

Fee: \$54.00 per session (8 lessons/45 min)

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

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

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

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

**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 II: Fundamental Aquatic Skills

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

Fee: \$54.00 per session (8 lessons/45 min)

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

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

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

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

## Level III: Stroke Development

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

Fee: \$54.00 per session (8 lessons/45 min)

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

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

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

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



## Level IV: Stroke Improvement

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

Fee: \$54.00 per session (8 lessons/45 min)

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

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

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

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



## Level V: Stroke Refinement

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

Fee: \$54.00 per session (8 lessons/45 min)

Session A: Monday - Thursday  
 AQ05A1 9:55 AM to 10:40 AM  
 AQ05A2 10:45 AM to 11:30 AM  
 AQ05A3 5:30 PM to 7:15 PM

Session B: Monday - Thursday  
 AQ05B1 9:55 AM to 10:40 AM  
 AQ05B2 10:45 AM to 11:30 AM  
 AQ05B3 5:30 PM to 7:15 PM

\*Session C: Monday - Thursday  
 AQ05C1 9:55 AM to 10:40 AM  
 AQ05C2 10:45 AM to 11:30 AM  
 AQ05C3 5:30 PM to 7:15 PM

Session D: Monday - Thursday  
 AQ05D1 9:55 AM to 10:40 AM  
 AQ05D2 10:45 AM to 11:30 AM  
 AQ05D3 5:30 PM to 7:15 PM



## Level VI: Swimming and Skill Proficiency

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

Fee: \$54.00 per session (8 lessons/45 min)

Session A: Monday - Thursday  
 AQ06A1 9:55 AM to 10:40 AM  
 AQ06A2 10:45 AM to 11:30 AM  
 AQ06A3 6:30 PM to 7:15 PM

Session B: Monday - Thursday  
 AQ06B1 9:55 AM to 10:40 AM  
 AQ06B2 10:45 AM to 11:30 AM  
 AQ06B3 6:30 PM to 7:15 PM

\*Session C: Monday - Thursday  
 AQ06C1 9:55 AM to 10:40 AM  
 AQ06C2 10:45 AM to 11:30 AM  
 AQ06C3 6:30 PM to 7:15 PM

Session D: Monday - Thursday  
 AQ06D1 9:55 AM to 10:40 AM  
 AQ06D2 10:45 AM to 11:30 AM  
 AQ06D3 6:30 PM to 7:15 PM

## Private Swim Lessons AQ103

Private lessons provide one-on-one instruction for any level of swimmer. Sessions include four 35-minute lessons and occur M-Th. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. Due to time constraints, THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

### Beginning and Ending Dates for Morning and Evening Private Lessons:

AQ103A1: Mon. - Thur., June 6 - June 9  
 AQ103A2: Mon. - Thur., June 13 - June 16

AQ103B1: Mon. - Thur., June 20 - June 23  
 AQ103B2: Mon. - Thur., June 27 - June 30

AQ103C1: Tues. - Fri., July 5 - July 8  
 AQ103C2: Mon. - Thur., July 11 - July 14

AQ103D1: Mon. - Thur., July 18 - July 21  
 AQ103D2: Mon. - Thur., July 25 - July 28

### Times for morning classes:

9:15 AM to 9:50 AM  
 10:00 AM to 10:35 AM  
 10:55 AM to 11:30 AM

### Times for all evening classes:

6:10 PM to 6:45 PM  
 6:50 PM to 7:25 PM

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



## Adult Swim Lessons

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

Fee: \$54.00 per session (8 lessons/45 min)

Session B: Monday - Thursday  
AQ-22B: 6:30 PM to 7:15 PM

Session D: Monday - Thursday  
AQ-22D: 6:30 PM to 7:15 PM

## Lap Swimming: Ages 13+

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

Fee: \$19.00 per session (8 times)

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

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

\*Session C: Monday - Thursday  
AQLSC1 9:00 AM to 11:30 AM  
AQLSC3 5:30 PM to 7:30 PM

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

## Lap Swimming for Parents

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

Fee: \$16.00 per session (8 times)

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

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

\*Session C: Monday - Thursday  
AQLPC1 9:00 AM to 11:30 AM  
AQLPC3 5:30 PM to 7:30 PM

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

## Shallow/Deep Water Exercise 11BAQSHD

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.\*\*

Session AQSHD: 06/06/2011 to 07/28/2011 (No class 7/4)  
Monday - Thursday (6:40pm - 7:30pm)

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

## Open Swim Appreciation 11BAQ31A

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

Date: 06/19/2011 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: No Charge  
Location: Natatorium, K-State Campus

## Open Swim Appreciation 11BAQ31B

Date: 07/24/2011 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: No Charge  
Location: Natatorium, K-State Campus

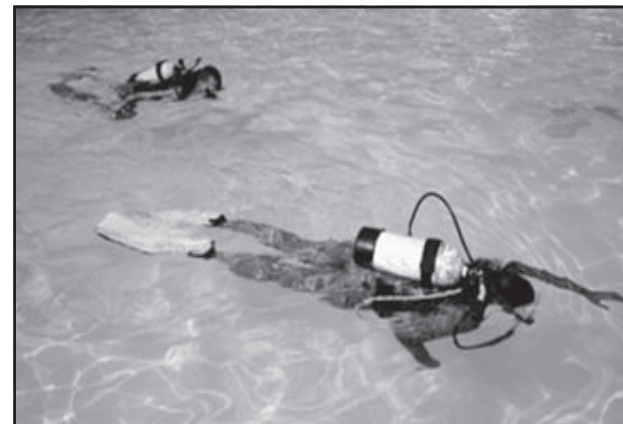
## Lifeguard Training 11BAQ35

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). Required materials are \$52.00 and not included in fee. Please purchase at UFM, 1221 Thurston St before class.

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

Date: 06/02/2011 to 06/04/2011 (Th/F/Sa)  
Time: 6:00 PM to 10:00 PM (Th)  
8:00 AM to 8:00 PM (F)  
8:00 AM to 5:00 PM (Sa)

Fee: \$149.00  
Location: Natatorium, K-State Campus



## Scuba Diving 11BAQ105AZ

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

Instructor: Jeff Wilson, [wheatlan@kansas.net](mailto:wheatlan@kansas.net)

Dates: 06/06/2011 to 07/18/2011 (M)  
(No class 7/4)

Time: 5:30 PM to 9:30 PM

Fee: \$257.00

Location: Natatorium, K-State Campus

## Lifeguard Review 11BAQ106

A review for those who are already certified Lifeguards, but their certification is coming due or is within 30 days of expiration. Participants will demonstrate all rescue skills, plus a prerequisite swim. CPR Pro Rescuer not included.

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

Date: 06/04/2011

Time: 12:00 PM to 5:00 PM

Fee: \$25.00

Location: Natatorium, K-State Campus

## Professional Certification Courses

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

Classes that can be taken for KSU credit are denoted with an asterisk (\*). UFM also offers Lifeguard, CPR and First Aid review courses for those students who are already certified and need to renew their certification.

