



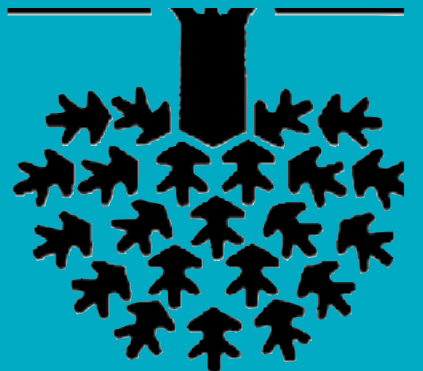
SPRING 2012  
**UFM**  
CATALOG

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SPRING 2012  
**UFM**  
CATALOG

UFM Community Learning Center  
1221 Thurston St  
Manhattan, KS 66502



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UFM PUTS THE COMMUNITY IN EDUCATION



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**UFM OFFICE HOURS:**

**MONDAY-FRIDAY**

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

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

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



# INFORMATION

## ABOUT UFM CLASSES

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

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

## DISCLAIMER

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.

## UFM CANCELLATION POLICY

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

## REFUND POLICY

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

## INCLEMENT WEATHER POLICY

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

## LIABILITY STATEMENT

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

## DONATIONS

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

## NONDISCRIMINATION POLICY

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

## MAILING YOUR REGISTRATIONS?

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

## SPECIAL ASSISTANCE

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

## KSU CREDIT CLASSES

### CREDIT CLASS REFUNDS AND WITHDRAWALS

Tuition refunds are calculated based on the number of calendar days in the class. You may be eligible for a full or partial refund of tuition if you choose to drop your class before a certain date. Please refer to the full withdrawal and refund policy at <http://www.dce.k-state.edu/courses/registration/policies-withdrawal> or visit <http://courses.k-state.edu/spring2012/information/deadlines.htm>

Dropping all of your classes (Withdrawing) requires you to complete a Notice of Withdrawal form; contact your academic dean's office. (Graduate students should contact the Graduate School.)

## DROP POLICY

All drop deadlines are calculated based on the number of calendar days in the class. The following policies apply: a student may drop a class prior to 33% of the class duration with a grade being recorded on the student's transcript: if a student drops after 33% but before 62% of the class duration, a grade of WV will be issued; and no drops will be accepted after 62% of the course duration. Failure to drop a class may result in a failing grade. Visit <http://courses.k-state.edu/spring2012/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](http://www.k-state.edu/dss), 785.532.6441 or [dss@k-state.edu](mailto:dss@k-state.edu). Early notification is requested to ensure that accommodations can be provided in a timely manner.

## 2012 SPRING INSTRUCTORS

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

Voices For All, LLC  
Ariel Anib  
Robert Auten  
Carol Barta  
Scott Bean  
Hillary Betzen  
Big Poppi Bicycle Co  
Dan Boyle  
Little Apple Brew Crew  
Henry Brown  
Jessica Campbell  
Kate Cashman  
Dr. Matthew Cobb  
Stephanie Cold  
Melissa Copp  
Randi Dale  
Habib Diop  
Bill Dorsett  
Gregg Eyestone

Katie Fox  
Ana Franklin  
Misty Gandara  
Jeff Gill  
Jim Gregory  
Evan Grier  
Jeff Gwartz  
William Hale, M.D.  
Karen Hanson  
Rebecca Hickert  
T.J. Hittle  
Ian Hulon  
Michele Janette  
Amy Jones  
Jeff Keller  
Brandi (Anola) Kiekel  
Jim Kiker  
Susan King Shoemaker  
Diana Knox

Tom Korte  
Stefanie Lamont  
Deane Lehmann  
Jessi Long  
Daedra Lowry  
Stacy Mackey  
Ryan Marick  
Jo Maseberg-Tomlinson  
Jordan Meyer  
Jui Mhatre  
David Moore  
Debbie Newton  
Meghan Olson  
Kayla Oney  
Mary Petersen  
Jim Peterson  
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Kelly Reed-Harkness  
Carol Russell

Bill Rust  
Catherine Ryba  
Paul Sodamann  
Susie Stanfield  
Larry Storer  
Linda Teener  
Mei Hwa (Tina) Terhune  
Abby Thrash  
Daniela Thrasher  
Elsa Toburen  
Michael Tran  
Kennita Tully  
Rosanna Vail  
Alison Watson  
Paul Weidhaas  
Amy (Nashid) Werner  
Stephen Williams  
Jeff Wilson

## UFM STAFF

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

# AQUATICS

## LEARN TO SWIM CLASSES

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

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

**PARKING:** Parking is available after 5pm in the K-State parking lot on Denison Ave. across the street west of Natatorium or on side streets.

### SWIM PROGRAM MAKE-UP & REFUND POLICY

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

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

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

### BEGINNING & ENDING DATES (Levels I-VI, Adult Lessons and Lap Swimming) \*Except Where Noted:

Session A: Monday, Feb. 6 to April 16 (No class 3/19)  
 Session B: Tuesday, Feb. 7 to April 17 (No class 3/20)  
 Session C: Wednesday, Feb. 8 to April 18 (No class 3/21)  
 Session D: Thursday, Feb. 9 to April 19 (No class 3/22)

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

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

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

Monday 6:00 PM to 6:30 PM  
 12AAQ-PA1 Feb. 6 to March 5  
 12AAQ-PA2 March 12 to April 16 (No class 3/19)

Thursday 6:00 PM to 6:30 PM  
 12AAQ-PD1 Feb. 9 to March 8  
 12AAQ-PD2 March 15 to April 19 (No class 3/22)

\*Saturday 9:30 AM to 10:05 AM  
 12AAQ-PE1 Feb. 11 to March 3  
 12AAQ-PE2 April 7 to May 5

### Tot Transition (3-4 yrs)

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

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

Tuesday 6:00 PM to 6:30 PM  
 12AAQ-TB1 Feb. 7 to March 6  
 12AAQ-TB2 March 13 to April 17 (No class on 3/20)

Wednesday 6:00 PM to 6:30 PM  
 12AAQ-TC1 Feb. 8 to March 7  
 12AAQ-TC2 March 14 to April 18 (No class on 3/21)

Thursday 6:00 PM to 6:30 PM  
 12AAQ-TD1 Feb. 9 to March 8  
 12AAQ-TD2 March 15 to April 19 (No class on 3/22)

\*Saturday 10:10 AM to 10:45 AM  
 12AAQ-TE1 Feb. 11 to March 3  
 12AAQ-TE2 April 7 to May 5

### Level I: Introduction to Water Skills

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

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

12AAQ-01A Monday 6:45 PM to 7:25 PM  
 12AAQ-01B Tuesday 6:45 PM to 7:25 PM  
 12AAQ-01C Wednesday 6:45 PM to 7:25 PM  
 12AAQ-01D Thursday 6:45 PM to 7:25 PM

### Level II: Fundamental Aquatic Skills

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

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

12AAQ-02A Monday 6:45 PM to 7:25 PM  
 12AAQ-02B Tuesday 6:45 PM to 7:25 PM  
 12AAQ-02C Wednesday 6:45 PM to 7:25 PM  
 12AAQ-02D Thursday 6:45 PM to 7:25 PM

### Level III: Stroke Development

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

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

12AAQ-03A Monday 6:45 PM to 7:25 PM  
 12AAQ-03B Tuesday 6:45 PM to 7:25 PM  
 12AAQ-03C Wednesday 6:45 PM to 7:25 PM  
 12AAQ-03D Thursday 6:45 PM to 7:25 PM



Manhattan  
Marlins



Swim Team

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

Ages: 5 years through college

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

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



# AQUATICS



## Open Swim Appreciation 12AAQ31A

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

Date: 04/22/2012 (Su)  
 Time: 5:00 PM to 7:00 PM  
 Fee: No charge  
 Location: Natatorium, K-State Campus

## Open Swim Appreciation 12AAQ31B

Date: 04/29/2012 (Su)  
 Time: 5:00 PM to 7:00 PM  
 Fee: No charge  
 Location: Natatorium, K-State Campus



## Lap Swimming: Ages 13+

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

Fee: \$19.00 per session (10 times)

12AAQLSA	Monday	6:00 PM to 7:30 PM
12AAQLSB	Tuesday	6:00 PM to 7:30 PM
12AAQLSC	Wednesday	6:00 PM to 7:30 PM
12AAQLSD	Thursday	6:00 PM to 7:30 PM
*12AAQLSE	Saturday	9:30 AM to 11:00 AM

## Lap Swimming for Parents

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

Fee: \$16.00 per session (10 times)

12AAQLPA	Monday	6:00 PM to 7:30 PM
12AAQLPB	Tuesday	6:00 PM to 7:30 PM
12AAQLPC	Wednesday	6:00 PM to 7:30 PM
12AAQLPD	Thursday	6:00 PM to 7:30 PM
*12AAQLPE	Saturday	9:30 AM to 11:00 AM

\*Limited dates are available for Saturday lap swim; dates are 2/11 - 3/3 and 4/14 to 5/5

## Sunday Family Swim 12AAQ32

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

Date: 04/15/2012 to 05/06/2012 (Su)  
 Time: 5:00 PM to 7:00 PM  
 Fee: \$8.00/Individual; \$20.00/Family  
 Location: Natatorium, K-State Campus

