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Fall 2012 UFM Community Learning Center

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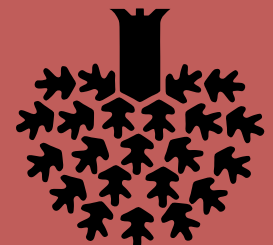
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Catalog

Fall 2012 UFM

UFM Community Learning Center
1221 Thurston St
Manhattan, KS 66502



NON-PROFIT ORG
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MANHATTAN, KS 66502

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UFM is proud to offer more than 250 classes this semester. New classes beginning this Fall include Power Yoga (pg 26), SilverSneakers® exercise programs (pg 27), Manners for Children & Teens (pg 29), and Henna Body Art (pg 10). New sections of favorite classes continue like Zumba Fitness and Zumba Gold, Belly Dance, Archery for Kids, and Photography workshops.

In addition to classes, UFM is sponsoring the 32nd Annual Lou Douglas Lecture series in the Manhattan community. This year, Russ Feingold, former Senator of Wisconsin will be the featured speaker on October 16 at 7pm in Forum Hall at Kansas State University.

UFM will also coordinate four great classes in partnership with Osher Lifelong Learning Institute at KU and Kansas State University.

UFM has something for all ages! Teen mentoring for middle-school and high-school students creates a safe and fun environment to learn life lessons and participate in positive activities with their peers.

Pick up a UFM catalog for yourself and a friend and TRY UFM today!

INFORMATION

ABOUT UFM CLASSES

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

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

UFM CANCELLATION POLICY

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

REFUND POLICY

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

DISCLAIMER

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

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.

UFM FALL 2012 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.

Christina Amerin
Marie Amthauer
Robert Auten
Carol Barta
Scott Bean
Hillary Betzen
Big Poppi Bicycle Co
Dan Boyle
Jeremy Boyle
Charlene Brownson
Kate Cashman
Don Combs
Randi Dale
Habib Diop
Bill Dorsett
Ana Franklin
Jill Frese

Jeff Gill
Jim Gregory
Jennifer Guilford
Jeff Gwartz
Karen Hanson
Mary Heath
Aaron Hernandez
Nancy Hetzler
Michele Janette
Pamela Kay Johansen Flach
Jeff Keller
Brandi (Anola) Kiekol
Jim Kiker
Susan King Shoemaker
Tom Korte
Liz Krieger
Toni Kroll

Laura Kumle
Amber Lehrman
Jessi Long
Whitney Lukenbill
Danvas Mabeya
Ryan Marick
Judy Metcalf
Jui Mhatre
David Moore
Debbie Newton
Geofred Osoro
Hannah Parker
Michelle Perez
Jim Peterson
Alana Pfeifer
Linda Rae
Amy Reazin

Kelly Reed-Harkness
Wayne Rhodus
David Seamon
Glenn Sixbury
Karen Smothers
Paul Sodamann
Tina Steffensmeier
Abby Thrash
Doug Tippin
Elsa Toburen
Kennita Tully
Rosanna Vail
Voices For All, LLC
Kari Wallentine
Paul Weidhaas
Amy (Nashid) Werner
Jeff Wilson

KSU CREDIT COURSES

CREDIT CLASS REFUNDS AND WITHDRAWALS

Tuition refunds are calculated based on the number of calendar days in the class. You may be eligible for a full or partial refund of tuition if you choose to drop your class before a certain date. Please refer to the full withdrawal and refund policy at <http://www.dce.k-state.edu/courses/registration/policies-withdrawal> or visit <http://courses.k-state.edu/fall2012/information/deadlines.htm>

DROP POLICY

All drop deadlines are calculated based on the number of calendar days in the class. The following policies apply: a student may drop a class prior to 33% of the class duration 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. Visit <http://courses.k-state.edu/fall2012/information/deadlines.htm> for more information.

CREDIT ENROLLMENT FEES

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

DISABILITY SUPPORT SERVICES

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

INCLEMENT WEATHER POLICY

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

LIABILITY STATEMENT

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

DONATIONS

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

SPECIAL ASSISTANCE

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

UFM STAFF

Executive Director | **LINDA INLOW TEENER**

Education Coordinator | **KAYLA ONEY**

State Outreach/KSU Credit Coordinator | **CHARLENE BROWNSON**

Program Assistant | **VAL COLTHARP**

Mentoring Coordinator | **ANDREW GARVER**

Swim Coordinator | **KAYLE CAMPBELL**

Student Assistant | **TEGAN PERKINS**

Lou Douglas Lecture Coordinator | **OLIVIA COLLINS**

Lou Douglas Intern | **OLIVIA MILLER**

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Charlotte Braddock

Monica Cohen

Chuck Havlicek

Steve Levin

Trina McCarty

Doug Sellers

AQUATICS

LEARN TO SWIM CLASSES

UFM proudly offers the American Red Cross Swim Lessons Levels 1 - 6, Parent/Infant and Parent/Tot, and Tot Transition. UFM also offers private lessons and adult swim classes.

Water safety is reinforced with tips and practice each day. The first day of class, each student is evaluated to assure that they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

LOCATION: KSU Natatorium - Ahearn Complex on Denison Avenue

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: After 5PM and on weekends, free parking is available in the K-State parking lot on Denison Avenue across the street west of the Natatorium, or on side streets. The parking garage located by the K-State Student Union is also available at \$1.50/hour.

Swim Program Make-up and Refund Policy
When a class is canceled 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 canceled.

BEGINNING & ENDING DATES (Except Where Noted):

Session A: Monday, Sept. 10 to Nov. 12
Session B: Tuesday, Sept. 11 to Nov. 13
Session C: Wednesday, Sept. 12 to Nov. 14
Session D: Thursday, Sept. 13 to Nov. 15

Parent and Child Aquatics (12 mon. to 3 yrs)

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

Fee: \$29.00 per session.

Monday 6:00 PM to 6:30 PM
12CAQPA1 Sept. 10 to Oct. 8
12CAQPA2 Oct. 15 to Nov. 12

Thursday 6:00 PM to 6:30 PM
12CAQPD1 Sept. 13 to Oct. 11
12CAQPD2 Oct. 18 to Nov. 15

Saturday 9:30 AM to 10:00 AM
12CAQPE Sept. 18 to Oct. 13 (No class 10/6)

Tot Transition (3-4 yrs)

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

Fee: \$29.00 per session

Tuesday 6:00 PM to 6:30 PM
12CAQTB1 Sept. 11 to Oct. 9
12CAQTB2 Oct. 17 to Nov. 14

Wednesday 6:00 PM to 6:30
12CAQTC1 Sept. 12 to Oct. 10
12CAQTC2 Oct. 17 to Nov. 14

Saturday 10:10 AM to 10:40 AM
12CAQTE Sept. 8 to Oct. 13 (No class 10/6)

Level I: Introduction to Water Skills

The object of Level I is to help students feel comfortable in water and to enjoy the water safely. Students will be introduced to elementary aquatic skills which will be built on as they progress through the Learn to Swim program. Students are ready for this level when they are mature enough to participate in a group setting without their parents.

Fee: \$54.00 per session

12CAQ-01AA Monday 6:00 PM to 6:40 PM
12CAQ-01A Monday 6:45 PM to 7:25 PM
12CAQ-01B Tuesday 6:45 PM to 7:25 PM
12CAQ-01C Wednesday 6:45 PM to 7:25 PM
12CAQ-01D Thursday 6:45 PM to 7:25 PM

Level II: Fundamental Aquatic Skills

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

Fee: \$54.00 per session

12CAQ-02AA Monday 6:00 PM to 6:40 PM
12CAQ-02A Monday 6:45 PM to 7:25 PM
12CAQ-02B Tuesday 6:45 PM to 7:25 PM
12CAQ-02C Wednesday 6:45 PM to 7:25 PM
12CAQ-02D Thursday 6:45 PM to 7:25 PM

Level III: Stroke Development

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

Fee: \$54.00 per session

12CAQ0-03AA Monday 6:00 PM to 6:40 PM
12CAQ-03A Monday 6:45 PM to 7:25 PM
12CAQ-03B Tuesday 6:45 PM to 7:25 PM
12CAQ-03C Wednesday 6:45 PM to 7:25 PM
12CAQ-03D Thursday 6:45 PM to 7:25 PM

**Manhattan
Marlins**

Swim Team



Children, teenagers and Master level swimmers. Primary emphasis is on positive self-image, physical conditioning and development to each person's fullest potential.

Ages: 5 years through adult

www.manhattanmarlins.org

For more information contact:

Coach Rob Putnam at 303.819.8861 or Drew Venum at 785.236.8802

AQUATICS

Level IV: Stroke Improvement

The objective of Level IV is to develop confidence in the skills learned and improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary backstroke, front crawl, back crawl, breaststroke) for greater distances. Students will be introduced to the basics of turning at a wall and coordinating the butterfly stroke. Students entering this course must have a Level III certificate or must be able to demonstrate all the completion requirements in Level III. Fee: \$54.00 per session

12CAQ-04A	Monday	6:45 PM to 7:25 PM
12CAQ-04B	Tuesday	6:45 PM to 7:25 PM
12CAQ-04C	Wednesday	6:45 PM to 7:25 PM
12CAQ-04D	Thursday	6:45 PM to 7:25 PM

Level V: Stroke Refinement

The objective of Level V is coordination and refinement of all strokes. Participants learn to perform each of the strokes over increased distances as well as learn surface dives and flip turns. Students entering this course must have a Level IV certificate or must be able to demonstrate all the course requirements of Level IV. Fee: \$54.00 per session

12CAQ-05A	Monday	6:45 PM to 7:25 PM
12CAQ-05C	Wednesday	6:45 PM to 7:25 PM

Level VI: Swimming and Skill Proficiency

The objective of Level VI is to refine the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level VI is designed with "menu" options that focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard courses. These options include: Personal Water Safety, Fitness Swimming, Lifeguard Readiness, and Fundamentals of Diving. Students entering this course must have a Level V certificate or be able to demonstrate the skills required to complete Level V. Fee: \$54.00 per session

12CAQ-06A	Monday	6:45 PM to 7:25 PM
12CAQ-06C	Wednesday	6:45 PM to 7:25 PM



Adult Swim Lessons

Are you tired of sitting on the sidelines watching everyone else swim? Now's your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons. Fee: \$54.00 per session

12CAQ22A	Monday	6:00PM to 6:40PM
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Lap Swimming: Ages 13+

Lap Swimming is for individual work-out. The lap pool is available to adults and advanced swimmers to swim regularly. You may choose your 40-minute block of time during the scheduled times below. Fee: \$19.00 per session

12CAQLSA	Monday	6:00 PM to 7:30 PM
12CAQLSB	Tuesday	6:00 PM to 7:30 PM
12CAQLSC	Wednesday	6:00 PM to 7:30 PM
12CAQLSD	Thursday	6:00 PM to 7:30 PM

Lap Swimming for Parents

Are you tired of being just an observer at your child's swimming lesson? If so, then take advantage of the time you spend watching and enroll in Lap Swimming at a special price. The lap pool is available every day your child is enrolled in swimming lessons. During this time you will be able to swim laps to meet your own needs and goals. Fee: \$16.00 per session

12CAQLPA	Monday	6:00 PM to 7:30 PM
12CAQLPB	Tuesday	6:00 PM to 7:30 PM
12CAQLPC	Wednesday	6:00 PM to 7:30 PM
12CAQLPD	Thursday	6:00 PM to 7:30 PM

Open Swim Appreciation

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

Date:	10/28/2012 (Su)
Time:	5:00 PM to 7:00 PM
Fee:	No charge
Location:	Natatorium, KSU Campus

Sunday Family Swim

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

Dates:	10/07/2012 to 10/28/2012 (Su)
Time:	5:00 PM to 7:00 PM
Fee:	\$8.00 Individual \$20.00 Family
Location:	Natatorium, KSU Campus

12CAQ22

Private Swim Lessons

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

Fee: \$69 per session, \$55 per student for semi-private lessons (2 students per teacher)

Beginning and Ending Dates for Private Lessons:

Session A1:	Monday Sept. 10 to Oct. 8
Session A2:	Monday Oct. 15 to Nov. 12
Session B1:	Tuesday Sept. 11 to Oct.9
Session B2:	Tuesday Oct. 16 to Nov. 13
Session C1:	Wednesday Sept. 12 to Oct. 10
Session C2:	Wednesday Oct. 11 to Nov. 14
Session D1:	Thursday Sept. 13 to Oct. 11
Session D2:	Thursday Oct. 18 to Nov. 15
Session E1:	Saturday Sept. 8 to Oct. 13

Monday-Thursday sessions: 6:00 PM to 6:30 PM and 6:45 PM to 7:15PM

Saturday sessions: 9:30 AM to 10:00 AM, 10:10 AM to 10:40 AM and 10:45 AM to 11:15 AM

Shallow/Deep Water Exercise

Enjoy the benefits of Shallow and Deep Water Exercise for one price! Design your own workout schedule by enrolling in the number of classes and choosing the day(s) you want to attend. Water Exercise is designed to use water for the development of physical fitness, muscle tone, flexibility and cardiovascular endurance. Shallow Water exercise is done in a vertical position with head and shoulders out of the water. Deep Water participants will be issued an aquajogger belt to help provide buoyancy in the water and is taught in the diving well (only swimmers who can tread water without a flotation device are allowed to participate in this class). *Shallow Water classes meet Monday through Thursday and Deep Water classes meet Tuesdays and Thursdays PLUS Saturday mornings* **NOTE: Participants will receive a punch card with name, the number of classes purchased and it will be distributed first day of class.**

Dates:	08/20/2012 to 11/15/2012
Time:	6:40 PM to 7:25 PM
Fee:	\$20 for 8 classes \$28 for 16 classes \$34 for 24 classes
Location:	Natatorium, KSU

*Saturday Deep Hydro sessions:	
Dates:	09/08/2012 to 10/13/2012 (No Class 10/06)
Time:	10:40 AM to 11:30 AM

AQUATICS



Scuba Diving

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

Instructor: Jeff Wilson, wheatlan@kansas.net

Scuba Diving

12CAQ105AZ

Dates: 09/10/2012 to 10/15/2012 (M)
 Time: 6:00 PM to 10:00 PM
 Fee: \$257.00 (Available for KSU Credit)
 Location: Natatorium, KSU Campus

Scuba Diving

12CAQ105BZ

Dates: 10/22/2012 to 12/03/2012 (M)
 (No Class 11/19)
 Time: 6:00 PM to 10:00 PM
 Fee: \$232.00 (Available for KSU Credit)
 Location: Natatorium, KSU Campus

Your education. Your terms.