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



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

# CAREER & FINANCE

## Taking Control-

### The Rules of the Money Game 11BFC01

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

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

Date: 07/28/2011 (Th)  
Time: 7:00 PM to 8:30 PM  
Fee: \$12-Individual; \$16-Couple  
Location: UFM Conference Room  
1221 Thurston St.

### ABCs of Grant Writing 11BFC09

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

Instructor: Marcia Hornung, (785) 539-8763

Date: 06/15/2011 to 06/22/2011 (W)  
Time: 3:30 PM to 5:00 PM  
Fee: \$22.00  
Location: UFM Conference Room  
1221 Thurston St.



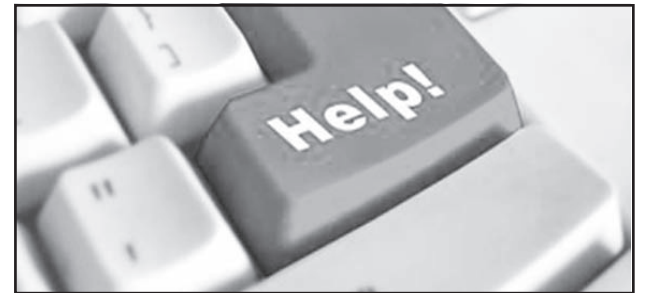
### One-on-One Computer Help 11BFC107A

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. There are a limited amount of one-on-one classes so early enrollment is encouraged.

Date: View [www.tryufm.org](http://www.tryufm.org) for information.  
Time: TBA  
Fee: \$12.00  
Location: UFM Computer Lab,  
1221 Thurston St., 2nd floor

### One-on-One Computer Help 11BFC107B

Date: View [www.tryufm.org](http://www.tryufm.org) for information.  
Time: TBA  
Fee: \$12.00  
Location: UFM Computer Lab  
1221 Thurston St., 2nd floor



## Manhattan Community Youth Scholarship Fund

Any Manhattan youth  
Any Manhattan program

Scholarships available year-round

Scholarships cover 50% of the program cost up to \$125

All youth in preschool to 12<sup>th</sup> grade are eligible

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

Call UFM Community Learning Center at 539-8763 or go to [www.tryufm.org](http://www.tryufm.org) for more information



# CREATIVE FREE TIME

## Beginning Knitting

**11BCF05A**

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: 06/07/2011 to 06/28/2011 (Tu)  
Time: 7:00 PM to 8:30 PM  
Fee: \$31.00  
Location: 300 Poyntz Ave.  
Wildflower Yarns and Knitwear

## Beginning Knitting

**11BCF05B**

Instructor: Kennita Tully, (785) 537-1826

Date: 07/06/2011 to 07/27/2011 (W)  
Time: 7:00 PM to 8:30 PM  
Fee: \$31.00  
Location: 300 Poyntz Ave.  
Wildflower Yarns and Knitwear

## Effective Window Shopping

**11BCF100**

Want to learn how to fatten that wallet and easy 1-2-3 tips to saving money? This class is for you, penny pincher!! Designed for those impulse buyers who just can't help themselves, this class is centered around the bestseller, "Tight Wads 10 Tips for Looking but not Touching: No More Catastrophes with You Break it, You Buy It". We will focus on unique techniques in which to keep you out of the stores and never-ending long lines.

Date: 05/05/2011 (Th)  
Time: 1:00 PM to 5:00 PM  
Fee: -\$1.00  
Location: Manhattan Town Center

## Piano I

**11BCF35Z**

This group keyboard class is designed for beginners with little or no previous keyboard instruction. Basic concepts to be studied include: note and rhythm reading, fundamental theory, basic chord-building, simple improvisation, and group and individual playing. Outside practice is essential for progress in this class. Required text: Adult Piano Method, Bk 1, by Fred Kern, et al. Hal Leonard Publ (2005). Available at Glenn's Music, 413 Poyntz Ave (539-1926). For questions and inquiries, please contact the instructor.

Enrollment restrictions—this class is for NON-MUSIC MAJORS only.  
Instructor: Virginia Houser, vhouser@ksu.edu

Date: 06/14/2011 to 07/07/2011 (Tu/Th)  
Time: 6:00 PM to 7:40 PM  
Fee: \$120.00  
Location: K-State McCain Auditorium Room 127

## Make a Market Bag

**11BCF58**

We will construct a simple tote bag for shopping and everyday use. You will learn how to cut out a project, follow directions, and sew straight seams. Bring your sewing machine and sewing kit. Fabric supply list will be provided at sign up.

Instructor: Linda Teener

Date: 07/12/2011 (Tu)  
Time: 6:30 PM to 9:00 PM  
Fee: \$12.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

## Mending and Hand Sewing

**11BCF60**

Learn how to sew on a button, put in a hem and repair a popped seam. Bring your sewing kit. You may bring your own mending projects if you like.

Instructor: Linda Teener

Date: 06/16/2011 (Th)  
Time: 6:30 PM to 8:30 PM  
Fee: \$12.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

## Creative Machine Applique

**11BCF151**

Applique is the technique of layering one fabric over another to create an interesting design. Using a sewing machine to applique is fun and easy even for a beginner. In this class we will make a simple wall hanging as we learn the process of machine applique. You will need a sewing machine that can sew the zig zag stitch and a basic sewing kit. Other supplies will be provided.

Instructor: Linda Teener

Date: 06/28/2011 (Tu)  
Time: 6:30 PM to 9:00 PM  
Fee: \$15.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

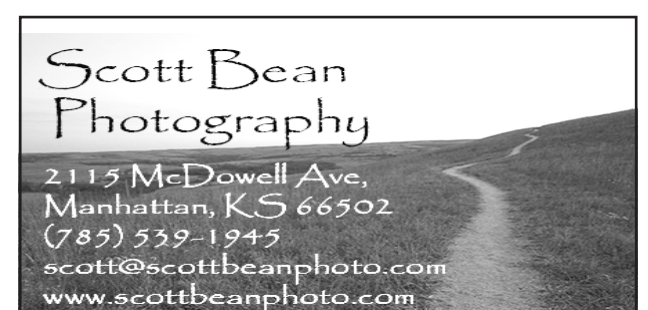
## Paper Beads for Children

**11BCF72**

In this class you will learn how to make paper beads. The class is structured for a child and an adult to learn and work together making a paper bead project; both will be making their own creation and also helping each other out with ideas and assistance. You can create a necklace, bracelet, or other project from the paper beads that you make. Please bring to class: scissors, glue stick or white glue, paper (magazine, wrapping paper, or other thin paper), and wash rag. Straws, yarn, cord, beads, and magazines will be provided by the instructor.