## Level IV: Stroke Improvement

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

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

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

## Level V: Stroke Refinement

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

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

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

## Level VI: Swimming and Skill Proficiency

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

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

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

## Adult Swim Lessons

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

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

12AAQ-22	Monday	6:00 PM to 6:40 PM
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## Private Swim Lessons 12AAQ103

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

Beginning and Ending Dates for Private Lessons:

Session A1: Monday Feb. 6 to March 5  
 Session A2: Monday March 12 to April 16  
 (No class on 3/19)

Session B1: Tuesday Feb. 7 to March 6  
 Session B2: Tuesday March 13 to April 17  
 (No class on 3/20)

Session C1: Wednesday Feb. 8 to March 7  
 Session C2: Wednesday March 14 to April 18  
 (No class on 3/21)

Session D1: Thursday Feb. 9 to March 8  
 Session D2: Thursday March 15 to April 19  
 (No class on 3/22)

\*Session E1: Saturday Feb. 11 to March 3  
 \*Session E2: Saturday April 7 to May 5

Times for Monday - Thursday sessions:

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

Times for Saturday sessions:

A: 9:30 AM to 10:05 AM  
 B: 10:10 AM to 10:45 AM  
 C: 10:55 AM to 11:30 AM

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

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 POTENTIAL BY SPONSORING  
 THE UFM CATALOG. FOR  
 MORE INFORMATION, PLEASE  
 CONTACT MARCIA OR KAYLA AT  
 785.539.8763 | INFO@TRYUFM.ORG



## Shallow/Deep Water Exercise 12AAQSHD

Expanded offerings! Due to increased demand, Deep Water Exercise is now available Tuesday, WEDNESDAY and Thursday AND AquaZumba will be held on Thursdays (shallow pool).

Enjoy the benefits of Shallow and Deep Water Exercise for one price! Design your own workout schedule by enrolling in the number of classes and choosing the day(s) you want to attend. Water Exercise is designed to use water for the development of physical fitness, muscle tone, flexibility and cardiovascular endurance.

Shallow Water exercise is done in a vertical position with head and shoulders out of the water. Deep Water participants will be issued an aquajogger belt to help provide buoyancy in the water and is taught in the diving well (only swimmers who can tread water without a floatation device are allowed to participate in this class).

\*Shallow Water meets Monday through Wednesday and Deep Water meets on Tuesday, Wednesday and Thursday.

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

Date: 01/17/2012 to 05/03/2012  
(No class 3/19-3/22)  
Times: Monday-Thursday (6:40pm - 7:30pm)  
Fee: \$28 for 16 classes  
\$40 for 24 classes  
\$52 for 32 classes  
\$68 for 48 classes

## AquaZumba 12AAQ26

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

Date: 01/19/2012 to 03/5/2012  
(No class 2/9)  
Time: Thursday (6:40pm - 7:30pm)  
Fee: \$38 for 8 classes  
Location: Natatorium, K-State Campus

## Lifeguard Training Prep 12AAQ23A

Are you interested in getting in shape with the possibility of working as a lifeguard? A new program by the City of Manhattan, the Greater Manhattan Community Foundation, and UFM Community Learning Center will offer a lifeguarding prep course for any individual considering lifeguarding this summer. This class will strengthen swim skills before enrolling in Lifeguard Training. The class will help you improve your swimming strokes, build endurance, introduce basic rescue skills, and help prepare you for your certification course in Lifeguarding, CPR, and First Aid. Hurry - space is limited; scholarships are available at 587-2757!

Instructor: Melissa Copp  
Date: 02/6/2012 to 02/27/2012 (M)  
Time: 6:00PM to 7:00 PM  
Fee: \$20.00  
Location: Natatorium, K-State Campus

## Lifeguard Training Prep 12AAQ23B

Date: 02/08/2012 to 02/29/2012 (W)  
Time: 6:00PM to 7:00 PM  
Fee: \$20.00  
Location: Natatorium, K-State Campus

## Lifeguard Training 12AAQ35AZ

The American Red Cross program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. There will be lunch and/or dinner breaks. Enrollment and certification requirements for this class are listed at [www.tryufm.org](http://www.tryufm.org). Required materials are \$52.00 and not included in fee. Please purchase at UFM, 1221 Thurston Street before first class.

Instructor: Carol Russell, [iteach@ksu.edu](mailto:iteach@ksu.edu)  
Date: 02/28/2012 to 03/10/2012 (Tu,Th, Sa)  
Time: Precourse: 2/28 6:00 to 9:00 PM (Sa)  
3/1, 3/6, 3/8, 4PM to 9PM (Th/Tu)  
3/10, 8AM to 7:30PM (Sa)  
Fee: \$149.00 (Available for KSU Credit)  
Location: Natatorium, K-State Campus

## Lifeguard Training 12AAQ35BZ

Instructor: Carol Russell, [iteach@ksu.edu](mailto:iteach@ksu.edu)  
Date: 04/03/2012 to 4/14/2012 (Tu, Th, Sat)  
Time: Precourse: 4/03 from 6:00 PM to 9:00 PM  
4/5, 4/10, 4/12, 4PM to 9PM  
4/14, 8AM to 7:30PM  
\*No class 4/7  
Fee: \$149.00 (Available for KSU Credit)  
Location: Natatorium, K-State Campus

## Lifeguard Training 12AAQ35A

Instructor: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com), and Jordan Meyer  
Date: 03/31/2012 to 04/01/2012 (Sat, Sun)  
Time: 8:00AM to 7:00PM (Sat)  
8:00 AM to 5:00 PM (Sun)  
Fee: \$149.00  
Location: Natatorium, K-State Campus

## Lifeguard Training 12AAQ35B

Instructor: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com), and Jordan Meyer  
Date: 05/05/2012 to 05/06/2012 (Sat, Sun)  
Time: 8:00AM to 7:00PM (Sat)  
8:00 AM to 5:00 PM (Sun)  
Fee: \$149.00  
Location: Natatorium, K-State Campus



## Lifeguard Training 12AAQ35C

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

Date: 05/12/2012 to 05/13/2012 (Sat, Sun)  
Time: 8:00AM to 7:00PM (Sat)  
8:00 AM to 5:00 PM (Sun)  
Fee: \$149.00  
Location: Natatorium, K-State Campus

## Lifeguard Instructor (LGI) 12AAQ122

This class will provide candidates with the knowledge and skills necessary to teach Lifeguarding (including First Aid), Lifeguard Management, CPR for the Professional Rescuer, AED Essentials, Oxygen Administration for the Professional Rescuer, Community Water Safety, and Basic Water Rescue. With additional training and for those meeting the prerequisites, interested candidates would also be able to teach Safety Training for Swim Coaches and/or Waterfront Lifeguarding. Enrollment and certification requirements for this class are listed at [www.tryufm.org](http://www.tryufm.org). Required materials cost \$84.00 and not included in fee. Please purchase at UFM, 1221 Thurston St. before class.

Instructor: Carol Russell, [iteach@ksu.edu](mailto:iteach@ksu.edu)  
Dates: 02/18/2012 to 03/10/2012 (Sa/Tu/Th)  
Time: Precourse: 02/18 8:30 AM to 1 PM (Sa)  
2/21 & 2/23 4 PM to 9PM (Tu/Th)  
3/1, 3/6, 3/8, 4PM to 9PM (Th/Tu)  
3/10, 8AM to 7:30PM (Sa)  
Fee: \$149.00  
Location: Natatorium, K-State Campus  
Please see our website for updated information, [www.tryufm.org](http://www.tryufm.org).

## WSI-Water Safety Instructor 12AAQ121

This course is dedicated to developing the skills you will need to instruct and plan courses in the American Red Cross Learn to Swim and Water Safety Programs. Instruction includes Parent and Child classes, Preschool levels 1-3, and Learn to Swim Levels 1-6, Community Water Safety, Basic Water Rescue, and Special Populations. Other training that may be available with additional training: Safety training for Coaches. Please note: The WSI course is NOT designed to teach you the required strokes/skills. Paired practice, coaching and drills are used to refine skills. Be prepared for reading and homework. Enrollment and certification requirements for this class are listed at [www.tryufm.org](http://www.tryufm.org). Required materials cost \$62.50 and are not included in fee. Please purchase at UFM, 1221 Thurston St before class. NOTE: Bring a pocket mask or purchase at UFM.  
Instructor: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com)

Dates: 5/31/2012 to 6/2/2012 (Th, Fri, Sa)  
Time: 5/31, 5:00 PM to 9:00 PM  
6/1, 6/2, 8:00 AM to 5:00 PM  
Fee: \$180.00  
Location: Natatorium, K-State Campus



**Fitness Swimming 12AAQ108AZ**

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

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

Date: 1/17/2012 to 3/6/2012 (Tu/Th)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$95.00 (Available for KSU Credit)  
 Location: Natatorium, K-State Campus

**Fitness Swimming 12AAQ108BZ**

Instructor: Melissa Copp, mcopp@ksu.edu

Date: 3/8/2012 to 05/3/2012 (Tu/Th)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$95.00 (Available for KSU Credit)  
 Location: Natatorium, K-State Campus

**Scuba Diving 12AAQ105AZ**

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 \$75.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from \$100 to \$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day. Instructor: Jeff Wilson, (785) 313-4231 wheatlandsports@twinvalley.net

Date: 1/28/2012 to 3/3/2012 (Sat)  
 (No class 2/4)  
 Time: 9:30AM to 1:30 PM  
 Fee: \$257.00 (Available for KSU Credit)  
 Location: Natatorium, K-State Campus

**Scuba Diving 12AAQ105BZ**

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

Date: 1/30/2012 to 3/5/2012 (Mon)  
 Time: 6:00 PM to 10:00 PM  
 Fee: \$257.00 (Available for KSU Credit)  
 Location: Natatorium, K-State Campus

**Scuba Diving 12AAQ105CZ**

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

Date: 3/26/2012 to 4/30/2012 (Mon)  
 Time: 6:00 PM to 10:00 PM  
 Fee: \$257.00 (Available for KSU Credit)  
 Location: Natatorium, K-State Campus



**Intermediate Kayak Chapter Workshop 12AAQ109A**

Instructor: T.J. Hittle, tjhittle@yahoo.com

This class is for experienced touring and white water kayakers only. Bring your boats to practice self and assisted rescues. NOTE: 1) Your boat(s) must be washed and cleaned inside and out prior to the class. Instructors & Instructor Aides will be on hand from the Kansas Canoe Association (KCA) Kayak Chapter. Instructors will:

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

EQUIPMENT AND LOCATION NEEDS: Bring your own Touring or Whitewater Kayak, PFD, paddle, floatation, paddle float, pump, towel, swimsuit, change of clothes, goggles, dive mask or nose clips. Come with your swimsuit and be prepared to get wet.