K-State has options for your education.



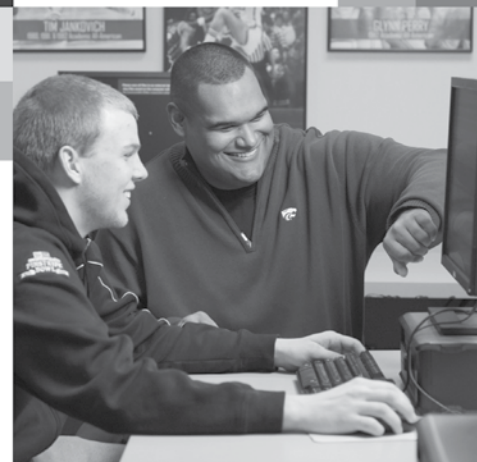
Evening College

Evening College offers the opportunity to take classes after the traditional workday schedule. 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.



Online Classes

K-State offers online classes for bachelor's degree completion, master's, Ph.D. and certificate programs.



Intersession

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

Visit www.dce.k-state.edu

© 6469

KANSAS STATE
 UNIVERSITY

Division of Continuing Education

CAREER & FINANCE

GRE Prep Course

12CFC06

Graduate Record Exam Preparation Course. Review and practice the three GRE subject areas of Math, Logic and Verbal skills, learn strategies for successful test-taking and analyze the reason for correct responses. Materials included in fee. Deadline one week prior to class or \$20 extra fee to order materials.

Date: TBD
Time: TBD
Fee: \$270.00
Location: UFM Conference Room 1221
Thurston St., 2nd floor

LSAT Prep Course

12CFC24

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

Date: TBD
Time: TBD
Fee: \$290.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Get Prepared for the ACT

12CFC121

This class is designed to improve your ACT score by decreasing test anxiety and familiarizing students with test format. Strategies for test-taking to maximize scores are taught. Tutoring in specific subjects is not part of this course. Class meets in the UFM Multipurpose Room on Saturday 9:00 AM to 1:00 PM and on Wednesday from 6:00 PM to 9:00 PM. This class is timed leading up to the ACT test scheduled for October 27, 2012. Jeff Keller earned a National Merit Scholarship and uses his familiarity with standardized tests to help students improve scores on ACT, SAT, and PSAT.
Instructor: Jeff Keller

Date: 10/13/2012 to 10/20/2012 (Sa & W)
Time: Sa from 9:00 AM to 1:00 PM;
W from 6 PM to 9 PM
Fee: \$94.00 (includes books)
Location: UFM Multipurpose Room
1221 Thurston St.

Computer Skills 101

12CFC119A

This orientation to computers is ideal for those who have had little exposure to computers. There will be an overview of parts of the computer and terminology including: desktop, menus, mouse instruction, scrolling, clicking, keying (typing), saving, and basic Internet skills.

Instructor: Liz Krieger

Date: 09/10/2012 to 10/01/2012 (M)
Time: 10:30 AM to 11:30 AM
Fee: \$14.00
Location: Manhattan Public Library
Computer Classroom
629 Poyntz Ave.

Liz Krieger has a Master's in Information Technology from Colorado Technical University and has worked in the computer field as an analyst for several years. She has moved back to Manhattan after being away for many years.

Computer Skills 101

12CFC119B

Date: 08/30/2012 to 09/20/2012 (Th)
Time: 7:30 PM to 8:30 PM
Fee: \$14.00
Location: Manhattan Public Library
Computer Classroom
629 Poyntz Ave.

Women and Wealth

12CFC124

By 2020, 65% of our nation's wealth will be in the hands of single or widowed women over 65. Are you unsure about your finances? Take charge of your financial future. Expand your knowledge of how money works and build your confidence regarding money and wealth. Learn the basic principles the wealthy use every day. Nancy Hetzler and Charlene Brownson have both worked in the financial services business for over 20 years. They enjoy teaching and educating families to develop money skills.
Instructors: Charlene Brownson, cmb@ksu.edu & Nancy Hetzler

Date: 10/23/2012 (T)
Time: 6:30 PM to 8:30 PM
Fee: \$9.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

happening
(FALL 2012) at **MAC** MANHATTAN
ARTS
CENTER



music: **KENNY WHITE** (energetic singer/songwriter pianist)

Aug 24 7:30pm

special event: **ART Happens** (a night of fun, refreshments & art in the making)

Aug 25 6:30pm

music: **BEPPE GAMBETTA** (acoustic guitarist straight from Italy)

Sep 21 7:30pm

theatre: **ALL MY SONS** (by Arthur Miller, directed by Jordan Foote)

Sep 28-30 & Oct 4-7

gallery: **WRAP IT UP! ART EXHIBIT & SALE OPENING RECEPTION** Oct 26 5:30-8pm
On display Oct 27-Dec 24, it's the perfect place to shop for that unique gift!

theatre: **BECKY'S NEW CAR** (by Steven Dietz, directed by Kim Riley)

Nov 2-4 & 8-11

youth theatre: **A CHRISTMAS CAROL** (Dickens's classic performed by area youth)

Dec 7-9

music: **A CHRISTMAS POTPOURRI** (nostalgic Christmas music & readings)

Dec 15 7:30pm

scheduled **ARTS CLASSES** available at **MANHATTANARTS.ORG**

www.manhattanarts.org 1520 Poyntz Ave, Manhattan, KS (785) 537-4420

CREATIVE FREE TIME

Beginning Knitting **12CCF05A**

Two projects (headband and hat) will be completed as you learn to cast-on, the knit stitch, the purl stitch, binding off, shaping and seaming. Materials for the first class project are short size US 10.5 needles and a light-colored bulky weight smooth yarn. These materials will be available for purchase at the first class. A materials list for the second project will be given in the first class.

Instructor: Kennita Tully, (785) 537-1826

Date: 08/28/2012 to 09/11/2012 (T)
 Time: 7:00 PM to 8:30 PM
 Fee: \$31.00
 Location: Wildflower Yarns and Knitwear
 300 Poyntz Ave.

Kennita Tully is a nationally recognized freelance knitwear designer whose work has appeared in many knitting publications.

Beginning Knitting **12CCF05D**

Date: 09/05/2012 to 09/19/2012 (W)
 Time: 1:00 PM to 2:30 PM
 Fee: \$31.00
 Location: Wildflower Yarns and Knitwear
 300 Poyntz Ave.

Beginning Knitting **12CCF05C**

Date: 10/03/2012 to 10/17/2012 (W)
 Time: 7:00 PM to 8:30 PM
 Fee: \$31.00
 Location: Wildflower Yarns and Knitwear
 300 Poyntz Ave.

Beginning Knitting **12CCF05B**

Date: 11/06/2012 to 11/20/2012 (T)
 Time: 7:00 PM to 8:30 PM
 Fee: \$31.00
 Location: Wildflower Yarns and Knitwear
 300 Poyntz Ave.



Beginning Crochet **12CCF84A**

Two projects (headband and hat) will be completed as you learn single and double crochet, shaping and seaming. Materials for the first class project are size I hook 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

Date: 08/28/2012 to 09/11/2012 (T)
 Time: 5:00 PM to 6:30 PM
 Fee: \$31.00
 Location: Wildflower Yarns and Knitwear
 300 Poyntz Ave.

Beginning Crochet **12CCF84B**

Date: 09/07/2012 to 09/21/2012 (F)
 Time: 11:30 AM to 1:00 PM
 Fee: \$31.00
 Location: Wildflower Yarns and Knitwear
 300 Poyntz Ave.

Beginning Crochet **12CCF84C**

Date: 10/03/2012 to 10/17/2012 (W)
 Time: 5:00 PM to 6:30 PM
 Fee: \$31.00
 Location: Wildflower Yarns and Knitwear
 300 Poyntz Ave.

Beginning Crochet **12CCF84D**

Date: 11/06/2012 to 11/20/2012 (T)
 Time: 5:00 PM to 6:30 PM
 Fee: \$31.00
 Location: Wildflower Yarns and Knitwear
 300 Poyntz Ave.

Philosophy of Gurdjieff & Ouspensky **12CCF128**

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

Date: 09/13/2012 to 10/25/2012 (Th)
 Time: 7:30 PM to 9:00 PM
 Fee: \$19.00
 Location: UFM Solar Addition
 1221 Thurston St.

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

Introduction to Adobe Lightroom **12CCF140**

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

Instructor: Scott Bean, scott@scottbeanphoto.com

Date: 11/06/2012 to 11/15/2012 (TTh)
 Time: 7:00 PM to 9:00 PM
 Fee: \$52.00
 Location: UFM Computer Lab
 1221 Thurston St., 2nd floor



CREATIVE FREE TIME



Intro to Photography: The basics of photography & setting up your camera 12CCF172

This class is designed for the beginning photographer looking to learn how to operate their camera better and to gain a better understanding of the basics of photography. To get the most from this class, participants will need a camera that has some form of manual exposure mode (full manual, aperture priority or shutter priority). Not sure if your camera has those modes? Just contact us and we will look into it for you. Each participant will need to bring their camera and the manual for it, if available. Handouts from the material presented in class will be provided to each participant. View the topics covered at www.tryufm.org.

Instructors: Scott Bean, scott@scottbeanphoto.com & Wayne Rhodus, wrhodus@hotmail.com

Scott Bean has been enjoying the hobby of nature photography for several years. Scott would like the chance to help others get started in this wonderful hobby.

Wayne Rhodus is nearly a lifelong resident of Kansas and takes great joy in photographing all things natural. View Wayne's full bio at www.tryufm.org.

Date: 09/22/2012 (Sa)
Time: 9:30 AM to 4:00 PM
Fee: \$92.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Intro to Photography: Working with your camera, light and composition 12CCF173

This class is designed to help the beginning photographer bridge the technical and creative sides of photography. To get the most from this class, participants will need a camera that has some form of manual exposure mode (full manual, aperture priority or shutter priority). Not sure if your camera has those modes? Just contact us and we will look into it for you. Each participant will need to bring their camera and the manual for it, if available. Handouts from the material presented in class will be provided to each participant. View the topics covered at www.tryufm.org.