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

Date: 06/29/2011 (W)  
Time: 3:00 PM to 5:00 PM  
Fee: No Charge  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor





### Introduction to Voiceovers

11BCF129

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: 06/06/2011 to 07/29/2011  
(No class 7/4)  
Time: See class description  
Fee: \$30.00  
Location: See class description



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MARCIA AT 785.539.8763  
INFO@TRYUFM.ORG



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

**Makers Framed:**  
*Photographic Portraits by George Kren*  
June 17-October 16, 2011



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](http://beach.k-state.edu)

### Introduction to Adobe Photoshop

11BCF65

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](mailto:scott@scottbeanphoto.com)

Date: 06/28/2011 to 07/07/2011 (Tu/Th)  
Time: 7:00 PM to 9:00 PM  
Fee: \$48.00  
Location: UFM Computer Lab  
1221 Thurston St., 2nd floor

### Introduction to Adobe Lightroom

11BCF140

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](mailto:scott@scottbeanphoto.com)

Date: 06/07/2011 to 06/16/2011 (Tu/Th)  
Time: 7:00 PM to 9:00 PM  
Fee: \$48.00  
Location: UFM Computer Lab  
1221 Thurston St., 2nd floor



**— Manhattan Arts Center —**

*Summer Arts Adventure*  
Exploring earth with art. Each week features a different ecosystem. Half day and full day art camp. Visit [www.manhattanarts.org](http://www.manhattanarts.org) for classes, fees and schedule.

*Manhattan Experimental Theatre Workshop for High School Students*  
23rd anniversary season!  
June 17 & 18

*Summer Theatre*  
Be on the lookout for our summer production in August at [www.manhattanarts.org](http://www.manhattanarts.org)

**MAC**

*Adult Ongoing Studios*  
Clay Open Studio  
Watercolor Studio

1520 Poyntz Ave  
785-537-4420  
[www.manhattanarts.org](http://www.manhattanarts.org)  
[www.facebook.com/manhattanarts](http://www.facebook.com/manhattanarts)

**This summer in the MAC galleries:**  
June 4-July 16 **MAC Watercolor Studio**  
July 23-Sept 3 **Manhattan Area Photographers**

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

**MANHATTAN KANSAS**



### Dog Trick Training

11BCF142A

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 must fill out an animal release form and provide proof of CURRENT vaccination or Titer results. Vaccination record must be verified by UFM BEFORE FIRST CLASS to ensure safety for all participants and animals. Record can be faxed by Vet to 785-539-9460. These records will be retained for UFM's files. Instructor: Nadja Peery, [info@muttschool.com](mailto:info@muttschool.com)

Date: 06/09/2011 to 06/23/2011 (Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$51.00  
Location: UFM Solar Addition, 1221 Thurston St.

### Dog Obedience-Foundations

for a well-mannered canine 11BCF136A

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. 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. Class fee includes book and class materials. The trainer is a member of the Association of Pet Dog Trainers (APDT) and learned positive training methods at the Animal Behavior College (ABC). More information available at [www.muttschool.com](http://www.muttschool.com).

\*Our insurance company requires that in order to participate in this class, you must fill out an animal release form and provide proof of CURRENT vaccination or Titer results. Vaccination record must be verified by UFM BEFORE FIRST CLASS to ensure safety for all participants and animals. Record can be faxed by Vet to 785-539-9460. These records will be retained for UFM's files. Instructor: Nadja Peery, [info@muttschool.com](mailto:info@muttschool.com)

Date: 06/08/2011 to 07/13/2011 (W)  
Time: 7:00 PM to 8:00 PM  
Fee: \$80.00  
Location: UFM Solar Addition, 1221 Thurston St.

### Dog Obedience-Foundations

for a well-mannered canine 11BCF136B

Instructor: Nadja Peery, [info@muttschool.com](mailto:info@muttschool.com)

Date: 06/08/2011 to 07/13/2011 (W)  
Time: 8:00 PM to 9:00 PM  
Fee: \$80.00  
Location: UFM Solar Addition, 1221 Thurston St.

### Dog Trick Training

11BCF142B

Instructor: Nadja Peery, [info@muttschool.com](mailto:info@muttschool.com)

Date: 07/21/2011 to 08/04/2011 (Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$51.00  
Location: UFM Solar Addition, 1221 Thurston St.

### Beginning Violin

11BCF143

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.

Instructor: Kelley Bowker, (785) 342-0669  
[fischers.music@gmail.com](mailto:fischers.music@gmail.com)

Date: 06/10/2011 to 07/29/2011 (F)  
Time: 8:00 PM to 9:00 PM  
Fee: \$80.00  
Location: College Avenue United Methodist  
1609 College Ave

### Guitar Fundamentals

11BCF144

Guitar Fundamentals covers basic chord structure and technique through exploring a variety of styles, from blues/rock to fingerstyle.

Instructor: Kelley Bowker, (785) 342-0669  
[fischers.music@gmail.com](mailto:fischers.music@gmail.com)

Date: 06/10/2011 to 07/29/2011 (F)  
Time: 6:00 PM to 7:00 PM  
Fee: \$80.00  
Location: College Avenue United Methodist  
1609 College Ave

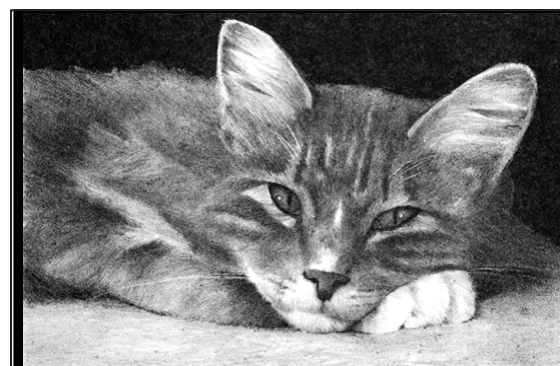
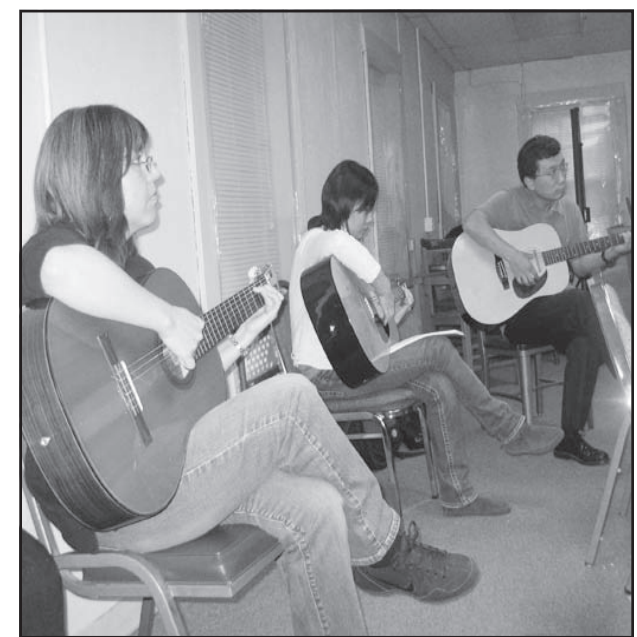
### Intermediate Guitar

11BCF145

Intermediate Guitar will strengthen the student's foundation in chord structure and technique, as well as learning the basics of soloing.