- NOTE:
1. Your boat(s) must be washed and cleaned prior to the class
  2. Boats and gear must be out of the Natatorium by Noon

Park in west parking lot across the street from the Natatorium (off of Denison Ave.) Drop boats off in the Natatorium Alley.

Date: 01/29/2010 (Su)  
 Time: 8:00 AM to 12:00 PM  
 Fee: \$16.00  
 Location: Natatorium, K-State Campus, Park in west parking lot. Drop boats off in the Natatorium Alley.

**Intermediate Kayak Chapter Workshop 12AAQ109B**

Instructor: T.J. Hittle, tjhittle@yahoo.com

Date: 02/19/2012 (Su)  
 Time: 8:00 AM to 12:00 PM  
 Fee: \$16.00  
 Location: Natatorium, K-State Campus, Park in west parking lot. Drop boats off in the Natatorium Alley.

**Intro to Sea Kayaking 12AAQ43**

This class is perfect for those starting out in kayaking or wanting to brush-up on their kayaking skills. After some brief instructions on land, we will work on being comfortable on the water with efficient stroke technique and boat control. Techniques including wet exits, assisted rescues, and self-rescues will be practiced. This class will give you the invaluable tools needed to practice and refine your strokes and rescues. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. This is a fun class and you will paddle away learning something new and feeling more confident. For ages 16 and up. Required equipment: Clean touring kayak, pfd (life jacket), bilge pump, paddle float, spray/splash skirt, nose plugs (optional) and swim goggles (optional). Instructor: Larry Storer, larrystorer@yahoo.com

Date: 2/5/2012 (Sun)  
 Time: 9:00 AM to 12:00 PM  
 Fee: \$77.00  
 Location: Natatorium, K-State Campus

**The Extended Paddle Roll and Beyond 12AAQ44A**

This class introduces you to the "Extended Paddle Roll" which is a very effective roll to use with a touring/sea kayak. Other skills covered include working on high and low braces as a means of preventing your kayak from rolling over. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. Ages 16 and up. Required equipment: Clean touring kayak, PFD (life jacket), bilge pump, paddle float, spray/splash skirt, nose plugs (optional), and swim goggles (optional). Instructor: Larry Storer, larrystorer@yahoo.com

Date: 2/26/2012 (Sun)  
 Time: 9:00 AM to 12:00 PM  
 Fee: \$77.00  
 Location: Natatorium, K-State Campus

**The Extended Paddle Roll and Beyond 12AAQ44B**

Instructor: Larry Storer, larrystorer@yahoo.com

Date: 4/1/2012 (Sun)  
 Time: 9:00 AM to 12:00 PM  
 Fee: \$77.00  
 Location: Natatorium, K-State Campus



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# CAREER & FINANCE

## Computer Skills 101 12AFC119

Everywhere we turn, computers and websites are being emphasized, but not everyone is comfortable using this technology. This class will give you a basic orientation on how your computer works, how to move around and how to find things on your computer. We will also cover basic internet skills including browsing websites, searching for information, setting up email accounts, internet safety and useful tools for fun and productivity.

Instructor: Linda Teener, linda@tryufm.org

Date: 03/13/2012 (T)  
Time: Tu from 6:30 PM to 8:00 PM  
Fee: \$7.00  
Location: UFM Computer Lab  
1221 Thurston St., 2nd floor



## Internet Safety: Cyberbullying, Sexting & Facebook 12AFC118

This three session class is for families with pre-teens and teens and covers the issues of Cyberbullying, Sexting and the scary side of Facebook. The entirety of cyberbullying will be discussed, both being the bully and being the victim of the bully. Cell phone safety and learning about what you may not realize you're sharing with others. Facebook is a very public profile; learn about privacy settings and sharing personal information online.

Instructor: Katie Fox (785) 539-1947, projects@bgclubmanhattan.com

Date: 02/21/2012 to 02/27/2012 (T/W/M)  
Time: 6:30 PM to 8:00 PM  
Fee: \$9.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

Katie Fox is the Project Coordinator at the Boys & Girls Club of Manhattan. She spent three years working in the BGC's after-school program before moving into her current position. Katie visits over 100 schools in 27 counties throughout the school year, delivering Internet Safety presentations to youth.

## Microsoft Word Basics 12AFC85

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

Instructor: Kayla Oney, kayla@tryufm.org

Date: 02/18/2012 (Sa)  
Time: Sa from 9:00 AM to 10:30 AM  
Fee: \$12.00  
Location: UFM Conference Room,  
1221 Thurston, 2nd Floor

## Voter Registration Update 12API71

Registering to Vote has just gotten harder! The League of Women Voters of Manhattan/Riley County will share information about changes to the state's voter registration laws and regulations from the 2011 Kansas Legislature. More changes are expected in the 2012 Legislature. Join us for an Update!  
Coordinators: League of Women Voters of Manhattan/Riley County

Date: 04/07/2012 (Sa)  
Time: 10:00 AM to 11:00 AM  
Fee: No Charge  
Location: UFM Fireplace Room  
1221 Thurston St.

## Financial Aid Form Prep 12AFC120

This class will explain the Free Application for Federal Student Aid (FAFSA) step by step. Strategies for maximizing student aid will also be explored. The goal is to make the process of completing the application easy to understand. One registration includes the student and their parent(s) or guardian(s).

Instructor: Jeff Keller, jeff.keller@windmillbenefits.com

Date: 01/18/2012 to 01/25/2012 (M/W)  
Time: 6:30 PM to 8:00 PM  
Fee: \$19.00  
Location: UFM Fireplace Room, 1221 Thurston

Jeff Keller coached college basketball for over 10 years and developed the Prep 4 College program by helping students gain improved financial aid.

## Microsoft Excel Basics 12AFC54

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

Date: TBD  
Time: Sa from 10:00 AM to 12 N  
Fee: \$12.00  
Location: UFM Conference Room,  
1221 Thurston, 2nd Floor

## GRE Prep Course 12AFC06

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: TBA  
Time: TBA  
Fee: \$270.00  
Location: UFM Conference Room  
1221 Thurston, 2nd Floor

## LSAT Prep Course 12AFC24

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

## Get Prepared for the ACT 12AFC121

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. This class is timed leading up to the ACT test scheduled for April 14, 2012.

Class meets in the UFM Multipurpose Room on Saturdays 9:00 AM to 1:00 PM and in the UFM Fireplace Room on Tuesday and Thursday from 6:00-8:00PM.

Date: 03/31/2012 to 04/07/2012 (Sa/T/TH)  
Time: Sa 9:00 AM to 1:00 PM;  
T/TH 6:00 PM to 8:00 PM  
Fee: \$94.00 includes book  
Location: UFM Multipurpose Room/UFM  
Fireplace Room, 1221 Thurston

Jeff Keller earned a National Merit Scholarship and uses his familiarity with standardized tests to help students improve scores on ACT, SAT, and PSAT.

HAVE YOU ALWAYS BEEN INTERESTED IN WELDING BUT LACK THE SKILLS?

## WELDING BASICS

March 7, 14, 21, 28 2012

(Wednesdays)

\$120

6:00-8:00 p.m.

Instructor: Wes Chambers

Manhattan Area Technical College

Room 502 Welding Department

3136 Dickens Avenue

Manhattan, KS 66503



In this class students will learn the basics of welding, including: oxy/acetylene cutting and welding, plasma cutting, shielded metal arc welding (stick welding), gas metal arc welding (mig welding), and gas tungsten arc welding (tig welding).

This class is designed for the beginner and previous experience is NOT required.

Enrollment is on a first come/first pay basis. The fee of \$120 needs to be paid at the time of enrollment at the MATC office. The MATC office hours are Monday-Thursday 7:30 am-5:30pm and Friday 7:30am-5:00pm. Cash, check, money order, VISA, Mastercard and/or Discover are accepted for payment.