Instructors: Scott Bean, scott@scottbeanphoto.com & Wayne Rhodus, wrhodus@hotmail.com

Date: 10/28/2012 (Su)
Time: 9:30 AM to 4:00 PM
Fee: \$92.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Landscape Photography Field Techniques 12CCF187

This class will focus on topics and techniques geared toward landscape photography. Participants will need to have an understanding of the basics of photography such as f-stop, shutter speed, etc and also how to set their cameras (a digital camera that can be used in manual mode, aperture priority or shutter speed priority mode will be needed). The class will meet on Sunday afternoon for approximately one hour and then travel to a location near Manhattan to photograph the evening light and sunset. Participants may need to provide their own transportation to the field and there may be some travel on gravel roads. This class is an advanced beginners/intermediate level course for those photographers wanting a chance to work more with their cameras and composition out in the field. View details at www.tryufm.org

Instructor: Scott Bean, scott@scottbeanphoto.com,

Date: 09/09/2012 to 09/23/2012 (Su)
Time: 4:30 PM to 8:30 PM
Fee: \$66.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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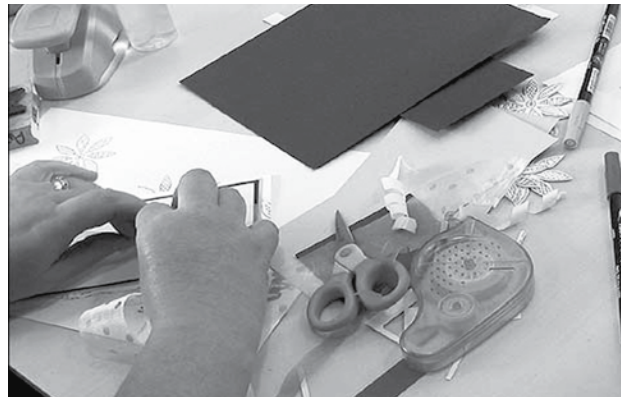
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beach.k-state.edu Sun: 12-5



Introduction to Adobe Photoshop 12CCF65

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. Scott Bean, scott@scottbeanphoto.com

Date: 11/27/2012 to 12/06/2012 (TTh)
Time: 7:00 PM to 9:00 PM
Fee: \$52.00
Location: UFM Computer Lab
1221 Thurston St., 2nd floor



Card Making on a Budget 12CCF179

Making cards is a lot of fun, but the materials can be expensive! Come learn how to stretch your craft budget by creating or re-purposing your own embellishments, utilizing leftover scraps on fresh new designs, and being resourceful with items or tools you may already have at home. We will create a handmade card project in each of our three class sessions using different budget-friendly techniques. We will also learn tips and tricks for keeping creative juices flowing while making the most of your craft budget. Materials needed: adhesive such as a glue stick, double-stick tape, or scrapbook adhesive. Beginner card makers welcome! Ages 10 and up. Registration deadline 10/3
Instructor: Rosanna Vail

Date: 10/09/2012 to 10/23/2012 (T)
Time: 6:30 PM to 8:00 PM
Fee: \$17.00
Location: UFM Solar Addition
1221 Thurston St.

Rosanna is a paper craft enthusiast who loves creating handmade greeting cards and gifts using rubber stamps, paper, embellishments, and just about anything that can be found around the house.

Cool Tools for Cards and Scrapbooking 12CCF188

Try it before you buy it! In this workshop, you can experiment with a heat embossing tool, die-cut machine, circle cutter, and many other products and tools used in card making and scrapbooking. Visit different project stations to complete a mini project using each tool or technique, and get one-on-one demonstrations. Materials needed: scrapbook adhesive of your choice. Ages 13+.
Instructor: Rosanna Vail

Date: 09/29/2012 (Sa)
Time: 10:00 AM to 11:30 AM
Fee: \$14.00
Location: UFM Solar Addition
1221 Thurston St.

Creative Origami: Crane Mobiles 12CCF182

Use the art of Japanese paper-folding to create unique home decorations. Students will leave with a completed crane mobile. A variety of beautiful papers will be provide and pieces can be glazed and sealed to improve durability. Beginners welcome. Ages 9+.
Registration deadline August 13
Instructor: Laura Kumle

Date: 08/20/2012 to 09/24/2012 (M)
(No Class 9/3/2012)
Time: 7:00 PM to 8:30 PM
Fee: \$40.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Laura is a graduate of Kansas State University in digital art. She enjoys all forms of art and has taught herself henna and temporary body art, origami, jewelry-making and middle eastern dance. Learning and helping others learn is her passion and she looks forward to how she can share some of her interests with the community.

Creative Origami: Flowers 12CCF183

Use the art of Japanese paper-folding to create unique home decorations. Students will leave with a completed bouquet of flowers. A variety of beautiful papers will be provided and pieces may be glazed and sealed to improve durability. Beginners welcome. Ages 9+.
Registration deadline September 24
Instructor: Laura Kumle

Date: 10/01/2012 to 10/29/2012 (M)
Time: 7:00 PM to 8:30 PM
Fee: \$40.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Creative Origami: Decorative Wall Hanging 12CCF184

Use the art of Japanese paper-folding to create unique home decorations. Students will leave with a completed decorative wall hanging. A variety of beautiful papers will be provided and pieces may be glazed and sealed to improve durability. Beginners welcome. Ages 9+.
Registration deadline October 29
Instructor: Laura Kumle

Date: 11/05/2012 to 12/10/2012 (M)
(No Class 11/19/2012)
Time: 7:00 PM to 8:30 PM
Fee: \$40.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Henna Body Art 12CCF185A

Henna has been used for thousands of years to decorate people from a variety of backgrounds and faiths and now it helps us celebrate life with friends and family. Participants will learn about the ancient art of Mehndi (using the henna plant to stain designs on the skin), how to draw henna and the history of henna uses. Resources for continuing henna practice will be available. Refreshments provided. Participants will receive a henna demonstration, henna designs and instructions on how to care for their henna art. Ages 16+.
Instructor: Laura Kumle

Date: 09/07/2012 (F)
Time: 7:00 PM to 9:00 PM
Fee: \$28.00 (includes materials)
Location: UFM Banquet Room
1221 Thurston St.

Henna Body Art 12CCF185B

Date: 10/05/2012 (F)
Time: 7:00 PM to 9:00 PM
Fee: \$28.00 (includes materials)
Location: UFM Banquet Room
1221 Thurston St.

Henna Body Art 12CCF185C

Date: 11/02/2012 (F)
Time: 7:00 PM to 9:00 PM
Fee: \$28.00 (includes materials)
Location: UFM Banquet Room
1221 Thurston St.

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Jewelry-Making Techniques 12CCF186B

Why buy jewelry when you can learn to make your own? Learn the skills and techniques to be able to throw your own personal touch into the designs you wear. The class will cover basic skills, introduction to types of bead and jewelry components and a wide selection of beads to choose from - glass, crystal and maybe even gemstone. We will create earrings, necklaces, bracelets and anklets. Please contact the instructor with any color/style preferences or any metal sensitivities. The class will work primarily with aluminum, copper, steel or silver-plate; additional charges for precious metals. Contact Laura at lkumle@yahoo.com or (785) 532-9401 for special requests. Registration deadline September 24
Instructor: Laura Kumle

Date: 10/11/2012 to 11/29/2012 (Th)
(No Class 11/22)
Time: 7:00 PM to 8:30 PM
Fee: \$59.00 (Use instructor's tools)
\$89.00 (Personal tools included)
Location: UFM Multipurpose Room
1221 Thurston St.

Make A Paracord Bracelet 12CCF171

Paracord (parachute cord) bracelets are all the 'rage' with kids and are gaining popularity with adults. The bracelet is made of 550 parachute cord, the same used by the military, and is constructed through a series of knots. Youth and adults will learn how to make a custom one-color bracelet to take home. You will also receive a list of resources to buy paracord and bracelet clips locally and online. Make a bracelet for a gift or make one of every color! Ages 9 and up.
Instructor: Michelle Perez

Date: 09/26/2012 to 09/26/2012 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$20.00 (includes materials)
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Paper Bead Jewelry Making 12CCF72

In this class you will learn how to create your own paper beads and string them to create necklaces, bracelets, or earrings. These make great gifts for the holidays. Ages 16+ Bring to class: scissors; white glue or glue stick; paper: wrapping paper, magazines, newspaper; and washcloth.

Instructor: Charlene Brownson, cmb@ksu.edu

Date: 11/06/2012 to 11/13/2012 (T)
Time: 6:30 PM to 8:00 PM
Fee: \$5.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Charlene enjoys working with a variety of arts and crafts. She has a degree in Art Education and likes to share her hobbies with others.



Featured UFM Volunteer Instructor

Jui Mhatre



Jui Mhatre has been practicing classical Indian dance "Bharatanatyam" for the past fifteen years, and teaching classical as well as folk dances for the past ten years. She has appeared in several solo performances in the United States and Canada. Apart from practicing classical Indian dance, she also works as an interdisciplinary artist mixing performance with other media such as clay and video. Her husband, Shreepad Joglekar, works as an Assistant Professor at Kansas State University teaching Photography in the Art department. Jui teaches Bharatanatyam for adults & children and Bhangra for adults.

Learning to Write and Sell Fiction

12CCF36

Have you ever dreamed of being a writer? Do you have a great idea but you don't know how to turn that idea into a story or a novel? Are you already working on a novel but you'd like to get feedback from others to see if you're on the right track? Whether you're a complete beginner or you've been writing for years, this class can help you hone your skills and land a publishing contract. "Learning to Write and Sell Fiction" will introduce the fundamentals of writing and selling novels, stories, and teleplays. General topics will be covered as well as specific issues related to student manuscripts. Please bring a sample of a work in progress or begin a project after the first class session. Each class provides guided workshop time where students learn through participation. Instructor: Glenn Sixbury

Date: 10/02/2012 to 10/16/2012 (T)
Time: 7:30 PM to 9:30 PM
Fee: \$16.00
Location: UFM Multipurpose Room
1221 Thurston St.

Glenn Sixbury has been writing and selling fiction for well over twenty years. Glenn has been a writing instructor for over ten years and is working on a book about writing that is scheduled to be published in late 2012.

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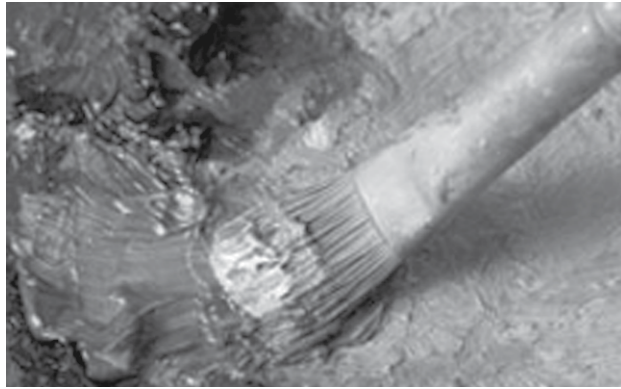
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The HeArt of Awareness: Developing your Intuition through Art Processes

12CCF189

Through the use of visualization and meditation, the application of a crystal, your intention, and spontaneous art making processes (utilizing oil pastels, watercolor, and clay), students will gain insights into the resistance and blockages of what they are trying to create in their lives. Learn a process of dialogue that synchronizes the left and right hemispheres of the brain. You will strengthen your intuition through this class and leave with tools to use in every day life with issues of career, relationships, health, finances, or gaining knowledge on a particular topic. No artistic experience is required. All materials and tools are provided. Please bring an idea of what you want to address. You will take home art materials and a crystal so you can continue using what you have learned on your own.

Instructor: Linda Rae, lindarae@lindaraestudio.com

Date: 10/13/2012 and 11/12/2012 (Sa)
Time: 10:00 AM to 6:00 PM
Fee: \$160.00 (includes materials)
Location: UFM Solar Addition
1221 Thurston St.

Linda Rae has a B.A. in Studio Art and an M.A. in Art Therapy. She has studied consciousness through her art and dialogue process for the last 15 years. Linda is a professional artist and an instructor for youth and adult art classes at the Manhattan Arts Center.



Introduction to Voiceovers 12CCF129

Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, 'I could do that?' If so, then you could have what it takes to begin working as a professional Voiceover Artist. The current Voiceover trends have made it easy and affordable for just about anyone to get involved. In this fun and empowering 90 minute introductory session, you will learn about the different types of voiceovers and what tools are needed in order to find success in the voiceover industry. Your instructor will coach you in this one-on-one, online setting as you read from real scripts, taking notes on your performance so you can receive a professional voice evaluation later. Come ready to laugh, learn and be inspired. This class is taught by a professional voice actor. Click on the link to view a demonstration video. Students schedule their one-time 90 minute one-on-one online session sometime between 9/6/12 and 12/09/12. Enroll before October 6th for \$39 or for \$49 after October 6th. Once registered, or for any questions concerning the course, please contact Casey Rose at casey@voicesforall.com.

Date: Online course
Time: See class description
Fee: \$39.00 (Before Oct. 6)
\$49.00 (After Oct. 6)
Location: See class description

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An Introduction to Brain Gym:

Move with Balance

12CCF174

Move with Balance is a Fall Prevention Program using Brain Gym Movements and other physically, mentally and socially engaging activities to enhance living for the older generation. It integrates research in vision training, kinesiology and brain plasticity while improving cognitive function and eliminating or reducing fall through an ongoing exercise program. This short introduction is designed to prepare participants to use the personal model with more fragile seniors or with groups of seniors. If you are a senior or plan to be one, take this opportunity to stay healthy and involved while learning important skills of focus, concentration, balance and coordination in a safe, loving atmosphere.

Instructor: Judy Metcalf, kinlearn3jm@yahoo.com

Date: 10/08/2012 to 11/09/2012 (MF)
Time: 2:00 PM to 3:30 PM
Fee: \$48.00
Location: Meadowlark Hills
2121 Meadowlark Road
K-State Classroom

Judy Metcalf has been using Brain Gym since the early 1990s. As a physical educator, she used it to help her students learn to move and move to learn. She is licensed by Brain Gym International to teach Brain Gym 101 and several other Educational Kinesiology Foundation Courses. Her main interest is in intergenerational programs that are movement-based. Presently, she is offering this introductory class in the Manhattan area.

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EARTH & NATURE

Bicycle Ed 101

12CEN75A

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: 10/05/2012 (F)
Time: 7:00 PM to 8:00 PM
Fee: \$10.00
Location: Big Poppi Bicycle Co, 1126 Moro St.