Instructor: Kelley Bowker, (785) 342-0669  
[fischers.music@gmail.com](mailto:fischers.music@gmail.com)

Date: 06/10/2011 to 07/29/2011 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: \$80.00  
Location: College Avenue United Methodist  
1609 College Ave



## STRECKER-NELSON GALLERY

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THEN VISIT THE GALLERY MON-SAT 10:00-6:00 AT 406 1/2 POYNTZ 537-2099



### Food Matters

11BCF148

A movie screening that will inspire your stomach and your thoughts! The goal of Food Matters, the 2008 feature-length documentary film, is to communicate this quote by Hippocrates: "Let thy Food be thy Medicine and thy Medicine be thy Food". Their website, [www.foodmatters.tv](http://www.foodmatters.tv), further explains the film's main message, "With nutritionally-depleted foods, chemical additives and our tendency to rely upon pharmaceutical drugs to treat what's wrong with our malnourished bodies, it's no wonder that modern society is getting sicker. Food Matters sets about uncovering the trillion dollar worldwide 'sickness industry' and gives people some scientifically verifiable solutions for overcoming illness naturally." All are welcome to come and nourish your body, mind, and soul with Food Matters, snacks, friends, and thought-provoking discussion. Sponsored by People's Grocery.

Instructor: Stephanie Schiefelbein

Date: 07/14/2011 (Th)  
Time: 7:00 PM to 9:00 PM  
Fee: No Charge  
Location: Manhattan Public Library Auditorium  
629 Poyntz Ave.



### Sort and Organize Your Photos

11BCF149

Whether you have print photos or digital images, you will undoubtedly have occasion to find a specific photo for school or a project. Class participants will receive tools to help them sort and organize their photos as well as tips to using clues in your photos to help determine locations and timelines. Enroll in one, two or all three! Deadline for Session 1 (print only) and 3 (print and digital) is June 9 and Session 2 (digital) is July 7.

Session 1 (print only) will be print only and participants will receive a photo-safe box with six removable sections and dividers along with a tips and a timeline recording sheet.

Session 2 (digital only) will be digital only and participants will receive Memory Manage Software (WindowsXP or Windows7 only).

Session 3 (print and digital) you'll have time to get a great start on both your print and digital photos.

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

Date: 06/14/2011 to 06/28/2011 (Tu)  
Time: 7:00 PM to 9:00 PM  
Fee: Session 1-\$42.00  
Session 2-\$50.00  
Enroll in all 3 sessions is \$74.00  
Location: UFM Fireplace Room, 1221 Thurston St.

### Konza Internet Radio

#### Program Hosting

11BCF150

Konza Internet Radio is a non-commercial community internet radio station. Program hosts are volunteers from the community discussing areas of interest to them. This class will introduce you to the equipment program hosts use and teach you the skills needed to become the next Konza Internet Radio program host.

Instructor: Megan Andrews

Date: 06/14/2011 (Tu)  
Time: 7:00 PM to 8:00 PM  
Fee: No Charge  
Location: UFM Multipurpose Room  
1221 Thurston St.

#### Beginning Flute Lessons

11BCF152

The repertoire for Flute offers a great variety of styles. One can play solo, in a small ensemble or a concert band. In this beginning class we will focus on tone production and quality, fingerings and your first performance. Individual- or group-instruction is possible and available. Students must purchase music (approx. \$20-\$40). Requirements: a working flute and a notebook/binder with filler paper. Ages 10+.

Instructor: Daniela Thrasher, (785) 313-2909

Date: 06/01/2011 to 07/20/2011 (W)  
Time: 3:30 PM to 4:30 PM  
Fee: \$36.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

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



*Community radio serving YOUR interests  
and what's going on in YOUR area.*

---



**Listen to us now at [www.konzaradio.org](http://www.konzaradio.org)**



**Want to get involved? You can host a show, help with programming, work on marketing, or many other opportunities.**



**Are you a local music artist and want your original music heard? Konza Radio is YOUR station!**

---

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

## Music Appreciation:

### An Intro to the "Classics"

**11BCF153**

Everybody listens to music, but do you know where the roots of our modern music are? In this course, we will explore music ranging from the Medieval Era to Modern Day Rock and Pop. We will get to know and visit with composers, performers and their great works through listening and collaborative activities! Get ready for a great voyage through time on multiple continents! Bring a laptop or a tablet, if you have one available. Ages 10+.  
Instructor: Daniela Thrasher, (785) 313-2909

Date: 06/23/2011 to 07/14/2011 (Th)  
Time: 4:00 PM to 6:00 PM  
Fee: \$18.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### Creative Writing-Fiction

**11BCF154**

This class will be focused on giving people a background in the elements of craft present in fiction and also an understanding of how to write fiction. The workshop will be the most important element of the class as they are the best way to strengthen one's writing. After a basic understanding of these elements has been achieved, each participant will write one short story or novel excerpt. Each week the class will read between 1 and 3 selections from other classmates and conduct a workshop where we talk about what is successful and unsuccessful in the piece.  
Instructor: Jacob Euteneuer, (402) 910-0899  
jacobeut@ksu.edu

Date: 06/08/2011 to 07/13/2011 (W)  
Time: 7:00 PM to 8:00 PM  
Fee: \$22.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

### Haiku for You!

**11BCF155**

You can write Haiku about anything! Come learn the history and background about Haiku. Some attention will be given to other related forms such as Senryu and Tonka. You will write, share and discuss your own Haiku.  
Instructor: Bob Sinnett, (785) 539-8934

Date: 06/20/2011 to 06/27/2011 (M)  
Time: 7:00 PM to 8:00 PM  
Fee: \$12.00  
Location: UFM Fireplace Room, 1221 Thurston St.

### Understanding Animal Training

**11BCF156**

The goal of this course is to help you better communicate with your pet, by understanding your animal's posture and actions, as well as how your behavior may or may not be helping your training goals. We will start with learning and conditioning theories used in most training techniques (e.g. Operant Conditioning, Reinforcement) with further emphasis on verbal and non-verbal communication. We will focus on common pets, using videos to emphasize points. There is no specific book for the class, though references will be mentioned for those interested in further information.  
Instructor: Jessica Godin

Date: 06/06/2011 to 06/22/2011 (M/W)  
Time: 7:30 PM to 8:30 PM  
Fee: \$55.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### Fostering Creativity

**11BCF157**

In this class, we will challenge traditional ideas of creativity, find inspiration through diverse activities, and discover ways to incorporate creativity into our daily lives. We invite participants of all ages and from all walks of life, including those wishing to infuse creativity into their family life, professional life, or recreation. \*Meets every other week.  
Instructors: Jessica Reyes, jreyes@ksu.edu  
Kelsey Hixson-Bowles, kannep@ksu.edu  
Jacob Gray, jacob18@ksu.edu

Date: 06/09/2011 to 08/04/2011 (Th)  
Time: 6:00 PM to 7:15 PM  
Fee: \$18.00  
Location: TBD



### Before You Say "I Do"

**11BCF158**

Come and learn how to plan a wedding and reception with fun and creative ideas and advice that helps you make your special day a celebration to remember. Event planner, Jenne Andrews, will help to answer all your wedding planning questions. Deadline for registration is June 11.  
Instructor: Jenne Andrews

Date: 06/16/2011 (Th)  
Time: 6:30 PM to 8:30 PM  
Fee: \$12.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### Learn to Play Bridge

**11BCF159**

Bridge is a skilled card game for groups of four people and it can provide immense challenge and enjoyment for the rest of your life. Class will start with the fundamentals of bidding and play and progress into playing games by the second class. This class is for the complete beginner.  
Instructor: Carolyn Meares

Date: View www.tryufm.org for information.  
Time: TBA  
Fee: \$25.00  
Location: UFM House

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Language



Gardening  
classes

GRE Prep Course



We are always looking for new and  
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785-539-8763  
www.tryufm.org

**Our Program!**

The UFM Teen Mentoring meets on **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

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

Sessions:  
3:00-5:00 PM!