## Beginning Knitting 12ACF05A

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 include: 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: 01/18/2012 to 02/08/2012 (W)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$31.00  
 Location: 300 Poyntz Ave.  
 Wildflower Yarns and Knitwear

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

## Beginning Knitting 12ACF05B

Date: 04/04/2012 to 04/25/2012 (W)  
 Time: 6:00 PM to 8:00 PM  
 Fee: \$31.00  
 Location: 300 Poyntz Ave.  
 Wildflower Yarns and Knitwear

## Beginning Knitting 12ACF05C

Date: 03/06/2012 to 03/27/2012 (T)  
 (No class 3/20)  
 Time: 6:30 PM to 8:30 PM  
 Fee: \$31.00  
 Location: 300 Poyntz Ave.  
 Wildflower Yarns and Knitwear

## Introduction to Robotics 12ACF117

Introduction to a variety of embedded controllers, sensors and mobile platforms. Controllers include Arduinos (Uno and Mega), Intellibrain, Stamps (basic and javelin), and Beagleboard. Sensors include rangefinders (analog and digital), radios, gps, cell phones, accelerometers, etc. Mobile platforms include MMP5 1/6 scale RC cars, Wild Thing, etc. Topics include interfacing issues, setting up IDEs, product development and implementation, and anything else the class decides is interesting. First milestone is robotic car racing where the cars use gps and other sensors to negotiate a fixed course. People with metal shop experience are encouraged to participate.

Instructor: Bill Rust

Date: 01/16/2012 to 04/09/2012 (M)  
 (No class 3/19)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$270.00 (includes materials)  
 Location: UFM Multipurpose Room  
 1221 Thurston St.

Bill started the Kansas Robot League over ten years ago. He has visited hundreds of classrooms across the state of Kansas and presented at numerous education conventions.



## Introduction to Voiceovers 12ACF129

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

NOTE: Instructor will contact student with further information regarding time/date. This class meets only once. View [www.tryufm.org](http://www.tryufm.org) for information.

Date: 01/30/2012 to 02/03/2012 (M/F)  
 Time: See class description  
 Fee: \$30.00  
 Location: See class description

Voices For All, LLC, The Voices For All Voice Coach/Producer/Instructors are known for their fun and informative presenting methods. Our Coaches have many years experience in the Voiceover Industry, and are masters at teaching all of the information pertinent to making it in Voice Acting. Whether it be speaking, presenting, writing, producing, or announcing, Voices For All has it covered.



## Learn to Play Bridge 12ACF159

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

Instructor: Mary Petersen

Date: 03/25/2012 to 04/29/2012 (Su)  
 Time: 2:00 PM to 3:30 PM  
 Fee: \$20.00  
 Location: UFM Fireplace Room  
 1221 Thurston St.

## Buying a Sewing Machine 12ACF164

Buying a sewing machine can be intimidating if you don't know what to look for. This class will review the variety of sewing machines that are on the market and key features you should consider. Bring your questions.

Instructor: Linda Teener, [linda@tryufm.org](mailto:linda@tryufm.org)

Date: 03/01/2012 (Th)  
 Time: 6:00 PM to 6:45 PM  
 Fee: \$5.00  
 Location: UFM Fireplace Room  
 1221 Thurston St.

Linda has been sewing since she was six years old. She enjoys sewing everything from garments to home decor and quilting projects.



## Beginning Sewing I 12ACF165

Learn to feel comfortable with your sewing machine and make a simple project. We will construct a nine patch pillow. The fabric and thread will be provided. Bring your sewing machine and a basic sewing kit that includes extra sewing machine needles, scissors, pins and a pin cushion, a seam ripper and a seam gauge. Add your own stuffing after class.

Instructor: Linda Teener

Date: 03/01/2012 (Th)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$12.00  
 Location: UFM Multipurpose Room  
 1221 Thurston St.

## Beginning Sewing II 12ACF166

Building on your basic sewing skills, we will construct a simple purse. You will provide two fabrics of your choice and handles of your choice. The supply list and pattern will be provided ahead of class. In addition to the fabric and handles, bring your sewing machine and your basic sewing kit.

Instructor: Linda Teener

Date: 03/08/2012 (Th)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$12.00  
 Location: UFM Multipurpose Room  
 1221 Thurston St.







**Card Making and Stamping 12ACF167**

Create two handmade greeting card projects from beginning to end using rubber stamps and paper crafting tools and techniques. Materials needed include adhesive such as a glue stick, double-stick tape, or scrapbooking adhesive. All other materials for the two card projects will be provided. Beginner card-makers welcome! Ages 13+. Registration deadline April 4.

Instructor: Rosanna Vail

Date: 04/11/2012 (W)  
 Time: 6:30 PM to 8:00 PM  
 Fee: \$15.00  
 Location: UFM Multipurpose Room  
 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.



**Beginning Crochet 12ACF84A**

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, (785) 537-1826

Date: 01/18/2012 to 02/08/2012 (W)  
 Time: 5:00 PM to 6:30 PM  
 Fee: \$31.00  
 Location: 300 Poyntz Ave.  
 Wildflower Yarns and Knitwear

**Beginning Crochet 12ACF84B**

Date: 04/05/2012 to 04/26/2012 (Th)  
 Time: 10:30 AM to 12 N  
 Fee: \$31.00  
 Location: 300 Poyntz Ave.  
 Wildflower Yarns and Knitwear

**Origami for Adults 12ACF163**

Come learn the Japanese art of folding paper to make shapes from nature! In this class, you will learn how to make paper cranes, jumping frogs and more out of recycled paper. Be prepared to learn and have fun making great works of art! Ages 18+ Instructor: Jessi Long

Date: 03/11/2012 (Su)  
 Time: 3:00 PM to 4:00 PM  
 Fee: \$12.00  
 Location: UFM Fireplace Room  
 1221 Thurston St.

**How To Climb Your Family Tree: Beginning Genealogy 12ACF203A**

Learn how to complete and read pedigree charts, document family groups, and organize the generations. Know what the next step should be and how to go about doing it. Research tax records, Federal and State census, list groups, family history books and a multitude of research resources that will move you up your family tree. A majority of the resources are free. The final class meeting will involve a field trip to the Family History Center in Manhattan. This class will be very interesting as we meet our ancestors and learn what really makes us who we are. Ages 12 and up.

Instructor: Misty Gandara

Date: 01/19/2012 to 02/09/2012 (Th)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$16.00  
 Location: Meadowlark Hills, K-State  
 Classroom, 2121 Meadowlark Road

Misty has been researching family histories for 20+ years. She has taught children and adults how to begin the process of researching their own genealogical history. Misty is a family history specialist and has worked at the local family history center.



**How To Climb Your Family Tree: Beginning Genealogy 12ACF203B**

Date: 02/16/2012 to 03/08/2012 (Th)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$16.00  
 Location: UFM Conference Room  
 1221 Thurston

**How To Climb Your Family Tree: Beginning Genealogy 12ACF203C**

Date: 03/29/2012 to 04/19/2012 (Th)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$16.00  
 Location: UFM Multipurpose Room  
 1221 Thurston



**Introduction to Photography 1: The Basics 12ACF78**

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

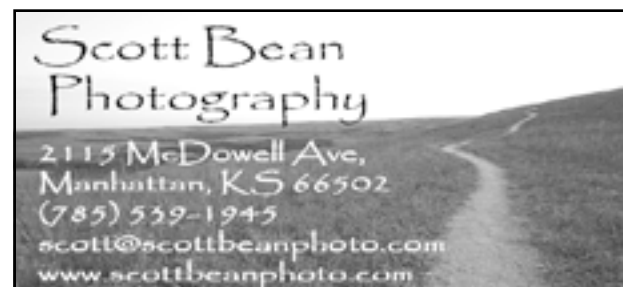
Topics that will be covered include basic camera settings and operation, how f-stop and shutter speed affect your photos, how to select the right settings, and choosing and using different lenses. The class will also cover an introduction to exposure, metering and controlling light, composition and learning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

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

Instructor: Scott Bean, [scott@scottbeanphoto.com](mailto:scott@scottbeanphoto.com)

Date: 03/29/2012 to 04/26/2012 (Th/Sa)  
 (No class 04/14)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$82.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

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. His goal is to help you avoid some of the common mistakes he experienced as a beginning photographer and help you get the most out of your camera and avoid being frustrated with your camera.





## CREATIVE FREE TIME

### Introduction to Adobe Lightroom 12ACF140

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](mailto:scott@scottbeanphoto.com)

Date: 01/17/2012 to 01/26/2012 (T/Th)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$52.00  
 Location: UFM Computer Lab  
 1221 Thurston St., 2nd floor

### Beginning Flute Lessons 12ACF152

The repertoire for Flute offers a great variety of styles. One can play solo, in a small ensemble or a concert band. In this beginning class we will focus on tone production and quality, fingerings and your first performance. Individual-or group-instruction is possible and available. Students must purchase music (approx. \$20-\$40). Requirements: a working flute and a notebook/binder with filler paper. Ages 10+. Additional lessons are available by appointment. Instructor: Daniela Thrasher, (785) 313-2909

Date: 01/17/2012 to 02/14/2012 (Tu)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$30.00  
 Location: UFM Multipurpose Room  
 1221 Thurston



### Introduction to Adobe Photoshop 12ACF65

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

Instructor: Scott Bean, [scott@scottbeanphoto.com](mailto:scott@scottbeanphoto.com)

Date: 01/31/2012 to 02/09/2012 (T/Th)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$52.00  
 Location: UFM Computer Lab,  
 1221 Thurston St., 2nd floor

### Pool School for Beginners and Novices 12ACF170

Learn to play pool, a game for everyone and all ages, in a non pool hall setting. Start by learning the basic techniques of handling the cue stick and striking balls. Advance to understanding how to find and carry out shots. Finally, learn to play the most common game for beginners, 8-ball.