Bicycle Ed 101: For Women Only

12CEN75B

Date: 10/12/2012 (F)
Time: 7:00 PM to 8:00 PM
Fee: \$10.00
Location: Big Poppi Bicycle Co, 1126 Moro St.

Bicycle Core Concepts:

Drive-train Mechanics

12CEN76

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

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

Date: 10/07/2012 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$60.00
Location: Big Poppi Bicycle Co, 1126 Moro St.



Bicycle Core Concepts:

Brake System Mechanics

12CEN77

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

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

Date: 10/14/2012 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$60.00
Location: Big Poppi Bicycle Co, 1126 Moro St.

Bicycle Major

Bearing Systems

12CEN78

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

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

Date: 10/21/2012 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$100.00
Location: Big Poppi Bicycle Co, 1126 Moro St.

Fly Fishing

12CEN04AZ

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

Instructor: Paul Sodamann, (785) 456-5654

Date: 10/08/2012 to 10/18/2012 (MTWTh)
Time: 6:00 PM to 8:00 PM
Fee: \$95.00
Location: K-State Durland/Rathbone Hall 1061



Bicycle Wheel Systems

12CEN79

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

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

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

Date: 10/28/2012 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$10.00 or \$125.00
Location: Big Poppi Bicycle Co, 1126 Moro St.

Wildflower Walk at

Tuttle Creek Lake

12CEN69

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: 09/08/2012 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: Tuttle Creek Lake Visitor's Center 5020 Tuttle Creek Blvd

FUN FOODS



Easy As Pie **12CFF91**

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

Date: 10/20/2012 (Sa)
Time: 1:00 PM to 5:00 PM
Fee: \$29.00
Location: HyVee Club Room
601 3rd Place

Food for Thought: Beginner's Cooking **12CFF87**

Come learn how easy and fun it is to cook at home! Save money, and your waistline, by learning the basics of home-cooking. In this course, you will learn how to make home-made noodles, sauces, and how to incorporate more seasonal vegetables into your meals. From beginners to novices, come learn how to cook yummy food and gain confidence in the kitchen. Ages 18+
Instructor: Jessi Long

Date: 09/08/2012 to 09/29/2012 (Sa)
Time: 1:30 PM to 3:30 PM
Fee: \$29.00
Location: HyVee Club Room
601 3rd Place



The Perfect Cookie **12CFF98**

Have you ever wished that you could make a cookie at home that tastes like your favorite bakery? In this class we will learn the baker's secrets! Not only will we be baking a variety of cookie types, we will learn the science behind the yummy outcomes! Whether you prefer crispy, chewy, cake-like or all the above, this class is your chance to learn to bake the perfect cookie!

Instructor: Karen Hanson

Date: 11/07/2012 (W)
Time: 6:00 PM to 8:00 PM
Fee: \$29.00
Location: HyVee Club Room
601 3rd Place



Peruvian Cuisine **12CFF48**

Discover a fun way to learn to cook Peruvian dishes and the richness of the Peruvian cuisine. Peruvian food is often considered to be the best food in South America. Let's have fun cooking Peruvian!
Instructor: Elsa Toburen, elsatob@hotmail.com

Date: 10/05/2012 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$29.00
Location: HyVee Club Room
601 3rd Place



Holiday Sweets: Candies & Cookies **12CFF90**

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

Date: 12/05/2012 (W)
Time: 6:00 PM to 8:00 PM
Fee: \$29.00
Location: HyVee Club Room
601 3rd Place

Beer Tasting **12CFF39**

Tallgrass Brewing Company's Brewmaster will guide students through a beer tasting of various beer styles from around the world. Students will learn about the influence of barley, wheat, hops, water, and yeast on the flavor of beer, and how to recognize those flavors in fine beers. Class will be held at Tallgrass Brewing Company. Every participant gets a souvenir Tallgrass Brewing Co. tasting glass! Participants must be 21 years and older.
Instructor: Jeff Gill

Date: 10/19/2012 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$10.00
Location: Tallgrass Brewing Company
8845 Quail Lane, Suite 1.

HEALTH & WELLNESS

Living the Art: Jin Shin Jyutsu 12CHW08

Jin Shin Jyutsu is an ancient harmonizing art for body, mind and spirit. During class we practice easy self-help techniques and learn ways to interpret our body's messages to us: as we get to know ourselves, we are better able to help ourselves. Jin Shin Jyutsu is as simple as exhaling and inhaling, and as complicated and intricate as our bodies. This class lends itself to beginners and is also appropriate for anyone who has previously taken a class. Jin Shin Jyutsu is a subtle, relaxing and profound support for our entire being. Please wear comfortable clothes and your smile.

Instructor: Kate Cashman

Date: 09/10/2012 to 09/24/2012 (M)
 Time: 7:00 PM to 8:30 PM
 Fee: \$24.00
 Location: 1421 Colorado Street

Kate Cashman has been studying and practicing Jin Shin Jyutsu since taking a self-help class through UFM in 1998. She is a practitioner and certified self-help instructor of the art. Kate has a bodywork practice and has been in business since 1991. She loves sharing her knowledge of Jin Shin Jyutsu.

Faithfully Fit Forever 12CHW136

Have you ever thought of exercising before, but the thought of going to a gym is too intimidating or threatening? Well, this class can make exercising easier for you. Faithfully Fit Forever is an exercise class that combines focus of body, mind and spirit with aerobics and strengthening, health education and devotions. It's designed for all ages and people of all exercise backgrounds. It is meant to bring exercise to you with the least amount of barriers as possible with a great chance for fellowship.

Instructor: Marie Amthauer

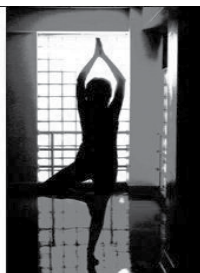
Date: 09/10/2012 to 12/20/2012 (MTh)
 (No Class 11/22)
 Time: 6:00 PM to 7:00 PM
 Fee: \$20.00
 Location: Harris Center
 520 Poyntz , lower level

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

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

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

"Stretching Body, Breath & Mind"



Women's Self Defense 12CHW118A

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

Instructor: Pamela Kay Johansen Flach, pam@midamerica-karate.com

Date: 09/08/2012 to 09/29/2012 (Sa)
 Time: 1:00 PM to 2:00 PM
 Fee: \$38.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Women's Self Defense 12CHW118B

Date: 10/20/2012 to 11/10/2012 (Sa)
 Time: 1:00 PM to 2:00 PM
 Fee: \$38.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Refuse To Be A Victim 12CHW202A

Safety experts agree the single most important step toward ensuring your personal safety is making the conscious decision to Refuse To Be A Victim. You stand a much better chance of preventing criminal attack if you develop a safety plan before you need it. That is why the National Rifle Association is offering the Refuse To Be A Victim crime prevention seminar. The seminar teaches easy-to-understand methods you can use to increase awareness and prevent criminal confrontation. In just three to four hours, you will get the tools you need to develop your own personal safety strategy, including information about:
 -The Psychology of the Criminal Mind -Home & Phone Security -Automobile & Travel Security -Personal & Technological Security -Self-Defense Devices and Training Options -And more! *Registration deadline September 17

Instructor: Robert D Auten

Date: 09/20/2012(Th)
 Time: 6:00 PM to 9:00 PM
 Fee: \$42.00 (includes materials)
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Robert Auten is full time staff at Kansas State University as well as a NRA certified instructor in many disciplines including Refuse To Be A Victim.

Refuse To Be A Victim 12CHW202B

*Registration deadline October 22

Date: 10/25/2012 to 10/25/2012 (Th)
 Time: 6:00 PM to 9:00 PM
 Fee: \$42.00 (includes materials)
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor



TEEN MENTORING!



Build positive relationships! Have fun! Activities promoting self-confidence!



Middle school — Tuesday & Wednesday

Starting September 11

High school — Thursday

Starting September 13

3:00 PM to 5:00 PM

To apply or for more information about the mentoring program, visit www.tryufm.org or email Andrew@tryufm.org

HEALTH & WELLNESS

Mental Health First Aid 12CHW130A

Mental Health First Aid is designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. For the full class description, visit tryufm.org.

Instructors: Karen Smothers, Mary Heath, Tina Steffensmeier

Date: 09/04/2012 to 09/25/2012 (T)
Time: 4:00 PM to 7:00 PM
Fee: \$25.00
Location: 1558 Hayes Dr., Manhattan, KS

Mental Health First Aid 12CHW130B

Date: 11/08/2012 to 11/09/2012 (ThF)
Time: 9:00 AM to 4:00 PM
Fee: \$25.00
Location: 355 Grant Avenue
Junction City, Kansas

Basic Parenting 12CHW131A

Parents will participate in six two-hour sessions led by Jeremy Boyle, MS, LMFT, CFLE. Sessions cover a variety of topics fundamental to good parenting such as personal stress management, understanding children, and helping children learn. These sessions are appropriate for parents of children of any age. Child care is offered for children of attendee's ages 18 month to 12 years. If you are in the need of childcare advanced notice must be provided. City of Manhattan residents are eligible for a scholarship to help cover the cost of the workshop.

Instructors: Jeremy Boyle & Mary Heath

Date: 08/21/2012 to 09/25/2012 (T)
Time: 6:30 PM to 8:30 PM
Fee: \$60.00
Location: Pawnee Mental Health
2001 Claflin, Manhattan, KS

Jeremy Boyle, MS, LMFT, CFLE, outpatient therapist at Pawnee Mental Health Services is a Licensed Clinical Marriage and Family Therapist.

Basic Parenting 12CHW131B

Date: 10/09/2012 to 11/13/2012 (T)
Time: 6:30 PM to 8:30 PM
Fee: \$60.00
Location: Pawnee Mental Health
2001 Claflin, Manhattan, KS

*Registration deadline 10/05/2012



Healing Touch Level 1 12CHW123

Healing Touch is a relaxing, nurturing energy therapy that uses gentle, heart-centered touch to assist in balancing Physical, Mental, Emotional, and Spiritual well-being. Topics covered in the class include the following: energy system concepts related to health; basics and assessment of the energy system; meditation for centering and maintaining energetic flow; principles and practice of Healing Touch for personal and professional use; legal and professional aspects of touch therapies, Ethical Conduct and Standards of practice, and integrity in Healing Touch. This class is for registered nurses, health care professionals, body-oriented therapists, psychotherapists, licensed health care professionals and individuals, and those who desire to study energy therapy with a commitment to help others.

*Registration deadline October 5th
Instructor: Susan King Shoemaker

Date: 10/13/2012 & 10/14/2012 (Sa & Su)
Time: 9:00 AM to 6:00 PM
Fee: \$314.00 Regular Fee
\$154.00 Student or Senior (over 65)
Location: UFM Conference Room
1221 Thurston St.

Susan King Shoemaker, RN, MS, CHTP/I is a Certified Healing Touch Practitioner and Certified Healing Touch Instructor. Susan has worked 6 1/2 years in education. She coordinated the Healing Touch Program for Central Pennsula Hospital in Soldotna, Alaska. Susan has a private practice in Healing Touch providing individual sessions.

SilverSneakers®

Yoga Stretch 12CHW135A

Just how beneficial is fitness for older adults? Regular exercise can increase muscular strength, endurance, and range of motion. With our classes, you'll find improved posture, balance, coordination, agility, and body awareness. Sign up today to get fit and maintain your independence. SilverSneakers is the nation's leading fitness program created to provide low-impact exercise for older adults. For more information, check out www.silversneakers.com. Join us for our YogaStretch class. YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. (All levels welcome.)

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 08/21/2012 to 09/18/2012 (T)
Time: 1:30 PM to 2:30 PM
Fee: \$40.00
Location: Maximum Performance Physical
Therapy and Fitness Center
426A McCall Road

Debbie Newton is a certified SilverSneakers instructor and an experienced yoga instructor at Maximum Performance Physical Therapy and Fitness.