### 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)**



# UNITY

Church of Manhattan

*A Spiritual Community  
Joy-filled Music & Ministry*

*11:00 A.M. Sunday Celebration Service*

*+ children's lesson*

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785.537.6120 unitycm@gmail.com  
unityonline.org 1-800-NOW-PRAY



# EARTH & NATURE



## Food Forests and Plant Guilds: An Introduction to Permaculture 11BEN74

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

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

Date: 06/09/2011 (Th)  
Time: 7:00 PM to 9:00 PM  
Fee: No Charge  
Location: UFM Fireplace Room, 1221 Thurston St.



## Utility Connected Photovoltaics for Your Home 11BEN68

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

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

Date: 07/30/2011 (Sa)  
Time: 10:00 AM to 12 N  
Fee: No Charge  
Location: UFM Solar Addition, 1221 Thurston St.



## Learn the Night Sky 11BEN02

Come and learn your way around the night sky. The instructor has the whole sky on slides and will show you how to find the Big Dipper and the North Star, the summer triangle and the stars of summer, Orion and the beautiful winter constellations. We'll talk about the Zodiac, what it means, and how to find YOUR Zodiac sign in the sky.

The two nights will focus on two different parts of the sky. Thursday will be about the stars around the North Star and some history and geography about navigating using stars. Then we will show what we see in the summer and finish with a discussion of the Zodiac. Monday we will review the northern sky, Orion, Canis Major and the beautiful winter sky.

Instructor: Dean Stramel

Date: 06/23/2011 to 06/27/2011 (Th/M)  
Time: 7:00 PM to 9:00 PM  
Fee: No Charge  
Location: Manhattan Arts Center, 1522 Poyntz

## Wildflower Walks at Tuttle Creek Lake 11BEN69

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: 07/02/2011 (Sa)  
Time: 1:00 PM to 3:00 PM  
Fee: No Charge  
Location: Tuttle Creek Lake Visitor's Center  
5020 Tuttle Creek Blvd

REQUEST A CATALOG! CATALOGS ARE  
FREE AND CAN BE REQUESTED BY  
PHONE AT 539.8763 OR EMAIL  
INFO@TRYUFM.ORG

## Bicycle Ed 101 11BEN75

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

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

Date: 05/13/2011 (F)  
Time: 8:00 PM to 9:00 PM  
Fee: \$10.00  
Location: Big Poppi Bicycle Co, 1126 Moro St.





# FUN FOODS



## Eating Healthy on a Budget

**11BFF52**

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. Sponsored by People's Grocery.

Instructor: Jennifer Guilford

Date: 06/17/2011 (F)  
 Time: 6:00 PM to 7:30 PM  
 Fee: No Charge  
 Location: People's Grocery, 523 South 17th St

## Wine 101

**11BFF77**

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

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

Date: 06/07/2011 to 06/28/2011 (Tu)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$76.00  
 Location: Harry's Restaurant, 418 Poyntz Ave.

## Got (Raw) Milk?

**11BFF81**

Learn about the benefits of raw milk and raw milk products; Unpasteurized, farm-fresh milk is Mother Nature's most perfect food. During this class, you will discover the differences between pasteurized and unpasteurized milk, the political history of raw milk in America and in Kansas, and how to find quality sources of raw milk for you and your family. Learn how to utilize raw milk at home by making raw milk products such as butter, cheese, and buttermilk. The class will especially focus on two milk products, providing step-by-step instructions for making milk kefir and yogurt. Whether you're unsure about what raw milk is or you've been drinking it for years, this class is essential for all people who want a healthy lifestyle.

Instructors: Stephanie Schiefelbein and Deane Lehmann

Date: 05/21/2011 (Sa)  
 Time: 2:00 PM to 4:00 PM  
 Fee: No Charge  
 Location: UFM Fireplace Room, 1221 Thurston St.

## Baking from Scratch for Kids

**11BFF82**

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

Instructor: Jessica Campbell

Date: 06/17/2011 (F)  
 Time: 1:30 PM to 5:00 PM  
 Fee: \$10.00  
 Location: UFM Kitchen, 1221 Thurston St.

## How to Homebrew Session 1

**11BFF83A**

Learn how to craft your own beer! Session 1 will cover basic equipment and how to brew using extract.

Instructors: Jeff Callaway, jeffreycallaway@gmail.com & Travis Steiner

Date: 06/18/2011(Sa)  
 Time: 2:00 PM to 6:00 PM  
 Fee: \$15.00  
 Location: UFM Conference Room  
 1221 Thurston St.



## How to Homebrew Session 2

**11BFF83B**

Session 2 will cover more advanced equipment and brewing all grain batches.

Instructors: Jeff Callaway, jeffreycallaway@gmail.com & Travis Steiner

Date: 07/16/2011 (Sa)  
 Time: 12 N to 8:00 PM  
 Fee: \$20.00  
 Location: UFM Conference Room  
 1221 Thurston St.

## Vegan Cooking 101

**11BFF84**

Whether your goal is to drop a few pounds, boost your energy and metabolism, or save the planet, this class will provide some ideas and encouragement to explore a plant-based diet and learn how to prepare meatless and dairy free meals. Come hungry and ready to try something new. Deadline for registration is July 9.

Instructor: Jenne Andrews

Date: 07/14/2011 (Th)  
 Time: 6:30 PM to 8:30 PM  
 Fee: \$27.00  
 Location: UFM Kitchen, 1221 Thurston St.



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# HEALTH & WELLNESS



## Living the Art: Jin Shin Jyutsu 11BHW08A

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

Instructor: Kate Cashman, (785) 537-1911

Date: 06/13/2011 to 06/27/2011 (M)  
Time: 7:00 PM to 9:00 PM  
Fee: \$26.00  
Location: 1421 Colorado Street

## Living the Art: Jin Shin Jyutsu 11BHW08B

Instructor: Kate Cashman, (785) 537-1911

Date: 08/06/2011 (Sa)  
Time: 10:00 AM to 3:00 PM  
Fee: \$24.00  
Location: 1421 Colorado Street

## Beginning Yoga 11BHW15AZ

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: 06/01/2011 to 07/27/2011 (W/M)  
(No class 7/4)  
Time: 3:00 PM to 4:00 PM  
Fee: \$99.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Evening Yoga 11BHW88A

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: 05/16/2011 to 06/13/2011 (M)  
(No class 5/30)  
Time: 7:15 PM to 8:45 PM  
Fee: \$27.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Evening Yoga 11BHW88B

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 06/20/2011 to 07/18/2011 (M)  
(No class 7/4)  
Time: 7:15 PM to 8:45 PM  
Fee: \$27.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Evening Yoga 11BHW88C

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 07/25/2011 to 08/15/2011 (M)  
Time: 7:15 PM to 8:45 PM  
Fee: \$27.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Morning Yoga 11BHW89A

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: 05/21/2011 to 06/11/2011 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: \$27.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Morning Yoga 11BHW89B

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 06/18/2011 to 07/09/2011 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: \$27.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Morning Yoga 11BHW89C

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 07/16/2011 to 08/06/2011 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: \$27.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Yoga Over Forty 11BHW99

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

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

Date: 05/24/2011 to 07/12/2011 (Tu)  
Time: 5:30 PM to 6:30 PM  
Fee: \$80.00  
Location: Yoga Connection, 321 Poyntz Ave, Ste A


## Yogilates 11BRF142AZ

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

## Yogilates 11BRF142AZ

Date: 06/07/2011 to 07/28/2011 (Tu/Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.