Instructor: Don Rasmussen

Date: 02/01/2012 to 03/07/2012 (W)  
 Time: 1:00 PM to 2:30 PM  
 Fee: \$22.00  
 Location: Billiards Room, Meadowlark Hills  
 2121 Meadowlark Hills Road

### S.T.A.R. Puppy 12ACF169

The AKC S.T.A.R. Puppy is an exciting new program designed to get dog owners and their puppies off to a good start. This training class is a natural lead into the AKC Canine Good Citizen program. S.T.A.R. Puppy covers the basic skills every puppy should know including sit, down, come, stay, walk on a loose leash, leave it, find it, drop it, focus, name recognition and more! At the end of this 6 session course, participants will be able to be evaluated to earn AKC S.T.A.R. Puppy certification.

Requirements: Your puppy must be less than one year old at the time of evaluation. Current vaccination records must be provided to UFM Community Learning Center at the time of enrollment. Records can be faxed to 785-539-9460.

Instructor: Stefanie Lamont  
[stefanie.lamont@hotmail.com](mailto:stefanie.lamont@hotmail.com)

Date: 01/20/2012 to 03/02/2012 (F)  
 Time: 7:00 PM to 8:00 PM  
 Fee: \$68.00  
 Location: UFM Solar Addition  
 1221 Thurston

# Get CREATIVE at MAC

MANHATTAN ARTS CENTER

<p><b>LIVE THEATRE:</b>  <b>The Graduate</b>                  (Feb 24-26, Mar 1-4)  <b>Funny Girl</b> (Apr 27-29, May 3-6)                  Auditions: March 12 &amp; 13 7-9pm</p>	<p><b>YOUTH PROGRAMS:</b>                  Missoula Children's Theatre (Jan 23-28)                  Auditions: Jan 23 4-6pm (grades K-12)                  Paul Mesner Puppets (March 17)                  Laughing Matters (May 19)</p>	<p><b>LIVE MUSIC:</b>                  visit our website for upcoming performances</p>
<p><b>ONGOING ADULT STUDIOS:</b> clay studio, watercolor studio, oil painting studio</p>		<p><b>GALLERIES:</b> local and regional artwork / artists</p>
<p><b>CLASSES FOR ALL AGES:</b> theatre, art, clay, more...</p>		

[www.manhattanarts.org](http://www.manhattanarts.org) (785) 537-4420 1520 Poyntz Ave, Manhattan, KS

### Canine Good Citizen 12ACF168

The AKC Canine Good Citizen Program is designed to recognize dogs who have good manners at home and in the community. This rapidly growing, nationally recognized program stresses responsible dog ownership for owners and basic training and good manners for dogs. All dogs who pass the 10 step CGC test may receive a certificate from the American Kennel Club. All dogs are welcome to participate in the AKC Canine Good Citizen Program, including pure bred and mixed breeds.

Requirements: Your dog must be up-to-date on all vaccinations. Records must be provided to UFM Community Learning Center at the time of enrollment. Records can be faxed to 785-539-9460.

Instructor: Stefanie Lamont  
[stefanie.lamont@hotmail.com](mailto:stefanie.lamont@hotmail.com)

Date: 01/17/2012 to 02/28/2012 (Tu)  
 Time: 7:00 PM to 8:00 PM  
 Fee: \$68.00  
 Location: UFM Solar Addition  
 1221 Thurston

# LANGUAGE



## Beginning Chinese Language 12ALA03

Learn about a mysterious Asian country—China. Students will learn about Chinese culture and use easy Chinese to communicate.

Date: TBD  
 Time: TBD  
 Fee: \$50.00  
 Location: UFM Fireplace Room  
 1221 Thurston St.

## Beginning Spanish for Students 12ALA54

This class is for students in grades 7-12. This class will focus on basic Spanish words, numbers, and the alphabet. We will also discuss pronunciation and sounds.

Instructor: Ariel Anib

Date: 01/18/2012 to 02/29/2012 (W)  
 (No class 2/22)  
 Time: 4:00 PM to 5:00 PM  
 Fee: \$27.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

## Beginning Spanish for Adults 12ALA02

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

Instructor: Ariel Anib

Date: 03/07/2012 to 04/18/2012 (W)  
 (No Class 3/21)  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$27.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

## Conversational Sign Language 12ALA29

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

Date: 04/10/2012 to 05/15/2012 (T)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$50.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

Susie Stanfield, MA, has been a certified Teacher of the Deaf for over 25 years and is the owner of I SIGN Consulting. She has over 30 years of experience teaching sign language classes. In addition to teaching, Susie has experience interpreting in a variety of settings including educational, community, and deaf ministry. She is the Interpreter Coordinator for the Country Stampede and is the director of the Manhattan Silent Singers, a sign language performance group.

## German for Beginners 12ALA35

Do you plan to travel to a German speaking country? Or do you just want to get a basic understanding of the German language? Then this course is for you! We will learn some basic vocabulary and encounter some of the culture in German speaking countries such as Austria Germany and Switzerland. This introductory course will give you the opportunity to learn about the language in a safe, fun and collaborative environment. Bring a notebook and pens or pencils to take notes. Ages 10+.  
 Instructor: Daniela Thrasher, (785) 313-2909

Date: 01/23/2012 to 02/15/2012 (M/W)  
 Time: 6:00 PM to 6:45 PM  
 Fee: \$36.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor



Daniela Thrasher is a senior in music and German education at K-State. She was born in Germany and moved to Manhattan, KS in 2006. In the Fall, she student-taught Music and German at Junction City High School and Ware Elementary School on Ft. Riley. For more information, please visit [http://web.me.com/danielathrasher/Daniela\\_A.\\_Thrasher/Welcome.html](http://web.me.com/danielathrasher/Daniela_A._Thrasher/Welcome.html)


**KANSAS STATE UNIVERSITY**

JANUARY 17, 2012 - JUNE 10, 2012

## TALLGRASS TV:

SAM EASTERSON'S TRIBUTE TO THE KONZA PRAIRIE



Marianna Kistler Beach Museum of Art  
 14th and Anderson, Manhattan, KS  
 P: 785.532.7718    Tues-Sat: 10-5  
[beach.k-state.edu](http://beach.k-state.edu)    Sun: 12-5

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**Activities!**

- Bowling
- Wii
- Kickball
- Sunset Zoo

Middle school: Tuesday & Wednesday

High school: Thursday

3:00 PM to 5:00 PM



To apply or for more information about the mentoring program, visit [www.tryufm.org](http://www.tryufm.org) or email [Andrew@tryufm.org](mailto:Andrew@tryufm.org)



# EARTH & NATURE

## Fly Fishing

**12AEN04AZ**

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: 03/05/2012 to 03/15/2012 (M/T/W/Th)  
Time: 6:00 PM to 8:00 PM  
Fee: \$95.00  
Location: K-State Durland/Rathbone Hall1061 Ahearn Fieldhouse (3/6, 3/7)



## Home Landscape Design

**12AEN08**

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

Instructor: Gregg Eyestone

Date: 02/23/2012 to 03/08/2012 (Th)  
Time: 6:30 PM to 8:30 PM  
Fee: Individual - \$21.00, Couple - \$30.00  
Location: Clover Room, Pottorf Hall Cico Park

Gregg has been instructing others on gardening practices for 22 years through K-State Research and Extension. A native of Manhattan, he has been gardening his whole life. His orchard contains just about one of everything.

## Basic Fruit Tree Pruning

**12AEN104**

Pruning a fruit tree correctly is important for the shape of the tree and production of fruit. Join this hands-on workshop to learn the techniques of pruning a fruit tree. Participants are encouraged to bring their pruning tools. \*The class will meet in the UFM yard. In case of inclement weather, the class will meet in the UFM Solar Addition.

Instructor: Gregg Eyestone

Date: 03/03/2012 (Sa)  
Time: 1:00 PM to 2:30 PM  
Fee: No Charge  
Location: UFM Solar Addition, 1221 Thurston



## Simple Solar Water and Space Heating

**12AEN105**

In this class, different ways of solar heating water and air, and storing the heat for later in the day will be discussed. Desired temperatures are mostly well within the reach of simple hardware that we can make ourselves. The class will emphasize the simplest, lowest-cost 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: 02/11/2012 (Sa)  
Time: 1:00 PM to 3:00 PM  
Fee: No Charge  
Location: UFM Solar Addition, 1221 Thurston

Bill has built and installed most types of solar water and space heating collectors since 1980. His favorite are the simplest. Bill Dorsett has been working in solar energy since 1975, both in passive and active thermal systems and in solar electric applications.

## Attached Solar Greenhouses:

### Design for Plants & Warmth

**12AEN21**

Whether you want winter salad greens, house plants or heat for adjoining rooms, sunrooms are certain to add light and enjoyment to your home. Attached sunrooms are some of the most popular and successful uses of solar energy. There are many choices for storing heat into the night; single or multi-story greenhouses, and many alternatives to glass. Some are as simple as electrical conduit and polyfilm, or elaborate indoor home additions. We will discuss examples of sunrooms built here in Manhattan and talk of the various design considerations for both growing plants and exporting warmth. Bring your blueprints. Bill will be happy to discuss your particular home and plans.

Instructor: Bill Dorsett, wmdorsett@sbcglobal.net,

Date: 02/04/2012 (Sa)  
Time: 1:00 PM to 3:00 PM  
Fee: No Charge  
Location: UFM Solar Addition, 1221 Thurston

Bill has been designing and building sunrooms in Manhattan since 1981.