SilverSneakers®

Yoga Stretch 12CHW135B

Date: 08/25/2012 to 09/22/2012 (Sa)
Time: 1:30 PM to 2:30 PM
Fee: \$40.00
Location: Maximum Performance Physical
Therapy and Fitness Center
426A McCall Road

SilverSneakers®

Yoga Stretch 12CHW135C

Date: 09/25/2012 to 10/23/2012 (T)
Time: 1:30 PM to 2:30 PM
Fee: \$40.00
Location: Maximum Performance Physical
Therapy and Fitness Center
426A McCall Road

**Find the Fake Class in the UFM Catalog
and get \$1 off your registration!**

SilverSneakers® Yoga Stretch 12CHW135D

Date: 09/29/2012 to 10/27/2012 (Sa)
Time: 1:30 PM to 2:30 PM
Fee: \$40.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

SilverSneakers® Yoga Stretch 12CHW135E

Date: 10/30/2012 to 12/04/2012 (T)
Time: 1:30 PM to 2:30 PM
Fee: \$40.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

SilverSneakers® Yoga Stretch 12CHW135F

Date: 11/03/2012 to 12/08/2012 (Sa)
(No Class 11/24)
Time: 1:30 PM to 2:30 PM
Fee: \$40.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

Yoga for Your Life 12CHW133A

This new yoga class will focus on making room for a yoga practice that is uniquely suited to each person. We will look at the multiple methods that make yoga adaptable to people of all different kinds, and learn to use the yoga methodology creatively to greatly enhance our lives. In the process, we will work to find our own answer the perennial question: "What is yoga?"
Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 08/21/2012 to 10/09/2012 (T)
Time: 6:30 PM to 7:30 PM
Fee: \$89.00
Location: Yoga Connection
321 Poyntz Ave, Ste A

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

Yoga for Your Life 12CHW133B

Date: 10/16/2012 to 12/11/2012 (T)
(No Class 11/20)
Time: 6:30 PM to 7:30 PM
Fee: \$89.00
Location: Yoga Connection
321 Poyntz Ave, Ste A

Yoga for Yogis 12CHW137A

This class is designed for people who practice yoga on a daily basis and have been practicing yoga for at least one year. The main focus in this class will be to inspire you to progress, enhance, refine and deepen your own yoga practice, making the joy of yoga a constant companion in your life.
Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 08/24/2012 to 10/12/2012 (F)
Time: 9:30 AM to 11:00 AM
Fee: \$89.00
Location: 321 Poyntz Avenue, Suite A

Yoga for Yogis 12CHW137B

Date: 10/19/2012 to 12/14/2012 (F)
(No Class 11/23)
Time: 9:30 AM to 11:00 AM
Fee: \$89.00
Location: 321 Poyntz Avenue, Suite A

Yoga Over Forty 12CHW99A

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, yogaconnection@gmail.com

Date: 08/21/2012 to 10/09/2012 (T)
Time: 5:30 PM to 6:30 PM
Fee: \$89.00
Location: Yoga Connection
321 Poyntz Ave, Ste A

Yoga Over Forty 12CHW99B

Date: 10/16/2012 to 12/11/2012 (T)
(No class 11/20)
Time: 5:30 PM to 6:30 PM
Fee: \$89.00
Location: Yoga Connection
321 Poyntz Ave, Ste A

Yoga 1 12CHW15AZ

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

Date: 08/20/2012 to 10/10/2012 (MW)
(No class 9/3)
Time: 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 12CHW15BZ

Date: 08/20/2012 to 10/10/2012 (MW)
(No class 9/3)
Time: 5:30 PM to 6:30 PM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 12CHW15CZ

Date: 08/21/2012 to 10/09/2012 (TTh)
Time: 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 12CHW15DZ

Date: 10/15/2012 to 12/05/2012 (MW)
(No class 11/19, 11/21)
Time: 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 12CHW15EZ

Date: 10/15/2012 to 12/05/2012 (MW)
(No class 11/19, 11/21)
Time: 5:30 PM to 6:30 PM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

We would like to acknowledge The Manhattan Mercury for their continued support and for printing the UFM Catalog.

HEALTH & WELLNESS

Yoga 2

12CHW21Z

This course will increase the student's understanding of how to use the practice of yoga creatively to enhance all aspects of human life. Practice areas will include adapting asanas and movement, using various breathing techniques, creating an individualized practice, and study of Yoga Sutras. Students will learn breathing methods and continue to refine the asanas while learning to adapt them to the individual body-type. Please bring a yoga/exercise mat and wear comfortable clothing that allows a full range of movement. It is best not to eat for at least two hours before the class. Prerequisite: Eligibility for this course requires a personal interview with Ana Franklin. Students must make arrangements to meet with Ana to receive permission to enroll for this course. Please call or email her at (785) 341-9908 or yogaconnection@gmail.com.
Instructor: Ana Franklin

Date: 10/11/2012 to 12/06/2012 (ThT)
(No class 11/20, 11/22)
Time: 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Evening Yoga

12CHW88A

Close your day with gentle yoga 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: 10/01/2012 to 10/22/2012 (M)
Time: 7:15 PM to 8:45 PM
Fee: \$27.00
Location: K-State International
Student Center, Multipurpose Room
Corner of Midcampus Dr. and Claflin

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



Evening Yoga

12CHW88B

Date: 10/29/2012 to 11/26/2012 (M)
Time: 7:15 PM to 8:45 PM
Fee: \$27.00
Location: K-State International
Student Center, Multipurpose Room
Corner of Midcampus Dr. and Claflin

Morning Yoga

12CHW89A

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

Date: 08/25/2012 to 09/15/2012 (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

12CHW89B

Date: 09/22/2012 to 10/13/2012 (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


12CHW89C

Date: 10/20/2012 to 11/10/2012 (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

12CHW89D

Date: 11/17/2012 to 12/15/2012 (Sa)
(No Class 11/24)
Time: 9:30 AM to 11:00 AM
Fee: \$27.00
Location: K-State Ahearn Room
301 College Heights St., 3rd floor



OSHER LIFELONG LEARNING INSTITUTE

at 

<p>American Movies and the Movie-Going Experience <i>Presented by Robert Smith</i> Tuesdays, September 11, 18, 25 ~ 6:00pm to 8:30pm Beach Museum of Art, 701 Beach Lane Kansas State University \$35</p> <p>Examine the social morals and customs of time past through film. Each class will feature a full-length film representative of the era and a lecture that focuses on the historical and social context in which the film was made. The class will also review the venues in which the films were exhibited. Movie genres covered include the silent era, movies of the depression and second world war and the Technicolor and big screen era.</p> <p style="text-align: center;">Prisoners of War in Kansas WWII <i>Presented by Lowell May</i> Thursdays, October 11, 18, 25 ~ 2:00pm to 4:00pm Meadowlark Hills Community Room 2121 Meadowlark Road \$35</p> <p>Discover why German prisoners of war were in Kansas and discuss topics of the different types of POW camps, how prisoners were treated, prisoner jobs and prison life in the camp, escapes, reeducation, and going home. Learn about the challenges American soldiers faced at the camps and explore the feelings of the local population.</p>	<p>Introduction to the Tasting of Wines <i>Presented by Betsy Barrett & Evan Grier</i> Tuesdays, October 23 & 30 ~ 6:00pm to 8:30pm Harry's DELI \$55</p> <p>Identify how to utilize sensory analysis to taste and enjoy wine using the Court of Master Sommelier's specific wine tasting process. Learn to use the senses of sight, smell and taste to examine wine for ultimate enjoyment, identify and purchase unique wine varieties, and discuss the impact of the Northern California wine region on the American wine industry.</p> <p style="text-align: center;">Beyond Cold Blood: The KBI from Ma Barker to BTK <i>Presented by Larry Welch</i> Monday, October 1 ~ 6:00pm to 9:00pm Meadowlark Hills Community Room 2121 Meadowlark Road \$35</p> <p>From the bank robbery epidemic of the 1930s to recent serial killers, meth labs, cybercrime and child pornography, Larry Welch, former KBI director, will detail the inner workings of the KBI, their state-of-the-art forensics labs and the work of the Cold Case Squad. Welch will inform, entertain and inspire with his stories of bringing infamous criminals to justice as well as exonerating the wrongly convicted.</p>
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**Blended Learning:
CPR/First Aid** **12CHW70B**
Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/26/2012 (Su)
Time: 10:00 AM to 11:00 AM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Blended Learning:
CPR/First Aid** **12CHW70C**
Instructor: Kelly Reed-Harkness

Date: 10/20/2012 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Blended Learning:
CPR/First Aid** **12CHW70D**
Instructor: Kelly Reed-Harkness

Date: 11/10/2012 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Blended Learning:
CPR/First Aid** **12CHW70E**
Instructor: Kelly Reed-Harkness

Date: 12/08/2012 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



**Community CPR, First Aid
& AED** **12CHW25A**

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

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/26/2012 (Su)
Time: 11:00 AM to 6:00 PM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Community CPR, First Aid
& AED** **12CHW25B**

Instructor: Kelly Reed-Harkness

Date: 10/20/2012 (Sa)
Time: 11:00 AM to 7:00 PM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Community CPR, First Aid
& AED** **12CHW25C**

Instructor: Kelly Reed-Harkness

Date: 11/10/2012 (Sa)
Time: 11:00 AM to 7:00 PM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Community CPR, First Aid
& AED** **12CHW25D**

Instructor: Kelly Reed-Harkness

Date: 12/08/2012 (Sa)
Time: 11:00 AM to 7:00 PM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Blended Learning:
CPR/First Aid** **12CHW70A**

Blended Learning combines a program which blends an ONLINE session with a hands-on skills practice and assessment session. YOU WILL BE CONTACTED VIA EMAIL with login information and directions.

Certification requirements are as follows:

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

Part II B. Attend in person and demonstrate competency in the hands-on skills practice and assessment session. Source: American Red Cross There is a \$20 non-refundable deposit.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/26/2012 (Su)
Time: 9:00 AM to 10:00 AM
Fee: \$45.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

LANGUAGE



Swahili Language and Cultures of Africa **12CLA53**

This course introduces participants to the Swahili language and cultures of Africa. The Swahili language is spoken by over 150 million people. It is the most widely spoken African language. This course is ideal for people with different interests ranging from volunteering, touring, Peace Corps, community service, study abroad, and many more interests. Instructors: Geofred Osoro & Danvas Mabeya

Date: 09/11/2012 to 11/15/2012 (TTh)
 Time: 10:00 AM to 11:00 AM
 Fee: \$250.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Geofred Osoro was born in Kenya. He has taught Swahili at different colleges and universities. He holds a Bachelors and Masters degrees in Swahili and a Doctoral degree in education.

Advanced Swahili Language and Cultures of Africa **12CLA55**

This is an advanced course of the Swahili language and cultures of Africa. The Swahili language is spoken by over 150 million people. It is the most widely spoken African language. This course is ideal for people with different interests ranging from volunteering, touring, Peace Corps, community service, study abroad, and many more interests. Instructors: Geofred Osoro & Danvas Mabeya

Date: 09/11/2012 to 11/15/2012 (TTh)
 Time: 2:30 PM to 3:30 PM
 Fee: \$250.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Beginning Conversational Sign Language **12CLA23**

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

Date: 08/28/2012 to 10/16/2012 (T)
 Time: 7:15 PM to 8:15 PM
 Fee: \$59.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Toni Kroll is a Certified Interpreter who has 20 years of experience as a sign language interpreter.

German for Beginners **12CLA35**

Learn basic vocabulary and encounter some of the culture in German speaking countries such as Austria, Germany and Switzerland. This introductory course will give you the opportunity to learn about the language in a safe, fun and collaborative environment. Bring a notebook and pens or pencils to take notes. Ages 10+. Instructor: Jessi Long

Date: 09/04/2012 to 10/02/2012 (T)
 Time: 5:30 PM to 7:00 PM
 Fee: \$20.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Introduction to Spanish **12CLA33A**

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

Date: 09/04/2012 to 10/16/2012 (T)
 Time: 6:00 PM to 8:30 PM
 Fee: \$44.00
 Location: UFM Fireplace Room
 1221 Thurston St.

Introduction to Spanish **12CLA33B**

Date: 10/23/2012 to 12/11/2012 (T)
 (No Class 11/20)
 Time: 6:00 PM to 8:30 PM
 Fee: \$44.00
 Location: UFM Fireplace Room
 1221 Thurston St.

*Friends don't let friends
 live without support.*

For local activities and resources

Contact



MARTIAL ARTS

Tae Kwon Do I

12CMA01Z

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: 09/04/2012 to 12/06/2012 (TTh)
(No class 11/20, 11/22)
Time: 5:00 PM to 6:00 PM
Fee: \$72.00
Location: Sun Yi's Academy
1650 Hayes Dr.

Judo I

12CMA08Z

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

Instructor: Jim Kiker

Date: 08/20/2012 to 12/06/2012 (MTh)
(No class 9/3, 11/19, 11/22)
Time: 8:00 PM to 9:00 PM
Fee: \$75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor



Karate & Self-Defense (Adults & Youth)

12CMA10

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

Instructor: Habib Diop, hdiop@ksu.edu

Date: 10/06/2012 to 11/17/2012 (Sa)
Time: 11:30 AM to 12:30 PM
Fee: \$51.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

As a martial arts instructor, Habib has spent 16 years teaching people how to control their environment, properly breathe, to relax as you breathe, and to overcome stress. He is a champion and member of the Karate National team in Senegal.

Judo II

12CMA09Z

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

Instructor: Jim Kiker

Date: 08/20/2012 to 12/06/2012 (MTh)
(No class 9/3, 11/19, 11/22)
Time: 8:00 PM to 9:30 PM
Fee: \$75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor



Dr. Daniel R. Wildcat
Author of *Red Alert!: Saving the Planet
with Indigenous Knowledge*



Tuesday, September 11, 2012
7:00 P.M.

For location and more information,
visit www.tryufm.org



Yama Bushi Kai Martial Arts

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

Owner is the founder of the White Phoenix System.

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



PERSONAL INTEREST

Simple Solar Water and Space Heating

12CEN105

In this class, different ways of solar heating water and air, and storing the heat for later in the day will be discussed. Mostly, desired temperatures are well within the reach of simple hardware that we can make ourselves. The class will emphasize the simplest, least costly ways of making the sun work for us: from drain-back and batch water heaters to freeze protection and how to integrate simple daytime space heaters into your house, making the air wander through and heat as much of your house as possible.