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Email: [yogaconnection@kansas.net](mailto:yogaconnection@kansas.net)

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# LANGUAGE

## Conversational Sign Language 11BLA29

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

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

Date: 07/11/2011 to 07/14/2011 (M-Th)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$115.00  
 Location: UFM Conference Room  
 1221 Thurston St.

## Introduction to Spanish 11BLA33

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

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

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

## German for Beginners

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

Instructor: Daniela Thrasher, (785) 313-2909

Date: 06/01/2011 to 07/20/2011 (W)  
 Time: 5:00 PM to 6:00 PM  
 Fee: \$36.00  
 Location: UFM Conference Room  
 1221 Thurston St.



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- Migration of the German Russian Settlers
- History and Heritage of U.S. Cavalry
- Flint Hills Tallgrass Prairie
- The U.S. Supreme Court

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 785.539.8763  
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# MARTIAL ARTS



## Tae Kwon Do I

11BMA01Z

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: 06/02/2011 to 08/04/2011 (Tu/Th)  
Time: 5:00 PM to 6:00 PM  
Fee: \$72.00  
Location: Sun Yi's Academy, 1650 Hayes Dr.

## Lao Hu Pai Self Defense and Kung Fu

11BMA05

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

Date: 06/08/2011 to 07/27/2011 (W)  
Time: 6:45 PM to 8:45 PM  
Fee: \$56.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Karate & Self Defense (Adults and Youth)

11BMA10

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

Instructor: Habib Diop, hdiop@ksu.edu

Date: 06/11/2011 to 07/30/2011 (Sa)  
(No class 7/2)  
Time: 11:30 AM to 12:30 PM  
Fee: \$51.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor



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# RECREATION & FITNESS

## Introduction to Golf

**11BRF04A**

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: 06/02/2011 to 06/16/2011 (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

**11BRF04B**

Instructor: Jim Gregory, (785) 539-1041

Date: 06/30/2011 to 07/14/2011 (Th)  
Time: 6:00 PM to 7:00 PM  
Fee: \$41.00  
Location: Stagg Hill Golf Club  
4441 Fort Riley Blvd. Golf

## Golf

**11BRF05Z**

This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.  
Instructor: Jim Gregory, (785) 539-1041

Date: 06/01/2011 to 07/20/2011 (W)  
Time: 6:00 PM to 8:00 PM  
Fee: \$140.00  
Location: Stagg Hill Golf Club  
4441 Fort Riley Blvd.

## Zumba Fitness

**11BRF08A**

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: 05/23/2011 to 07/11/2011 (M)  
(No class 5/30, 6/13 or 7/4)  
Time: 5:30 PM to 6:30 PM  
Fee: \$47.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Zumba Fitness

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

Date: 07/18/2011 to 08/15/2011 (M)  
Time: 5:30 PM to 6:30 PM  
Fee: \$47.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Zumba Fitness

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

Date: 05/17/2011 to 06/21/2011 (Tu)  
(No class 6/14)  
Time: 5:30 PM to 6:30 PM  
Fee: \$47.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Zumba Fitness

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

Date: 07/12/2011 to 08/09/2011 (Tu)  
(No class 7/12)  
Time: 5:30 PM to 6:30 PM  
Fee: \$47.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

**11BRF08B**

## Belly Dance Conditioning Workout

**11BRF12**

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

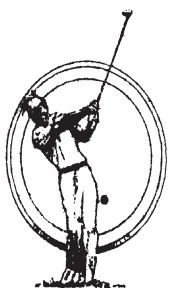
Date: 06/08/2011 to 06/29/2011 (W)  
Time: 5:30 PM to 6:30 PM  
Fee: \$32.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Boxing

**11BRF14AZ**

This 8-week introductory course will introduce students to the sport of USA Olympic Style Boxing in a safe and comfortable environment. This course is for both men and women of all shapes and sizes that have the desire to learn how to box. No sparring during course. Students may bring their own equipment or may purchase at the first day of class. Equipment needed: 12 oz. Heavy Bag Gloves, Catch Mitts, Jump Ropes, and Hand-wraps.  
Instructor: Lorissa Ridley-Fink, (785) 341-1708  
koboxer86@gmail.com

Date: 06/01/2011 to 07/27/2011 (W/M)  
(No class 7/4)  
Time: 6:30 PM to 7:30 PM  
Fee: \$170.00  
Location: K.O. Boxing, 2303 Tuttle Creek Blvd,  
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**Boxing** **11BRF14BZ**  
 Instructor: Lorissa Ridley-Fink, (785) 341-1708  
 koboxer86@gmail.com


Date: 06/07/2011 to 07/28/2011 (Tu/Th)  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$170.00  
 Location: K.O. Boxing, 2303 Tuttle Creek Blvd,  
 Blue Hills Shopping Center

**Exploring Contact Improvisation** **11BRF103**  
 Want to learn an exciting new dance form that will increase your strength and bodily awareness? Looking for a new way to connect with other people? In this class, students will learn about and explore the contemporary dance form called contact improvisation. Dancers stay in constant contact with a partner to create a shared improvised dance. Contact improvisation uses shared weight, counterbalances, momentum, falling, and lifting to create a unique dance. Participants should wear comfortable clothing that is easy to move in. Beginner to advanced dancers are welcome and no previous dance experience necessary.  
 Instructor: Charissa Bowditch  
 charissa.bowditch@gmail.com

Date: 06/09/2011 to 07/14/2011 (Th)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$32.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

**Intermediate & Advanced Modern Dance** **11BRF105**  
 This contemporary modern class will help increase your strength, balance, and flexibility. This class will also challenge your way of moving and encourage you to find new ways of exploring the art of dance. Class time will include a floor warm-up, center combinations, and traveling combinations. Participants will learn to release their muscles to aid in the fluidity of movement. Inversions, turns, balances, floor work, improvisation, and jumps will be explored. Participants should wear comfortable clothing that is easy to move in. Intermediate to advanced dancers with experience in ballet or modern are encouraged to take this class.  
 Instructor: Charissa Bowditch  
 charissa.bowditch@gmail.com

Date: 07/06/2011 to 08/03/2011 (W)  
 Time: 5:00 PM to 6:15 PM  
 Fee: \$40.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor



**TEACH a Class at UFM**

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

**Belly Boot Camp** **11BRF108A**  
 Want a fun class to tone your belly and core muscles? Then this class is for you! We will use belly dance moves and conditioning to help strengthen your core muscles, improve posture, and get you in shape for the summer. You do not need to be a belly dancer to come and join in the fun!  
 Instructor: Cathia Krehbiel, cathiab@ksu.edu