## Wildflower Walk

### at Tuttle Creek Lake

**12AEN69**

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 we will know how many persons to expect.

Instructor: Paul Weidhaas

Date: 05/05/2012 (Sa)  
Time: 10:00 AM to 12 N  
\*Rain date the following Sunday.  
Fee: No Charge  
Location: Tuttle Creek Lake Visitor's Center 5020 Tuttle Creek Blvd

## Intro to Geocaching

**12AEN103**

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

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

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

Instructor: Daedra Lowry

Date: 05/05/2012 to 05/12/2012 (Sa)  
Time: 10:00 AM to 12 Noon  
Fee: \$12.00  
Location: UFM Fireplace Room, 1221 Thurston

## Food Forests and Plant Guilds: Not Just Another Gardening Class

**12AEN74**

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

Instructor: Carol Barta, (785) 410-8608

Date: 05/03/2012 (Th)  
Time: 7:00 PM to 9:00 PM  
Fee: No Charge  
Location: UFM Conference Room 1221 Thurston St., 2nd floor

## 2012 Manhattan Community Garden

### Sign-up Dates and Times

#### Returning Gardeners

Saturday, December 10th 9:00 AM

Saturday, December 17th 9:00 AM

Wednesday, January 4th 7:00 PM

#### New Gardeners

Saturday, January 21st 9:00 AM

Wednesday, February 1st 7:00 PM

Saturday, February 11th 9:00 AM



Go to [www.tryufm.org/community\\_garden.htm](http://www.tryufm.org/community_garden.htm) for the 2012 application, garden rules, and garden map

Located at UFM, 1221 Thurston St.

**The World According to Monsanto:  
Is Our Food Safe to Eat? 12AEN106**

Please join us for a free showing of the documentary *The World According to Monsanto* which will start at 6pm with sampling of non-GMO (genetically modified organisms) finger foods from People's Grocery. This French film (the documentary is in English) has interviews with farmers from around the world. It looks at Monsanto's controversial past and their race to genetically engineer (and patent) the world's food supply, a frightening strategy which profoundly threatens our health, environment, and economy. A 3-minute video "What Can We Do on The Campaign for Healthier Eating in America" will follow the film. The movie will begin at 6:30 pm; everyone is welcome to stay for a discussion after the showing. Facilitators: Deane Lehmann, Stephanie Cold

Date: 02/23/2012 (Th)  
Time: 6:00 PM to 8:45 PM  
Fee: No Charge  
Location: Manhattan Public Library Auditorium  
629 Poyntz Avenue

**Bicycle Ed 101 12AEN75A**

Cyclists will learn how to care for their bicycle with proper maintenance and basic repair skills. Participants will learn about tire & tube changes, bicycling & the law, pre-ride safety check, cleaning and lubrication, proper storage and wheel removal & installation. Plan to wear clothes you don't mind getting greasy. Instructor: Big Poppi Bicycle Company, (785) 537-3737

Date: 03/02/2012 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: \$10.00  
Location: Big Poppi Bicycle Co, 1126 Moro St.

**Bicycle Ed 101 12AEN75B**

This date is for women only.

Date: 03/16/2012 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: \$10.00  
Location: Big Poppi Bicycle Co  
1126 Moro St.

**Bicycle Ed 101 12AEN75C**

Date: 03/30/2012 (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 12AEN76**

CLICK! TICK! POP! CREAK! Do your gears feel like they are jumping all over creation when you are pedaling? You need help and we have a class that will teach you how to fix all of those sounds, the clunky performance and leave you with nothing but crisp, smooth, quiet shifting all the live long day. Topics covered include: drivetrain cleaning & lubrication, front & rear, derailleur installation, front & rear derailleur cable adjustment, front & rear derailleur limit adjustment, chain installation & maintenance and shifter maintenance & cleaning. Instructor: Big Poppi Bicycle Company, (785) 537-3737

Date: 03/04/2012 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: \$60.00  
Location: Big Poppi Bicycle Company  
1126 Moro St.

**Bicycle Core Concepts:  
Brake System Mechanics 12AEN77**

Let's just leave this one to explain itself. The danger of bad brakes is pretty apparent. If your bike currently has or has ever had trouble stopping or you are just a gear-head and want to know how everything works, this class is a great opportunity to understand the different styles of brakes for bicycles and how they work. Topics covered: cantilever, side-pull, disc, v-brake/linear pull, u-brake, duel-pivot, brake pad installation, brake cable adjustments, caliper adjustments. Instructor: Big Poppi Bicycle Company, (785) 537-3737

Date: 03/11/2012 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: \$60.00  
Location: Big Poppi Bicycle Company  
1126 Moro St.

**Bicycle Major  
Bearing Systems 12AEN78**

Each of these four area's on the bike are the key to smooth, efficient forward movement. Without good bearing adjustment you will go nowhere fast. The key to this class is, "as loose as possible without knock." Topics covered: bottom bracket overhaul, hub overhaul & adjustment, headset overhaul & adjustment 1" & 1 1/8". Instructor: Big Poppi Bicycle Company, (785) 537-3737

Date: 03/18/2012 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: \$100.00  
Location: Big Poppi Bicycle Company  
1126 Moro St.

**Bicycle Wheel Systems 12AEN79**

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

Date: 04/01/2012 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: \$10.00 Big Poppi Materials  
\$125.00 Purchased on Own  
Location: Big Poppi Bicycle Co  
1126 Moro St.



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



# FUN FOODS



## Home Brewing 101 12AFF32

This course will teach would-be beer enthusiasts how to brew their own beer at home. The course will cover how to brew a beer using an extract kit, bottle the beer, and drink it. The course also includes discussions and samplings of the major brewing styles. In order to participate, you must be at least 21, with a copy of current ID for UFM's records. You may bring copy into office at 1221 Thurston or mail in before class begins.

Instructors: Walter Dodds, [wkdodds@ksu.edu](mailto:wkdodds@ksu.edu); Ray Davis, [raymond.davis@us.army.mil](mailto:raymond.davis@us.army.mil); Joe Callaghan, [fjc2947@networksplus.net](mailto:fjc2947@networksplus.net)

Date: 04/09/2012 to 04/23/2012 (M)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$35.00  
 Location: UFM Kitchen & Banquet Room  
 1221 Thurston

The instructors are all members of the Little Apple Brew Crew Club, that consists of over 50 home brewers in Manhattan and surrounding communities. They have a combined brewing experience of 40+ years.

## Beer Tasting 12AFF39

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

Date: 03/09/2012 (F)  
 Time: 6:30 PM to 8:30 PM  
 Fee: \$12.00  
 Location: Tallgrass Brewing Company



## Peruvian Cuisine 12AFF48

Come and 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](mailto:elsatob@hotmail.com)

Date: 05/02/2012 (W)  
 Time: 6:30 PM to 8:30 PM  
 Fee: \$29.00  
 Location: HyVee Club Room, 601 3rd Place



## Wine 101 12AFF77

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

Instructors: Evan Grier & Ian Hulon  
[ian.hulon@harrysmanhattan.com](mailto:ian.hulon@harrysmanhattan.com)

Date: 02/21/2012 to 03/13/2012 (T)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$76.00  
 Location: Harry's Restaurant, 418 Poyntz Ave.

## Two Days in California 12AFF92

Join us for two classes as we take you on a viticultural tour of the Napa and Sonoma Valleys of California! With exceptional wines to taste and an in-depth presentation each day, you will be well versed and know exactly where to go should you take a trip to the California wine country!

Instructors: Evan Grier & Ian Hulon,  
[ian.hulon@harrysmanhattan.com](mailto:ian.hulon@harrysmanhattan.com)

Date: 04/10/2012 to 04/17/2012 (T)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$59.00  
 Location: Harry's Restaurant, 418 Poyntz Ave.



## Make Your Own Kombucha at Home 12AFF76

Kombucha and water kefir are healthy beverages that are gaining popularity. Kombucha is a fermented tea drink made by a community of bacteria and yeast called a mother or mushroom. Water kefir is a fermented drink made using sugar, fruit and a community of bacteria and yeast called kefir grains. Both are relatively easy and inexpensive to make at home. In this class we will talk about the history, reported health benefits and instructions for making kombucha and water kefir.

Instructors: Deane Lehmann & Stephanie Cold

Date: 03/31/2012 (Sa)  
 Time: 2:00 PM to 4:00 PM  
 Fee: No Charge  
 Location: UFM Fireplace Room, 1221 Thurston

Stephanie is a passionate supporter of raw milk, alternative health, and organic, nutrient-dense foods. She tries to live as naturally as possible, consuming limited processed foods, is committed to homemade food products, and living sugar-free and gluten-free.

## Got(Raw) Milk? 12AFF81

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

Instructors: Stephanie Cold & Deane Lehmann

Date: 04/21/2012 (Sa)  
 Time: 2:00 PM to 4:00 PM  
 Fee: No Charge  
 Location: UFM Fireplace Room  
 1221 Thurston St.