Instructor: Bill Dorsett, wmdorsett@sbcglobal.net

Date: 09/16/2012 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

Bill has built and installed most types of solar water and space heating collectors since 1980. His favorite are the simplest.

Stocking the Pantry

12CPI103

This class will begin with what foods to have on hand in case of an emergency, and expanding that into a robust food storage system to save money and provide extra security. Topics include what foods store well, what are the most nutritious foods to have on hand, how to cook from your pantry, and how to build up a food preserve without breaking your budget. The class will conclude with a "cooking-from-the-pantry" demonstration and dinner.

Instructor: Amber Lehrman

Date: 10/27/2012 (Sa)
Time: 1:00 PM to 5:00 PM
Fee: \$15.00
Location: UFM Banquet/Kitchen
1221 Thurston St.

Food Forests and Plant Guilds: Not Just Another

Gardening Class

12CEN74

Explore the ethics and core principles that define the permaculture method of designing sustainable environments. Learn why a hammock just might be your most valuable tool.

Instructor: Carol Barta

Date: 10/17/2012 (W)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Hundred Dollar Holiday: The Case for a More Joyful Christmas

12CPI105

How can we celebrate the holidays, that is, celebrating with more joy than money? Drawing from the material in Bill McKibben's book by the same name, we will explore ideas for celebrating the holidays in ways that bring joy and excitement without giving in to the commercialism and materialism that have come to dominate our culture.

Instructor: Carol Barta

Date: 11/18/2012 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

The Flint Hills Resilience Coalition is a community-based, community-led networking organization, in which all those interested in building resilient and sustainable communities in the Flint Hills Region can connect, find fellowship, share information, create partnerships, and celebrate steps forward. The group meets every other Sunday (starting July 29) at 5 PM in the Solar Addition at UFM, 1221 Thurston St. and they invite you to attend and become involved in the discussion.

The Military Trail in Riley County

12CPI104

The Military Trail from Fort Leavenworth to Fort Riley was active during the 1850's and 1860's. A power point presentation will be given with a tour of some of the markers in Riley County. The Military Trail was the first road that provided access to the area for settlement by pioneers. Everyone is welcome to attend the presentation and learn about the history of the trail; a tour to some of the Military Trail markers will follow the presentation. The tour is optional; if you are not able to drive to the sites, a map will be available so that you can see the locations of the markers in Riley County.

Instructors: Doug Tippin & Don Combs

Date: 09/16/2012 (Su)
Time: 2:00 PM to 4:00 PM
Fee: No Charge
Location: Manhattan Public Library Auditorium
629 Poyntz Ave.

Don Combs started researching the Trail in 1979 and has done extensive work building bridges, constructing markers, and clearing the Trail.

Doug Tippin, a retired educator, has worked on the project for the past few years and presents the power point along with display posters.

Digging in your family garden; what to do with those

roots and weeds

12CPI106

This class will teach you how to get started with your ancestral garden, where to dig, how to dig and what to do with the "fruits" of your labor. The class will cover different approaches to genealogy, what to do with the data once you get it, how to preserve your data and help with any brick walls you might have already encountered. See the complete class schedule at www.tryufm.org

Instructor: Jill Frese

Date: 09/12/2012 to 12/05/2012 (W)
(No Class 11/21)
Time: 6:00 PM to 8:00 PM
Fee: \$22.00
Location: Riley County Genealogy Society
2005 Claflin Road

Jill Meyers Frese has been enjoying the field of genealogy for over 35 years. Also check out the series "Searching for Ancestors" available through UFM Community Connection at www.tryufm.org.



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Sept. 5, 12, 19, 26 ~ 6-8 PM

Fee: \$120

Learn the basics of welding including oxy/acetylene cutting and welding, plasma cutting stick, mig & tig welding. No experience required.

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PLUMBING

6-9 PM

*Choose from 3 sessions

Aug. 1- Sept. 5
Sept. 19 - Oct. 24
Nov. 7 - Dec. 19

Fee: \$289

RECREATION & FITNESS

Bhangra

12CRF155

Students will learn basic moves of Bhangra dance based on a contemporary song. Bhangra is a joyous and lively folk dance from Punjab, India. The dance is simple in movement, high in energy and is performed in groups on the beat of a two-sided drum. With its vigorous beats, today Bhangra is popular in traditional form and also in other genres such as pop music, film soundtracks, and even talent shows. Beginners welcome. Ages 13+

Instructor: Jui Mhatre, confidance78@gmail.com

Date: 09/07/2012 to 11/09/2012 (F)
Time: 5:30 PM to 6:15 PM
Fee: \$24.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Jui Mhatre has been practicing classical Indian dance "Bharatanatyam" for the past fifteen years, and teaching classical as well as folk dances for the past ten years. Before moving to Manhattan, she taught Indian dance to children and adults in Victoria, Texas. She has also appeared in several solo performances in the United States and Canada.

Bharatanatyam for Adults

12CRF156

Prerequisite: Participants must have completed the beginners class offered in Spring 2012. Students will learn basic level theory and practice of Bharatanatyam dance including warm up, dance prayer, gestures of hands and feet, and pure dance movements. Bharatanatyam is a beautiful classical dance originated from south India with a history of about 2,000 years. It exhibits exquisite harmony of expressions, melody, and rhythm, and is presented in two main aspects: pure dance movements and narrative dance choreography. Today Bharatanatyam is one of the most popular and widely performed dance styles all around the world. Ages 13+.

Instructor: Jui Mhatre, confidance78@gmail.com

Date: 08/23/2012 to 11/08/2012 (Th)
Time: 5:30 PM to 6:30 PM
Fee: \$24.00
Location: UFM Banquet Room
1221 Thurston St.

We want YOU!

Contact UFM about teaching a class.

Call 785.539.8763 or email info@tryufm.org.



Beginning Ballet for Adults

12CRF160

This is a basic ballet class for adults with little or no experience. Ballet is a fantastic way to gain strength and flexibility, as well as balance and focus. The class will have a fun and relaxed atmosphere and is open to anyone wanting to learn!

Instructor: Amy Reazin

Date: 08/20/2012 to 10/29/2012 (M)
Time: 7:00 AM to 8:00 AM
Fee: \$40.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Beginning - Intermediate Ballet for Adults

12CRF157

This is a class for people who have some basic experience in ballet and would like to learn more or for those who are experienced ballerinas and would like a class to increase their technique and strength. The class will be focused on technique, with strengthening and stretching exercises in each session.

Instructor: Amy Reazin

Date: 08/22/2012 to 10/24/2012 (W)
Time: 8:00 PM to 9:00 PM
Fee: \$40.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Amy has been studying ballet for 15 years, at a variety of studios including The Culture House, Kansas City Ballet, and Kansas State University. She also has experience in modern, jazz, lyrical and some tribal dance. Dancing is her passion and teaching it to others is her joy.

Ballroom, Swing and Salsa

12CRF100

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

Instructors: Steven & Hannah Parker

Date: 09/04/2012 to 10/09/2012 (T)
Time: 8:00 PM to 9:00 PM
Fee: \$50.00 Individual
Location: K-State Ahearn Room 301
College Heights St., 3rd floor



Irish Dancing

12CRF158

Irish dancing is a fun way to stay active and is appropriate for all ages. In this class we will learn basic Irish dance steps and traditional set and celi dances. No previous dance experience is needed, beginners are welcome. Course content may vary depending on size and interests of the class.

Instructor: Hillary Betzen, hbetzen@ksu.edu

Date: 10/01/2012 to 12/10/2012 (M)
(No Class 11/19)
Time: 6:45 PM to 7:45 PM
Fee: \$29.00
Location: K-State International Student Center
Multipurpose Room
Corner of Midcampus Dr. and Claflin

Hillary has been Irish dancing for 12 years. She has competed in solo and group categories. During her undergraduate studies, she was president, teacher and choreographer for her school's Irish Dancing Club. She is currently a graduate student at KSU.

Archery for Adults **12CRF01AZ**

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

Instructor: Tom Korte, (785) 494-8889

Date: 09/10/2012 to 11/12/2012 (M)
 Time: 7:00 PM to 8:20 PM
 Fee: \$101.00
 Location: Sports Center, 11th St #615 A

Archery for Adults **12CRF01BZ**

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

Date: 09/10/2012 to 11/12/2012 (M)
 Time: 8:30 PM to 9:50 PM
 Fee: \$101.00
 Location: Sports Center, 11th St #615 A



Stationary Bike Safety Basics

Gain the skills and confidence to safely ride a stationary bike. Topics to be covered: adjusting tension safely on the flywheel, how to safely mount and dismount from the bike, awareness of other stationary bike riders and potential hazards that may be encountered. Horn, helmet, kneepads & elbowpads are optional.

Instructor: Keith Pedaling

Date: 12/07/2012 (F)
 Time: 6:00 PM
 Fee: -\$1.00
 Location: UFM House



Introduction to Golf **12CRF04A**

Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of score card and handicaps. **First class meets from 6-7 pm, the second and third meet from 6-7:30 pm.

Instructor: Jim Gregory, 785) 539-1041

Date: 08/30/2012 to 09/13/2012 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

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

Introduction to Golf **12CRF04B**

Date: 09/20/2012 to 10/04/2012 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.



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 Jim Gregory, PGA Professional



Golf in Junction City **12CRF30AZ**

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

Date: 08/21/2012 to 10/09/2012 (T)
 Time: 5:30 PM to 7:30 PM
 Fee: \$146.00
 Location: Rolling Meadows Golf Course
 6514 Old Milford Rd.
 Junction City

Golf in Junction City **12CRF30BZ**

Date: 08/22/2012 to 10/10/2012 (W)
 Time: 5:30 PM to 7:30 PM
 Fee: \$146.00
 Location: Rolling Meadows Golf Course
 6514 Old Milford Rd.
 Junction City

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ZUMBA® Gold 12CRF104D

Date: 11/19/2012 to 12/10/2012 (M)
 Time: 5:30 PM to 6:15 PM
 Fee: \$39.00
 Location: Body First Tennis & Fitness
 3615 Claflin Road

Beginning Belly Dance 12CRF09

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

Instructor: Amy (Nashid) Werner

Date: 08/23/2012 to 11/08/2012 (Th)
 Time: 5:30 PM to 6:30 PM
 Fee: \$96.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

ZUMBA® Fitness 12CRF08A

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, elsatob@hotmail.com

Date: 08/07/2012 to 08/28/2012 (T)
 Time: 5:30 PM to 6:30 PM
 Fee: \$37.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

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

ZUMBA® Fitness 12CRF08B

Date: 09/11/2012 to 10/02/2012 (T)
 Time: 5:30 PM to 6:30 PM
 Fee: \$37.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

ZUMBA® Fitness 12CRF08C

Date: 10/16/2012 to 11/06/2012 (T)
 Time: 5:30 PM to 6:30 PM
 Fee: \$37.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

ZUMBA® Fitness 12CRF08D

Date: 11/20/2012 to 12/11/2012 (T)
 Time: 5:30 PM to 6:30 PM
 Fee: \$37.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

ZUMBA® Gold 12CRF104A

Zumba® Gold takes the Zumba® formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle with an invigorating, party-like atmosphere.

Instructor: Elsa Toburen, elsatob@hotmail.com

Date: 08/06/2012 to 08/27/2012 (M)
 Time: 5:30 PM to 6:15 PM
 Fee: \$44.00
 Location: Body First Tennis & Fitness
 3615 Claflin Road

ZUMBA® Gold 12CRF104B

Date: 09/10/2012 to 10/01/2012 (M)
 Time: 5:30 PM to 6:15 PM
 Fee: \$44.00
 Location: Body First Tennis & Fitness
 3615 Claflin Road

ZUMBA® Gold 12CRF104C

Date: 10/15/2012 to 11/05/2012 (M)
 Time: 5:30 PM to 6:15 PM
 Fee: \$39.00
 Location: Body First Tennis & Fitness
 3615 Claflin Road



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Russ Feingold



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 7:00 Forum Hall
 Kansas State University

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Intermediate Belly Dance 12CRF10

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

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

Date: 08/20/2012 to 11/05/2012 (M)
(No class 9/3)
Time: 6:45 PM to 7:45 PM
Fee: \$96.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Advanced Belly Dance 12CRF11

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

Date: 08/22/2012 to 11/07/2012 (W)
Time: 6:45 PM to 7:45 PM
Fee: \$96.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor



Belly Dance Conditioning Workout 12CRF12A

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: 09/05/2012 to 10/10/2012 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$48.00
Location: K-State International Student Center
Multipurpose Room
Corner of Midcampus Dr. and Claflin

Professional Dance Troupe 12CRF152

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

Date: 08/26/2012 to 10/28/2012 (Su)
Time: 3:00 PM to 5:00 PM
Fee: \$48.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Power Yoga 12CRF159A

Power Yoga is designed to improve flexibility, strength, and ability to focus. It can tone your body, lower your blood pressure and improve your overall fitness. Please come with an empty stomach and bring a yoga mat. Be prepared to work up a sweat!
Instructor: Alana Pfeifer

Date: 08/23/2012 to 10/04/2012 (Th)
(No Class 9/6)
Time: 7:00 PM to 8:00 PM
Fee: \$34.00
Location: UFM Banquet Room
1221 Thurston St.