Date: 06/14/2011 to 06/28/2011 (Tu)  
 Time: 6:45 PM to 7:45 PM  
 Fee: \$27.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

**Belly Boot Camp** **11BRF108B**  
 Instructor: Cathia Krehbiel, cathiab@ksu.edu

Date: 07/05/2011 to 07/19/2011 (Tu)  
 Time: 6:45 PM to 7:45 PM  
 Fee: \$27.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor



**Modern Japanese Festival Dance (Yosakoi)** **11BRF109**  
 Yosakoi (meaning "Please come at night") is a style of festival dancing started in post-war Japan in order to raise the morale of its citizens. Yosakoi originated in the city of Kochi in 1954 and is a modern interpretation of Awa Odori, a traditional summer dance. Yosakoi-style dancing, popular throughout Japan, is energetic and incorporates traditional Japanese dance movements with modern music. The class will be a good, fun form of exercise, an alternative to other dances classes. Yosakoi participants include men and women and children of almost all ages. In the six sessions, the goal is to learn one of the Yosakoi dances. Be ready to work out and have fun!  
 Instructor: Barbara Johnson, rjwildcat@hotmail.com

Date: 06/07/2011 to 07/12/2011 (Tu)  
 (No class 6/21)  
 Time: 6:30 PM to 8:00 PM  
 Fee: \$22.00  
 Location: UFM Banquet Room  
 1221 Thurston St.

**Beginning Ballroom Dance** **11BRF110**  
 Men and women, adults and teens will learn three styles of ballroom dancing, the foxtrot, waltz and swing. No flip flops please. Dress shoes are best. There is limited space so enroll early!  
 Instructor: Randi Dale, (785) 539-5767

Date: 06/06/2011 to 06/20/2011 (M)  
 Time: 6:30 PM to 7:00 PM  
 Fee: \$40.00  
 Location: 2416 Rogers Blvd.

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 ***Take a Peek at the Past*** 

<p><b>Riley County Historical Museum</b>          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</p>	<p><b>Goodnow House Museum</b>  <b>State Historic Site</b>          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</p>	<p><b>Wolf House Museum</b>          630 Fremont St.          Open:          Sat. 1:00 - 5:00          Sun. 2:00 - 5:00</p>	<p><b>Pioneer Log Cabin</b>          Manhattan City Park          Open Sundays:          April-October          2:00 - 5:00</p>
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\*\*\* **Free Admission at All Sites** \*\*\*



## Yogilates

11BRF142AZ

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

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

Date: 06/07/2011 to 07/28/2011 (Tu/Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

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!

## Total Body Toning

11BRF159AZ

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

Instructor: Jenni Brenner

Date: 06/01/2011 to 07/27/2011 (W/M)  
(No class 7/4)  
Time: 7:00 PM to 8:00 PM  
Fee: \$75.00  
Location: Max Fitness, 3011 Anderson Ave

## Total Body Toning

11BRF159BZ

Instructor: Jenni Brenner

Date: 06/07/2011 to 07/28/2011 (Tu/Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$75.00  
Location: Max Fitness, 3011 Anderson Ave



## Beginner's Distance Running:

3 to 26.2 miles

11BRF111A

The class will cover the in's and out's of distance running. Subjects to be covered include designing your own training program, cross-training and speed-strength training. Basics of running technique will be sprinkled throughout the class. Instructor: Tommy May, (785) 317-3544 tom.arther.may@gmail.com

Date: 06/08/2011 to 06/22/2011 (W)  
Time: 7:00 PM to 8:00 PM  
Fee: \$16.00  
Location: UFM Fireplace Room, 1221 Thurston St.

## Beginner's Distance Running:

3 to 26.2 miles

11BRF111B

Instructor: Tommy May, (785) 317-3544 tom.arther.may@gmail.com

Date: 07/13/2011 to 07/27/2011 (W)  
Time: 7:00 PM to 8:00 PM  
Fee: \$16.00  
Location: UFM Fireplace Room, 1221 Thurston St.



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## K-State has options for your education.

### k-stateevening

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

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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!

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KANSAS STATE UNIVERSITY  
Division of Continuing Education

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



# YOUTH



## Archery for Youth (Ages 9-12) 11BYO01A

The main focus of this course will be to introduce youth to Olympic Style Archery and learn the important basics of the sport. This is a great sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety and introduction to the world of archery. All equipment will be provided by the instructor. Ages 9-12.

Instructor: Tom Korte, (785) 494-8889

Date: 06/08/2011 to 07/06/2011 (W)  
Time: 9:00 AM to 10:00 AM  
Fee: \$35.00  
Location: Sports Center, 11th St #615 A

## Archery for Youth (Ages 13-16) 11BYO01B

Instructor: Tom Korte, (785) 494-8889

Date: 06/08/2011 to 07/06/2011 (W)  
Time: 10:00 AM to 11:00 AM  
Fee: \$35.00  
Location: Sports Center, 11th St #615 A

## Introduction to Nutcracker Ballet and Tap Dancing 11BYO06A

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: 06/06/2011 to 06/13/2011 (M)  
Time: 6:00 PM to 6:30 PM  
Fee: \$12.00  
Location: 2416 Rogers Blvd.

## Introduction to Nutcracker Ballet and Tap Dancing 11BYO06B

Instructor: Randi Dale, (785) 539-5767

Date: 06/21/2011 to 06/28/2011 (Tu)  
Time: 6:00 PM to 6:30 PM  
Fee: \$12.00  
Location: 2416 Rogers Blvd.



## American Red Cross

### Babysitter's Clinic 11BYO23A

The 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: 05/21/2011 (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 11BYO23B

Instructor: Kelly Reed-Harkness

Date: 06/04/2011 (Sa)  
Time: 9:00 AM to 4:00 PM  
Fee: \$46.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Tutoring in Reading and Language Arts 11BYO54A

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

This is for grade levels: Completed 1st grade through 6th grade and 7th grade through High School.

Instructor: Randi Dale, (785) 539-5767

Date: 06/09/2011 to 06/30/2011 (Th)  
Time: 6:00 PM to 6:40 PM  
Fee: \$45.00  
Location: 2416 Rogers Blvd.

## Tutoring in Reading and Language Arts 11BYO54B

Instructor: Randi Dale, (785) 539-5767

Date: 07/07/2011 to 07/28/2011 (Th)  
Time: 6:00 PM to 6:40 PM  
Fee: \$45.00  
Location: 2416 Rogers Blvd.

## Pre-School Ballet 11BYO63A

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

Instructor: Randi Dale, (785) 539-5767

Date: 06/06/2011 to 06/13/2011 (M)  
Time: 5:30 PM to 6:00 PM  
Fee: \$12.00  
Location: 2416 Rogers Blvd.

## Pre-School Ballet 11BYO63B

Instructor: Randi Dale, (785) 539-5767

Date: 06/21/2011 to 06/28/2011 (Tu)  
Time: 5:30 PM to 6:00 PM  
Fee: \$12.00  
Location: 2416 Rogers Blvd.