## Baking from Scratch for Kids 12AFF82A

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

Instructor: Jessica Campbell, [jessica@tryufm.org](mailto:jessica@tryufm.org)

Date: 01/21/2012 (Sa)  
 Time: 3:00 PM to 5:00 PM  
 Fee: \$15.00  
 Location: HyVee Club Room, 601 3rd Place

## Baking from Scratch for Kids 12AFF82B

Date: 03/31/2012 (Sa)  
 Time: 3:00 PM to 5:00 PM  
 Fee: \$15.00  
 Location: HyVee Club Room, 601 3rd Place





**Cook Once; Eat for a Week! 12AFF97**

With busy schedules, who wouldn't love to have more time enjoying their meals, and less time in the kitchen preparing them? How do we plan healthy meals, on a budget with cost and time in mind? This class will teach you how to design a full week's menu, compile the grocery list and spend only a few short hours in the kitchen preparing for the week all with good nutrition in mind! Come to class, learn the techniques and leave with a game plan for your first week in hand!

Instructor: Karen Hanson, karenhanson@hy-vee.com

Date: 04/18/2012 (W)  
 Time: 6:00 PM to 8:00 PM  
 Fee: \$29.00  
 Location: HyVee Club Room, 601 3rd Place

**Easy As Pie 12AFF91A**

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

Instructor: Jessi Long

Date: 02/25/2012 (Sa)  
 Time: 1:00 PM to 5:00 PM  
 Fee: \$29.00  
 Location: HyVee Club Room, 601 3rd Place

**Easy As Pie 12AFF91B**

Date: 03/10/2012 (Sa)  
 Time: 1:00 PM to 5:00 PM  
 Fee: \$29.00  
 Location: HyVee Club Room, 601 3rd Place

**Gluten-Free Ravioli Baking 12AFF93**

Gluten-free treats for your sweetie! Join us for a hands-on lesson in gluten-free ravioli making. It's simpler than it sounds! We'll use both cheese and meat-based fillings and discuss ways to come up with tasty personalized fillings at home. We'll also make and enjoy homemade gluten-free ice cream sandwiches.

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

Date: 02/08/2012 (W)  
 Time: 6:00 PM to 8:00 PM  
 Fee: \$29.00  
 Location: HyVee Club Room, 601 3rd Place

**Scrumptious Slow Cooking 12AFF95**

Bring your own crock pot and go home with tomorrow's dinner! For this hands-on class, bring your empty crock pot and plan to fill it up with a delicious, healthy, and convenient dinner that you can take home and cook the next day. Tips about what foods to cook, seasonings, cooking times and even easy clean-up will be shared! While at class you will be sampling dishes from Karen's slow cookers recipes... including a simple, delicious dessert!

Instructor: Karen Hanson, karenhanson@hy-vee.com

Date: 02/01/2012 (W)  
 Time: 6:00 PM to 8:00 PM  
 Fee: \$29.00  
 Location: HyVee Club Room, 601 3rd Place

**Host A Gluten-Free Dinner: Simple & Tasty So You Can Enjoy Your Guests 12AFF94**

Baking everything from scratch or buying gluten-free baked goods that don't taste "real" can make hosting a gluten-free dinner at home seem arduous and painful. In reality, there are easy (and relatively inexpensive!) options available and your guests won't even notice that dinner's gluten-free! Join us to make a full dinner appetizers, grilled quesadillas with a variety of fillings, and an easy, delicious gluten-free dessert, a meal that won't break the bank.

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

Date: 03/07/2012 (W)  
 Time: 6:00 PM to 8:00 PM  
 Fee: \$29.00  
 Location: HyVee Club Room, 601 3rd Place

**Spring Make-Over: Recipe Style 12AFF96**

Do you have a favorite recipe that you would like to see transformed into a healthier dish? For this class, Karen, the "dietitian magician", will be giving your recipes a make-over! Karen will give tips for lowering sugar, salt and fats in your recipes. If you have a recipe you would like to see transformed, please plan to submit the recipe for use in the class two weeks prior, to karenhanson@hy-vee.com, or just plan to drop it by Hy-Vee. Karen will try to include your recipe, and cook up the healthier version for sampling during the Recipe Make-Over Class. (May be limited to the first 5 recipes submitted.)

Instructor: Karen Hanson, karenhanson@hy-vee.com

Date: 03/14/2012 (W)  
 Time: 6:00 PM to 8:00 PM  
 Fee: \$29.00  
 Location: HyVee Club Room, 601 3rd Place

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# HEALTH & WELLNESS

## Living the Art: Jin Shin Jyutsu 12AHW08A

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, bring a light lunch and your smile.  
Instructor: Kate Cashman

Date: 02/25/2012 (Sa)  
Time: 10:00 AM to 4:00 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.

## Living the Art: Jin Shin Jyutsu 12AHW08B

Date: 03/24/2012 (Sa)  
Time: 10:00 AM to 4:00 PM  
Fee: \$24.00  
Location: 1421 Colorado Street



## Beginning Tai Chi Chaun 12AHW31

Practiced by millions of people around the world, the ancient and gentle Chinese martial art of tai chi offers the perfect balance of mind and body, strength and flexibility, grace and agility. Its smooth, fluid movements offer exercisers of all ages improved fitness, stress reduction, and total relaxation. In this class, we will introduce the Yang style short form, which can be practiced by young and old, anytime, any place.  
Instructor: Mei Hwa (Tina) Terhune, (785) 539-4277

Date: 03/28/2012 to 04/25/2012 (W)  
Time: 5:30 PM to 6:30 PM  
Fee: \$48.00  
Location: UFM Banquet Room, 1221 Thurston

Mei Hwa Terhune (Tina) is a native of China where she acquired her knowledge of Tai Chi Chaun while attending Ming Chuang University in Taipei, Taiwan. She is a certified instructor for Tai Chi for Arthritis and Yogafit. She specializes in 24 movement Beijing style, and "Cheng Man-Ching" Yang style.

## Healing Touch Level 1 12AHW123

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. A short lunch break will be taken both days. Please bring lunch with you. \*Registration deadline: March 9th.

Instructor: Susan King Shoemaker, (785) 579-6481

Date: 03/24/2012 to 03/25/2012 (SaSu)  
Time: 9:00 AM to 6:00 PM  
Fee: \$314.00  
\$154.00 Student or Senior (over 65)  
Location: UFM Conference/Banquet  
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.

## Dao Yin 12AHW124

Dao Yin is a classic Daoist practice that focuses on directing energy or Qi in the body by using several easy exercises. The practices taught in this course focus on gentle strength development, revitalization and detoxification. They are able to relieve chronic discomforts by opening the body's energetic pathways (the acupuncture meridians). The purpose of Dao Yin is to feel responsive and full of energy like that of a child. This form of exercise is an excellent complement to any current exercise or health regimen.

Instructors: Stephen Williams & Catherine Ryba

Date: 01/28/2012 to 03/17/2012 (Sa)  
Time: 10:30 AM to 11:30 AM  
Fee: \$74.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

Stephen Williams and Cathering Ryba are both classically trained accupuncturists and Chinese herbalists. Both have studied martial arts, Qi gong, bio-energetics and various sciences for many years and are passionate about bringing comprehensive health to their community.



## Clutter Clearing 12AHW22

Clearing our environment is a dynamic tool for change. Clutter holds us in the past, preventing us from fully living. We will examine the energetics of clutter and discuss ideas that empower us to let go of our excess baggage! A variety of organizing strategies and principles of feng shui will also be utilized. Homework assignments are an integral part of class. Come prepared to liberate yourself!  
Instructor: Kate Cashman, (785) 537-1911

Date: 03/06/2012 to 03/27/2012 (T)  
(No Class 3/20)  
Time: 7:00 PM to 8:30 PM  
Fee: \$35.00  
Location: 1421 Colorado Street

## Eight Brocades Qi Gong 12AHW125

This course will focus on learning and refining the 8 Brocades. The 8 Brocades are one of the most wide-spread forms of internal martial arts practiced in China for health and longevity. Each step of the 8 Brocades focuses on a different set of acupuncture meridians. By the end of this course you will know how to perform the 8 Brocades as well as how to feel your own bioelectric field or Qi.

Instructors: Stephen Williams & Catherine Ryba

Date: 01/28/2012 to 03/17/2012 (Sa)  
Time: 11:30 AM to 12:30 AM  
Fee: \$74.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

### Flint Hills PFLAG

(Parents, Families and Friends  
of Lesbians and Gays)



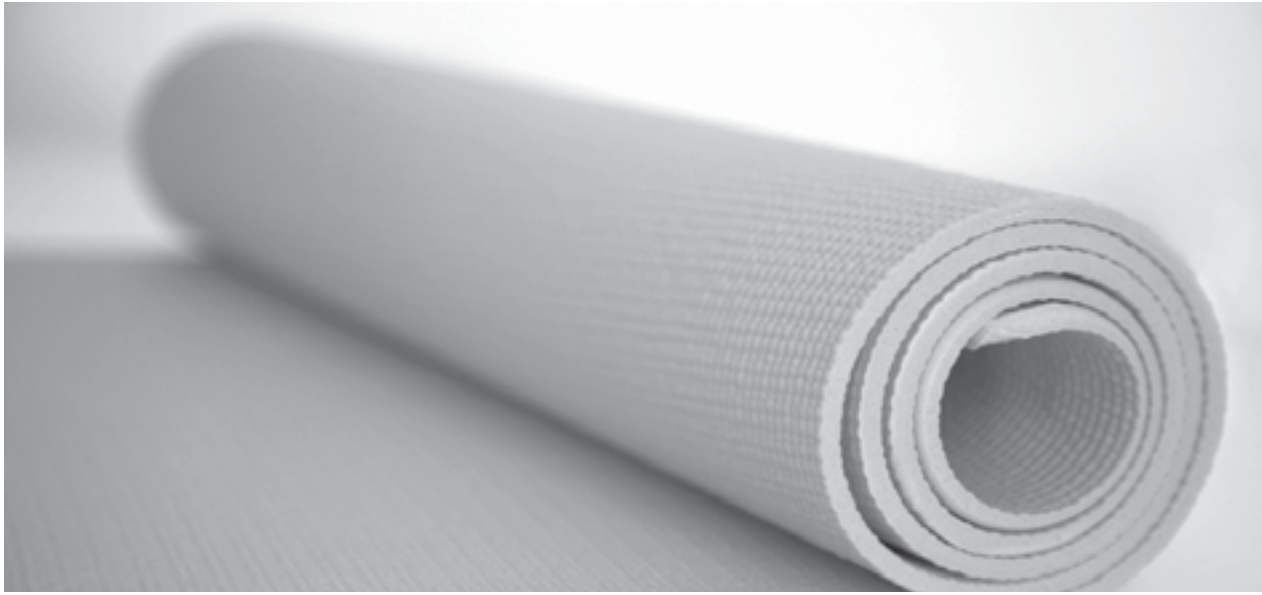
Monthly Educational meetings:  
7:00 pm, third Tuesday of each month  
First Congregational Church  
700 Poyntz Ave, Manhattan, KS