Alana has a degree in Kinesiology and Physical Education from Fort Hays State University and is pursuing a dance degree at Kansas State University. She has been practicing yoga for 10 years and enjoys the many benefits that yoga provides.

Power Yoga 12CRF159B

Date: 10/11/2012 to 11/29/2012 (Th)
(No class 11/22)
Time: 7:00 PM to 8:00 PM
Fee: \$38.00
Location: UFM Banquet Room
1221 Thurston St.

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Belly Dance Conditioning Workout 12CRF12B

Date: 10/17/2012 to 11/14/2012 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$40.00
Location: K-State International Student Center
Multipurpose Room
Corner of Midcampus Dr. and Claflin



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"Z is for Zorro and his Zebras"

SilverSneakers® MSROM 12CRF113A

SilverSneakers® is the nation's leading fitness program created to provide low-impact exercise for older adults. For more information, check out www.silversneakers.com. Join us for our Muscular Strength & Range of Movement (MSROM) class. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for seated and/or standing support. (All levels welcome)

Instructors: Kari Wallentine & Whitney Lukenbill

Date: 08/20/2012 to 09/21/2012 (MWF)
(No Class 9/3)
Time: 1:30 PM to 2:30 PM
Fee: \$100.00
Location: 4201 B Anderson Ave, Suite 1

SilverSneakers® MSROM 12CRF113B

Date: 08/21/2012 to 09/20/2012 (TTh)
Time: 10:10 AM to 11:10 AM
Fee: \$70.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

SilverSneakers® MSROM 12CRF113C

Date: 09/24/2012 to 10/26/2012 (MWF)
Time: 1:30 PM to 2:30 PM
Fee: \$100.00
Location: 4201 B Anderson Ave, Suite 1

SilverSneakers® MSROM 12CRF113D

Date: 09/25/2012 to 10/25/2012 (TTh)
Time: 10:10 AM to 11:10 AM
Fee: \$70.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

SilverSneakers® MSROM 12CRF113E

Date: 10/29/2012 to 12/07/2012 (MWF)
Time: 1:30 PM to 2:30 PM
Fee: \$100.00
Location: 4201 B Anderson Ave, Suite 1

SilverSneakers® MSROM 12CRF113F

Date: 10/30/2012 to 12/06/2012 (TTh)
(No Class 11/22)
Time: 10:10 AM to 11:10 AM
Fee: \$70.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

SilverSneakers® CardioCircuit 12CRF114A

SilverSneakers® is the nation's leading fitness program created to provide multi-level, equipment-based, total-body conditioning classes for older adults. For more information, check out www.silversneakers.com. Join us for our CardioCircuit class. Combine fun & fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position. (Participants should be comfortable standing for 30-40 minutes of exercise.)

Instructors: Kari Wallentine & Whitney Lukenbill

Date: 08/20/2012 to 09/21/2012 (MWF)
(No Class 9/3)
Time: 10:10 AM to 11:10 AM
Fee: \$100.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

SilverSneakers® CardioCircuit 12CRF114B

Date: 09/24/2012 to 10/26/2012 (MWF)
Time: 10:10 AM to 11:10 AM
Fee: \$100.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

SilverSneakers® CardioCircuit 12CRF114C

Date: 10/29/2012 to 12/07/2012 (MWF)
Time: 10:10 AM to 11:10 AM
Fee: \$100.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road



Tennis 12CRF19AZ

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

Instructor: Ryan Marick, playtennis@bodyfirst.com

Date: 09/04/2012 to 11/13/2012 (T)
Time: 1:30 PM to 3:00 PM
Fee: \$99.00
Location: Body First Tennis & Fitness
3615 Claflin Road

Tennis 12CRFBZ

Date: 09/05/2012 to 11/14/2012 (W)
Time: 1:30 PM to 3:00 PM
Fee: \$99.00
Location: Body First Tennis & Fitness
3615 Claflin Road



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Beginning Fencing 12CRF21Z

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

Instructor: Jeff Gwartz

Date: 08/20/2012 to 12/03/2012 (M)
(No class 9/3, 11/19)
Time: 6:00 PM to 7:30 PM
Fee: \$60.00 - Has equipment
\$93.00 - Use instructor's
Location: K-State Ahearn Fieldhouse



Intermediate Fencing 12CRF22Z

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

Instructor: Jeff Gwartz

Date: 08/20/2012 to 12/03/2012 (M)
(No class 9/3, 11/19)
Time: 7:30 PM to 9:00 PM
Fee: \$60.00 - Has equipment
\$93.00 - Use instructor's
Location: K-State Ahearn Fieldhouse



Marathon Training 12CRF68

If you have ever wanted to finish a marathon or run a personal best, but didn't know how to begin or train, this is the class for you! This class will cover setting a marathon goal, designing a marathon schedule, selecting a marathon, nutrition, hydration, weather, pre-race routines and post-race recovery. The course structure will consist of classroom lectures, discussions and some running. All participants are encouraged to meet outside of class time for organized runs. In addition, there will be opportunities to meet with the instructor at different locations outside of regularly scheduled classes for organized runs.

This course is recommended for individuals that have been running at least 30 minutes per day, 4-7 days per week for 6 weeks. You must be able to run at least 6 miles the first week of class. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to train for, complete and survive a marathon.

Instructor: Dan L Boyle, dboyle@ksu.edu

Date: 09/04/2012 to 10/25/2012 (TTh)
Time: 5:30 PM to 6:30 PM
Fee: \$140.00
Location: UFM Multipurpose Room
1221 Thurston St.

Run Happy! Run For Life! 12CRF7Z

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

Instructor: Dan L Boyle, dboyle@ksu.edu

Date: 09/10/2012 to 10/19/2012 (MWF)
Time: 6:30 PM to 7:30 PM
Fee: \$145.00
Location: K-State Ahearn Field House
Indoor Track

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach. Since becoming a Masters Runner (40 yrs and older), he has been ranked as one of the best distance runners in the US and since 1992 has completed over 20 marathons. He has helped numerous athletes from around the US achieve their goals at distances from 2 miles up to the marathon distance. See Dan's full bio at www.tryufm.org.



Take a Peek at the Past



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

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

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

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



*** Free Admission at All Sites ***

YOUTH

Tutoring in Reading and Language Arts

12BYO54

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

Instructor: Randi Dale, (785) 539-5767

Date: 08/07/2012 to 08/16/2012 (TTh)
Time: 5:30 PM to 6:00 PM
Fee: \$45.00
Location: 2416 Rogers Blvd.

Randi Dale is a certified teacher with a Master's Degree in Education.

Pre-School Ballet

12BYO63C

This class is designed for girls and boys ages 3-6. 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. More classes can be taken. No dance attire needed. Call for more information.

Instructor: Randi Dale, (785) 539-5767

Date: 08/08/2012 to 08/15/2012 (W)
Time: 5:30 PM to 6:00 PM
Fee: \$12.00
Location: 2416 Rogers Blvd.

Randi Dale has taught dance for 50 years. Her dance choir toured the Midwest and Europe. In May 2008, her regular students performed the story "Nutcracker Ballet."

Pre-School Ballet

12CYO63

Date: 09/05/2012 to 09/12/2012 (W)
Time: 5:30 PM to 6:00 PM
Fee: \$12.00
Location: 2416 Rogers Blvd.

Introduction to Tap & Pre-Jazz Dance

12BYO70B

This class is a wonderful way for girls and boys ages 5-10 to learn basic tap and pre-jazz techniques and dance to fun music. Tap shoes are not required, tennis shoes can be used. Call (785) 539-5767 for more information.

Instructor: Randi Dale

Date: 08/08/2012 to 08/15/2012 (W)
Time: 6:00 PM to 6:30 PM
Fee: \$12.00
Location: 2416 Rogers Blvd.

Archery for Youth

12CYO01

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

Instructor: Tom Korte, (785) 494-8889

Date: 09/11/2012 to 10/02/2012 (T)
Time: 7:00 PM to 8:00 PM
Fee: \$35.00
Location: UFM Solar Addition
1221 Thurston St.

Introduction to the Nutcracker Ballet & Tap Dancing

12CYO06

This class is a wonderful way to introduce ballet and tap technique to children. A ballet dance from the Nutcracker Ballet will be taught. Tap steps will be learned to delightful music. After two lessons, students may continue dance lessons through private instruction. No dance experience or formal dance attire necessary. For girls and boys ages 5-10. Tennis shoes can be used as tap shoes.

Instructor: Randi Dale, (785) 539-5767

Date: 09/06/2012 to 09/13/2012 (Th)
Time: 6:20 PM to 6:50 PM
Fee: \$12.00
Location: 2416 Rogers Blvd.

Bharatanatyam for Children **12CYO66**

Bharatanatyam is a beautiful classical dance originated from south India with a history of about 2000 years. Deeply rooted in religion and mythology, it exhibits exquisite harmony of expressions, melody, and rhythm. It is presented in two main aspects: pure dance movements and narrative dance choreography. Today Bharatanatyam is one of the most popular and widely performed dance styles all around the world. Students will learn basic level theory and practice of Bharatanatyam dance including warm up, dance prayer, gestures of hands and feet, and pure dance movements. Ages 8-12.

Date: 08/05/2012 to 11/11/2012 (Su)
Time: 5:15 PM to 6:15 PM
Fee: \$24.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Manners for Children

(Ages 8-12)

12CYO71

Children will learn the rules of basic etiquette and good manners. This class will explain why manners matter and will expand into basic etiquette as well as dining and communication skills. Ages 8-12.

Instructor: Christina Amerin

Date: 09/29/2012 (Sa)
Time: 10:00 AM to 11:30 AM
Fee: \$12.00
Location: UFM Conference Room
1221 Thurston St, 2nd Floor

Manners for Teens

(Ages 13-17)

12CYO72

This class will help teenagers learn the rules of basic etiquette and good manners. They will polish their social and communication skills, dining skills and table manners. They will also learn leadership and life skills. Studies at Harvard, the Stanford Research Institute, and Carnegie Foundation support this statement: "85% of future success depends on social skills." Food for dining etiquette is included in the class fee. Ages 13-17.

Date: 09/22/2012 (Sa)
Time: 9:00 AM to 11:00 AM
Fee: \$20.00
Location: UFM Banquet Room/Kitchen
1221 Thurston St.

Ask us about our scholarship opportunities!

These Recreation courses are offered for KSU credit through the DIVISION OF CONTINUING EDUCATION with the cooperation of various Kansas State University departments.

• For full class description and information visit www.tryufm.org OR <http://www.dce.k-state.edu/courses/recreational.shtml>.

• Enroll on iSIS at <http://isis.k-state.edu>.