## Pre-School Ballet 11BYO63C

Instructor: Randi Dale, (785) 539-5767

Date: 07/07/2011 to 07/14/2011 (Th)  
Time: 5:30 PM to 6:00 PM  
Fee: \$12.00  
Location: 2416 Rogers Blvd.

## Recycled Art for Kids 11BYO64

In this class we will take ordinary objects and make them extraordinary by transforming them into recycled art. Children will be able to use their imagination and turn "trash" into treasure. Ages 6-12.

Instructor: Jessica Campbell

Date: 07/22/2011 (F)  
Time: 2:00 PM to 5:00 PM  
Fee: \$5.00  
Location: UFM Fireplace room, 1221 Thurston St.

## Baking from Scratch for Kids 11BFF82

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

Instructor: Jessica Campbell

Date: 06/17/2011 (F)  
Time: 1:30 PM to 5:00 PM  
Fee: \$10.00  
Location: UFM Kitchen, 1221 Thurston St.



## Paper Beads for Children 11BCF72

In this class you will learn how to make paper beads. The class is structured for a child and an adult to learn and work together making a paper bead project; both will be making their own creation and also helping each other out with ideas and assistance. You can create a necklace, bracelet, or other project from the paper beads that you make. Please bring to class: scissors, glue stick or white glue, paper (magazine, wrapping paper, or other thin paper), and wash rag. Straws, yarn, cord, beads, and magazines will be provided by the instructor.

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

Date: 06/29/2011 (W)  
Time: 3:00 PM to 5:00  
Fee: No charge  
Location: UFM Conference Room  
1221 Thurston St

# 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>.

## CREDIT CLASS REFUNDS and WITHDRAWALS

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

## DROP POLICY

All drop deadlines are calculated based on the number of calendar days in the class. The following policies apply: a student may drop a class prior to 33% of the class duration without a grade being recorded on the student's transcript; if a student drops after 33% but before 62% of the class duration, a grade of W will be issued; and no drops will be accepted after 62% of the course duration. **Failure to drop a class may result in a failing grade.**

## CREDIT ENROLLMENT FEES

Courses taken for credit carry additional fees required for University administration of the credit program. A one-time \$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.

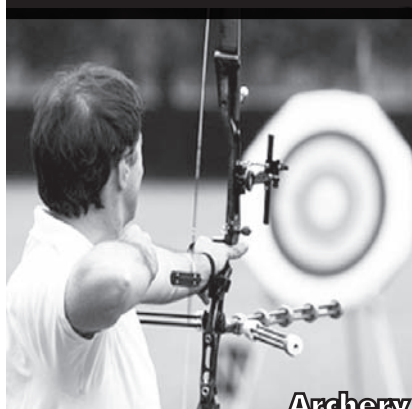
TITLE	REFERENCE #	DATE	TIME	FEE	LOCATION
<b>DANCE-599 BEGINNING YOGA</b> <i>Ana Franklin, (785) 537-8224 yogini@ksu.edu</i>	11323	06/01/2011 to 07/27/2011 (M/W) (No class 7/4)	3:00 PM to 4:00 PM	\$294.40	K-State Ahearn Room 301
<b>MUSIC 206 PIANO I</b> <i>Virginia Houser, vhouser@ksu.edu</i>	11666	06/14/2011 to 07/07/2011 (Tu/Th)	6:00 PM to 7:40 PM	\$305.60	K-State McCain Auditorium RM 127
<b>RRES-200 BOXING</b> <i>Lorissa Ridley-Fink, (785) 341-1708 lorissa@ksu.edu</i>	11369	06/01/2011 to 07/27/2011 (M/W) (No class 7/4)	6:30 PM to 7:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd
<b>BOXING</b>	11370	06/07/2011 to 07/28/2011 (Tu/Th)	6:30 PM to 7:30 PM	\$363	K.O. Boxing, 2303 Tuttle Creek Blvd
<b>FIRST AID/CPR/AED</b> <i>Henry Brown</i>	11368	06/18/2011 to 06/19/2011 (Sa/Su)	Noon to 7:30 PM	\$333	UFM Banquet Room, 1221 Thurston
<b>GOLF</b> <i>Jim Gregory, (785) 539-1041</i>	11371	06/01/2011 to 07/20/2011 (W)	6:00 PM to 8:00 PM	\$377	Stagg Hill Golf, 4441 Fort Riley Blvd
<b>SCUBA DIVING</b> <i>Jeff Wilson, (785) 313-4231</i>	11372	06/06/2011 to 07/18/2011 (M) (No class 7/4)	5:30 PM to 9:30 PM	\$432.40	Natatorium, K-State Campus
<b>TAE KWON DO I</b> <i>David Moore</i>	11273	06/02/2011 to 08/04/2011 (Tu/Th)	5:00 PM to 6:00 PM	\$333	Sun Yi's Academy, 1650 Hayes Dr
<b>TOTAL BODY TONING</b> <i>Jenni Brenner</i>	11374	06/01/2011 to 07/27/2011 (M/W) (No class 7/4)	7:00 PM to 8:00 PM	\$357	Max Fitness, 3011 Anderson Ave
<b>TOTAL BODY TONING</b>	11373	06/07/2011 to 07/28/2011 (Tu/Th)	7:00 PM to 8:00 PM	\$357	Max Fitness, 3011 Anderson Ave
<b>YOGILATES</b> <i>Diana Knox, (785) 539-7095 dknox@ksu.edu</i>	11476	06/07/2011 to 07/28/2011 (Tu/Th)	7:00 PM to 8:00 PM	\$357	Pro Fitness, 1125 Laramie St.





# UFM PROGRAMS

WWW.TRYUFM.ORG



Archery



Rec & Fitness



Teen Mentoring



Swim Lessons



Lou Douglas Lectures

## EDUCATION

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

## CRA-STATE OUTREACH

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

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THE TEEN MENTORING PROGRAM WAS DEVELOPED AS A WAY TO PROVIDE SUPPORT AND POSITIVE INTERACTION TO YOUTH WHO HAVE TROUBLE RELATING TO TRADITIONAL YOUTH PROGRAMS. A VARIED CURRICULUM IS PLANNED WITH OPPORTUNITIES FOR RECREATION AND LEARNING EXPERIENCES. MIDDLE AND HIGH SCHOOL GROUP MEETS TWO DAYS A WEEK AFTER SCHOOL. CALL JORDAN AT 539.8763 OR AMBER@TRYUFM.ORG.

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## KONZA INTERNET RADIO

KONZA IS UFM'S NEWEST COLLABORATIVE PROJECT. IT PROVIDES FORUMS FOR DISCUSSING PUBLIC ISSUES AND OFFERS UNDUPLICATED ENTERTAINMENT. TO LEARN MORE AND GET INVOLVED, VISIT [WWW.KONZARADIO.ORG](http://WWW.KONZARADIO.ORG).



**FOR MORE INFORMATION:**

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

# ENROLL NOW!!!



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

Get up-to-date information, check class availability and waitlist for a class. Also, online you can read about UFM and our other great programs!



Call UFM at 785.539.8763 or fax registration form to 785.539.9460. We gladly accept Visa, Mastercard, Discover and American Express.



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.

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.



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 in Fall and Spring!



## 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.