Reference #	TITLE	TIME	DATE	FEE	LOCATION
<u>DANCE 599</u>					
16576	Ballroom Dance I	7:00 to 8:00 PM	8/21/2012 to 12/4/2012 (T)	\$297.90	Ahearn 301
15854	Beg. Middle Eastern Dance	6:45 to 7:45 PM	8/23/2012 to 12/6/2012 (TH)	\$297.90	Ahearn 301
15857	Yoga I	10:30 to 11:30 AM	8/20/2012 to 10/10/2012 (M/W)	\$315.90	Ahearn 301
15855	Yoga I	5:30 to 6:30 PM	8/20/2012 to 10/10/2012 (M/W)	\$315.90	Ahearn 301
15853	Yoga I	10:30 to 11:30 AM	8/21/2012 to 10/9/2012 (T/TH)	\$315.90	Ahearn 301
15856	Yoga I	10:30 to 11:30 AM	10/15/2012 to 12/5/2012 (M/W)	\$315.90	Ahearn 301
15869	Yoga I	5:30 to 6:30 PM	10/15/2012 to 12/5/2012 (M/W)	\$315.90	Ahearn 301
15868	Yoga II	10:30 to 11:30 AM	10/11/2012 to 12/6/2012 (T/TH)	\$315.90	Ahearn 301
16434	Zumba Dance	10:00 to 11:00 AM	8/20/2012 to 10/10/2012 (M/W)	\$388.30	Max Fitness, 3011 Anderson
16200	Zumba Dance	10:00 to 11:00 AM	10/15/2012 to 12/5/2012 (M/W)	\$388.30	Max Fitness, 3011 Anderson
16198	Zumba Dance	1:00 to 2:00 PM	8/20/2012 to 10/10/2012 (M/W)	\$388.30	Max Fitness, 3011 Anderson
16202	Zumba Dance	1:00 to 2:00 PM	10/15/2012 to 12/5/2012 (M/W)	\$388.30	Max Fitness, 3011 Anderson
16197	Zumba Dance	1:00 to 2:00 PM	8/21/2012 to 10/9/2012 (T/TH)	\$388.30	Max Fitness, 3011 Anderson
16199	Zumba Dance	1:00 to 2:00 PM	10/11/2012 to 12/6/2012 (T/TH)	\$388.30	Max Fitness, 3011 Anderson
16204	Hip Hop Hustle	4:00 to 5:00 PM	8/21/2012 to 10/9/2012 (T/TH)	\$388.30	Max Fitness, 3011 Anderson
16203	Hip Hop Hustle	4:00 to 5:00 PM	10/11/2012 to 12/6/2012 (T/TH)	\$388.30	Max Fitness, 3011 Anderson
<u>RRES 200</u>					
16205	First Aid/CPR/AED	Noon to 7:30 PM	8/25/2012 & 8/26/2012 (Sa/Su)	\$364.30	UFM, 1221 Thurston St.
16207	First Aid/CPR/AED	Noon to 7:30 PM	9/2/2012 & 9/9/2012 (Su)	\$364.30	UFM, 1221 Thurston St.
16209	First Aid/CPR/AED	Noon to 7:30 PM	10/13/2012 & 10/14/2012 (Sa/Su)	\$364.30	UFM, 1221 Thurston St.
16210	First Aid/CPR/AED	Noon to 7:30 PM	10/20/2012 & 10/21/2012 (Sa/Su)	\$364.30	UFM, 1221 Thurston St.
16206	First Aid/CPR/AED	Noon to 7:30 PM	10/28/2012 & 11/4/2012 (Su)	\$364.30	UFM, 1221 Thurston St.
16208	First Aid/CPR/AED	Noon to 7:30 PM	11/10/2012 & 11/11/2012 (Sa/Su)	\$364.30	UFM, 1221 Thurston St.
15894	Archery	7:00 to 8:20 PM	9/10/2012 to 11/12/2012 (M)	\$389.30	XCELL Athletics, 615 A South 11th
15895	Archery	8:30 to 9:50 PM	9/10/2012 to 11/12/2012 (M)	\$389.30	XCELL Athletics, 615 A South 11th
15871	Beginning Bowling	10:30 to 11:30 AM	8/20/2012 to 12/3/2012 (M)	\$295.90	Union
15870	Beginning Bowling	2:30 to 3:20 PM	8/21/2012 to 12/4/2012 (T)	\$295.90	Union
15995	Beginning Bowling	2:30 to 3:20 PM	8/22/2012 to 12/5/2012 (W)	\$295.90	Union
15996	Beginning Bowling	10:30 to 11:20 AM	8/21/2012 to 12/4/2012 (T)	\$295.90	Union
15934	Beginning Fencing	6:00 to 7:30 PM	8/20/2012 to 12/3/2012 (M)	\$297.90	Ahearn Fieldhouse
15941	Intermediate Fencing	7:30 to 9:00 PM	8/20/2012 to 12/3/2012 (M)	\$297.90	Ahearn Fieldhouse
15997	Fly Fishing	6:00 to 8:00 PM	10/8/2012 to 10/18/2012 (M, T, W, TH)	\$305.90	Durland Hall, Room 1061
15937	Fund. of Canoeing	8:30 AM to 4:30 PM	9/22/2012 & 9/23/2012 (Sa/Su)	\$396.30	UFM, 1221 Thurston St.
15938	Fund. of Canoeing	8:30 AM to 4:30 PM	9/29/2012 & 9/30/2012 (Sa/Su)	\$396.30	UFM, 1221 Thurston St.
15940	Intro. to River Canoeing	8:30 AM to 4:30 PM	10/6/2012 & 10/7/2012 (Sa/Su)	\$396.30	UFM, 1221 Thurston St.
15873	Golf	1:30 to 3:30 PM	8/22/2012 to 10/10/2012 (W)	\$404.30	Stagg Hill Golf, 4441 Ft. Riley Blvd
15874	Golf	5:30 to 7:30 PM	8/22/2012 to 10/10/2012 (W)	\$404.30	Stagg Hill Golf, 4441 Ft. Riley Blvd
16095	Golf	2:30 to 4:30 PM	8/21/2012 to 10/9/2012 (T)	\$404.30	Stagg Hill Golf, 4441 Ft. Riley Blvd
15872	Golf	9:30 to 11:30 AM	8/23/2012 to 10/11/2012 (TH)	\$404.30	Stagg Hill Golf, 4441 Ft. Riley Blvd
16094	Golf in Junction City	5:30 to 7:30 PM	8/21/2012 to 10/9/2012 (T)	\$404.30	JC Golf Course, 7550 Old Milford Rd
16102	Golf in Junction City	5:30 to 7:30 PM	8/22/2012 to 10/10/2012 (W)	\$404.30	JC Golf Course, 7550 Old Milford Rd

Reference #	TITLE	TIME	DATE	FEE	LOCATION
<u>RRES 200 (continued)</u>					
15943	Judo I	8:00 to 9:00 PM	8/20/2012 to 12/6/2012 (M/TH)	\$276.90	Ahearn 301
15942	Judo II	8:00 to 9:30 PM	8/20/2012 to 12/6/2012 (M/TH)	\$276.90	Ahearn 301
16201	RTE (2 HRS)	Noon to 6:30 PM	9/16/2012 to 9/30/2012 (Sa/Su)	\$728.60	UFM, 1221 Thurston St.
15999	Scuba Diving	6:00 to 10:00 PM	9/10/2012 to 10/15/2012 (M)	\$453.90	Natatorium
15998	Scuba Diving	6:00 to 10:00 PM	10/22/2012 to 12/3/2012 (M)	\$453.90	Natatorium
15939	Tae Kwon Do	5:00 to 6:00 PM	8/21/2012 to 12/6/2012 (T/TH)	\$364.30	Sun Yi's Academy, 1650 Hayes Dr.,
15936	Tennis	1:30 to 3:00 PM	9/4/2012 to 11/13/2012 (T)	\$372.30	Body First Tennis, 3615 Claflin Rd.
15935	Tennis	1:30 to 3:00 PM	9/5/2012 to 11/14/2012 (W)	\$372.30	Body First Tennis, 3615 Claflin Rd.
15962	Boxing 1	2:00 to 3:00 PM	8/20/2012 to 10/10/2012 (M/W)	\$394.30	K.O. Boxing, 2303 Tuttle Creek Blvd.
15957	Boxing 1	2:00 to 3:00 PM	10/15/2012 to 12/ 5/2012 (M/W)	\$394.30	K.O. Boxing, 2303 Tuttle Creek Blvd.
15965	Boxing 1	6:30 to 7:30 PM	8/ 20/2012 to 10/10/2012 (M/W)	\$394.30	K.O. Boxing, 2303 Tuttle Creek Blvd.
15970	Boxing 1	6:30 to 7:30 PM	10/15/2012 to 12/ 5/2012 (M/W)	\$394.30	K.O. Boxing, 2303 Tuttle Creek Blvd.
15960	Boxing 1	2:00 to 3:00 PM	8/21/2012 to 10/ 9/2012 (T/TH)	\$394.30	K.O. Boxing, 2303 Tuttle Creek Blvd.
15955	Boxing 1	2:00 to 3:00 PM	10/11/2012 to 12/6/2012 (T/TH)	\$394.30	K.O. Boxing, 2303 Tuttle Creek Blvd.
15956	Boxing 1	6:30 to 7:30 PM	8/21/2012 to 10/ 9/2012 (T/TH)	\$394.30	K.O. Boxing, 2303 Tuttle Creek Blvd.
15973	Boxing 1	6:30 to 7:30 PM	10/11/2012 to 12/6/2012 (T/TH)	\$394.30	K.O. Boxing, 2303 Tuttle Creek Blvd.
15969	Boxing 2	Noon to 1:00 PM	8/ 20/2012 to 10/10/2012 (M/W)	\$394.30	K.O. Boxing, 2303 Tuttle Creek Blvd.
15961	Boxing 2	Noon to 1:00 PM	10/15/2012 to 12/ 5/2012 (M/W)	\$394.30	K.O. Boxing, 2303 Tuttle Creek Blvd.
15971	Boxing 3	Noon to 1:00 PM	8/21/2012 to 10/ 9/2012 (T/TH)	\$394.30	K.O. Boxing, 2303 Tuttle Creek Blvd.
15968	Boxing 3	Noon to 1:00 PM	10/11/2012 to 12/6/2012 (T/TH)	\$394.30	K.O. Boxing, 2303 Tuttle Creek Blvd.
15964	Boxing 4	7:30 to 8:30 PM	8/ 20/2012 to 10/10/2012 (M/W)	\$394.30	K.O. Boxing, 2303 Tuttle Creek Blvd.
15966	Boxing 4	7:30 to 8:30 PM	10/15/2012 to 12/ 5/2012 (M/W)	\$394.30	K.O. Boxing, 2303 Tuttle Creek Blvd.
15972	Boxing 4	7:30 to 8:30 PM	8/21/2012 to 10/ 9/2012(T/TH)	\$394.30	K.O. Boxing, 2303 Tuttle Creek Blvd.
16086	Boxing 4	7:30 to 8:30 PM	10/11/2012 to 12/6/2012 (T/TH)	\$394.30	K.O. Boxing, 2303 Tuttle Creek Blvd.
<u>KIN 101</u>					
16040	Introduction to Cross Fit	3:30 to 4:45 PM	8/21/2012 to 10/ 9/2012 (T/TH)	\$315.90	Natatorium Room 4
15944	Introduction to Cross Fit	3:30 to 4:45 PM	10/11/2012 to 12/6/2012 (T/TH)	\$315.90	Natatorium Room 4
16064	Total Body Toning	10:30 to 11:30 AM	8/ 20/2012 to 10/10/2012 (M/W)	\$388.30	ProFitness, 1125 Laramie St.
16062	Total Body Toning	10:30 to 11:30 AM	10/15/2012 to 12/ 5/2012 (M/W)	\$388.30	ProFitness, 1125 Laramie St.
16052	Total Body Toning	3:00 to 4:00 PM	8/ 20/2012 to 10/10/2012 (M/W)	\$388.30	ProFitness, 1125 Laramie St.
16054	Total Body Toning	3:00 to 4:00 PM	10/15/2012 to 12/ 5/2012 (M/W)	\$388.30	ProFitness, 1125 Laramie St.
16060	Total Body Toning	1:30 to 2:30 PM	8/21/2012 to 10/ 9/2012 (T/TH)	\$388.30	ProFitness, 1125 Laramie St.
16061	Total Body Toning	1:30 to 2:30 PM	10/11/2012 to 12/6/2012 (T/TH)	\$388.30	ProFitness, 1125 Laramie St.
16034	Yogilates	9:00 to 10:00 AM	8/ 20/2012 to 10/10/2012 (M/W)	\$388.30	ProFitness, 1125 Laramie St.
16039	Yogilates	9:00 to 10:00 AM	10/15/2012 to 12/ 5/2012 (M/W)	\$388.30	ProFitness, 1125 Laramie St.
16036	Yogilates	1:30 to 2:30 PM	8/ 20/2012 to 10/10/2012 (M/W)	\$388.30	ProFitness, 1125 Laramie St.
16037	Yogilates	1:30 to 2:30 PM	10/15/2012 to 12/ 5/2012 (M/W)	\$388.30	ProFitness, 1125 Laramie St.
16038	Yogilates	Noon to 1:00 PM	8/21/2012 to 10/ 9/2012 (T/TH)	\$388.30	ProFitness, 1125 Laramie St.
16035	Yogilates	Noon to 1:00 PM	10/11/2012 to 12/6/2012 (T/TH)	\$388.30	ProFitness, 1125 Laramie St.
16031	Bootcamp Fitness	Noon to 1:00 PM	8/ 20/2012 to 10/10/2012 (M/W)	\$388.30	ProFitness, 1125 Laramie St.
16033	Bootcamp Fitness	Noon to 1:00 PM	10/15/2012 to 12/ 5/2012 (M/W)	\$388.30	ProFitness, 1125 Laramie St.
16050	Bootcamp Fitness	9:30 to 10:30 AM	8/21/2012 to 10/ 9/2012 (T/TH)	\$388.30	ProFitness, 1125 Laramie St.
16032	Bootcamp Fitness	9:30 to 10:30 AM	10/11/2012 to 12/6/2012 (T/TH)	\$388.30	ProFitness, 1125 Laramie St.
16051	Bootcamp Fitness	4:00 to 5:00 PM	8/21/2012 to 10/ 9/2012 (T/TH)	\$388.30	ProFitness, 1125 Laramie St.
16049	Bootcamp Fitness	4:00 to 5:00 PM	10/11/2012 to 12/6/2012 (T/TH)	\$388.30	ProFitness, 1125 Laramie St.
<u>KIN 102</u>					
16065	Fitness Swimming	6:00 to 7:30 PM	8/28/2012 to 10/11/2012 (T/TH)	\$301.90	Natatorium
16066	Fitness Swimming	6:00 to 7:30 PM	10/16/2012 to 12/06/2012 (T/TH)	\$301.90	Natatorium

ENROLL TODAY!

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

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

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

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

Class registration confirmations will be sent via email.



UFM REGISTRATION FORM

1221 Thurston St | Manhattan KS 66502

785.539.8763 | (F) 785.539.9460 | www.tryufm.org | 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: 12AAQ01	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.