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

#### Family Support:

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

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



## Yoga Over Forty

**12AHW99**

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](mailto:yogaconnection@gmail.com)

Date: 01/17/2012 to 02/21/2012 (T)  
 Time: 5:30 PM to 6:30 PM  
 Fee: \$85.00  
 Location: Yoga Connection, 321 Poyntz Ave, Ste A

## Morning Yoga

**12AHW89A**

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](mailto:dnewton@flinthills.com)

Date: 01/28/2012 to 02/18/2012 (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

**12AHW89B**

Date: 02/25/2012 to 03/17/2012 (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

**12AHW89C**

Date: 03/31/2012 to 04/21/2012 (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

**12AHW89D**

Date: 04/28/2012 to 05/19/2012 (Sa)  
 Time: 9:30 AM to 11:00 AM  
 Fee: \$27.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Evening Yoga

**12AHW88A**

Close your day with gentle yogic movements and breathing practices to help you relax, rejuvenate and restore your energy! No experience necessary. Yoga is for everybody.

Instructor: Debbie Newton, [dnewton@flinthills.com](mailto:dnewton@flinthills.com)

Date: 01/23/2012 to 02/13/2012 (M)  
 Time: 7:15 PM to 8:45 PM  
 Fee: \$27.00  
 Location: K-State International Student Center, Multipurpose Room  
 Corner of Midcampus Drive and Claflin

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

## Yoga 1

**12AHW15AZ**

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](mailto:yogaconnection@gmail.com)

Date: 01/17/2012 to 03/06/2012 (T/Th)  
 Time: 10:30 AM to 11:30 AM  
 Fee: \$99.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Yoga 1

**12AHW15BZ**

Date: 01/18/2012 to 03/07/2012 (W/M)  
 Time: 10:30 AM to 11:30 AM  
 Fee: \$99.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Yoga 1

**12AHW15DZ**

Date: 01/18/2012 to 03/07/2012 (W/M)  
 Time: 5:30 PM to 6:30 PM  
 Fee: \$99.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Yoga 1

**12AHW15CZ**

Date: 03/12/2012 to 05/02/2012 (M/W)  
 (No class 3/19, 3/21)  
 Time: 10:30 AM to 11:30 AM  
 Fee: \$99.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Yoga 1

**12AHW15EZ**

Date: 03/12/2012 to 05/02/2012 (M/W)  
 (No class 3/19, 3/21)  
 Time: 5:30 PM to 6:30 PM  
 Fee: \$99.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Yoga 2

**12AHW21Z**

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

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

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

Instructor: Ana Franklin

Date: 03/08/2012 to 05/03/2012 (Th/T)  
 (No class 3/19, 3/22)  
 Time: 10:30 AM to 11:30 AM  
 Fee: \$99.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Practical Yoga for Everyone

**12AHW12Z**

Yoga is very useful, practical and fun for everyone, regardless of your age or abilities. In this class you will not be asked to do anything that you cannot do. At the same time, you will find that the simple exercises for body and breath will make you feel wonderful by the end of class. Whether you have done Yoga before, or are just beginning, you will enjoy this class and benefit from it. Whatever area you could use help with, physical or non-physical (stress, etc.), we will use yoga to help it. This is a time to focus on learning new ways of taking care of yourself. In this small, workshop-type class, you will be shown how to do yoga at home, safely, and reap the benefits for the rest of your life. Space is limited, so please register early.

Instructor: Ana Franklin, [yogaconnection@gmail.com](mailto:yogaconnection@gmail.com)

Date: 01/17/2012 to 02/21/2012 (T)  
 Time: 7:30 PM to 8:30 PM  
 Fee: \$85.00  
 Location: Yoga Connection  
 321 Poyntz Ave, Ste A



**Evening Yoga 12AHW88B**

Date: 02/20/2012 to 03/12/2012 (M)  
 Time: 7:15 PM to 8:45 PM  
 Fee: \$27.00  
 Location: K-State International Student Center, Multipurpose Room  
 Corner of Midcampus Drive and Claflin

**Evening Yoga 12AHW88C**

Date: 03/26/2012 to 04/16/2012 (M)  
 Time: 7:15 PM to 8:45 PM  
 Fee: \$27.00  
 Location: K-State International Student Center, Multipurpose Room  
 Corner of Midcampus Drive and Claflin

**Evening Yoga 12AHW88D**

Date: 04/23/2012 to 05/14/2012 (M)  
 Time: 7:15 PM to 8:45 PM  
 Fee: \$27.00  
 Location: K-State International Student Center, Multipurpose Room  
 Corner of Midcampus Drive and Claflin  
 \*\*Check class location information

**The World According to Monsanto: Is Our Food Safe to Eat? 12AEN106**

Please join us for a free showing of the documentary *The World According to Monsanto* which will start at 6pm with sampling of non-GMO (genetically modified organism) finger foods from People's Grocery. This French film (the documentary is in English) has interviews with farmers from around the world. It looks at Monsanto's controversial past and their race to genetically engineer (and patent) the world's food supply, a frightening strategy which profoundly threatens our health, environment, and economy. A 3-minute video What Can We Do on The Campaign for Healthier Eating in America will follow the film.

The movie will begin at 6:30 pm; everyone is welcome to stay for a discussion after the showing.  
 Facilitators: Deane Lehmann, Stephanie Cold

Date: 02/23/2012 (Th)  
 Time: 6:00 PM to 8:45 PM  
 Fee: No Charge  
 Location: Manhattan Public Library Auditorium  
 629 Poyntz Avenue



**Yoga Connection**  
 321 Poyntz, Suite A  
 Manhattan, Kansas  
 785-537-8224 or 785-341-9008

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

"Stretching Body, Breath & Mind"



**Community CPR, First Aid & AED 12AHW25A**

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](mailto:abbythrash@gmail.com)

Date: 01/28/2012 (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 12AHW25B**

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

Date: 02/11/2012 (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 12AHW25C**

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

Date: 03/10/2012 (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 12AHW25D**

Instructor: Kelly Reed-Harkness

Date: 02/25/2012 (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 12AHW25E**

Instructor: Kelly Reed-Harkness

Date: 04/21/2012 (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 12AHW70A**

Find out how you can cut classroom time for CPR, First Aid, and AED Training in half by using Blended Learning. Blended Learning combines a program which blends an ONLINE session with a hands-on skills practice and assessment session. YOU WILL BE CONTACTED VIA EMAIL with login information and directions. See the directions at [www.tryufm.org](http://www.tryufm.org).  
 Instructor: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com)

Date: 01/28/2012 (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 12AHW70B**

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

Date: 02/11/2012 (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 12AHW70C**

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

Date: 03/10/2012 (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 12AHW70D**

Instructor: Kelly Reed-Harkness

Date: 02/25/2012 (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 12AHW70E**

Instructor: Kelly Reed-Harkness

Date: 04/21/2012 (Sa)  
 Time: 10:00 AM to 11:00 AM  
 Fee: \$45.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

**Responding to Emergencies 12AHW19AZ**

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Materials not included in fee; need to buy mask for \$14 at UFM, 1221 Thurston St. before class.  
Instructor: Henry Brown

Date: 02/04/2012 to 02/18/2012 (Sa/Su)  
Time: 12 N to 6:30 PM  
Fee: \$154.00  
Location: UFM Banquet Room  
1221 Thurston St.

**How to Have Healthy Conflict 12AHW127**

Couples will be taught the following skills and tools: To learn how to effectively communicate during conflict; to overcome habitual patterns of fighting that damage the relationship; to be aligned when establishing goals for resolution; to better understand the sources of conflict and how to successfully manage it; to maneuver the challenges which prohibit couples and from moving forward.  
Instructor: Stacy Mackey, stacy@stacymackey.com

Date: 02/08/2012 to 03/14/2012 (W)  
Time: 7:00 PM to 8:15 PM  
Fee: \$25.00 per couple  
Location: UFM Multipurpose Room  
1221 Thurston St.

Stacy Mackey is a professionally trained relationship coach for couples in conflict. She is currently enrolled in the ORSC Coach Certification Program offered by CRR Global®. This comprehensive program is the only accredited Relationship Systems Coaching Program in the world. Since graduating from Kansas State University with a Bachelor's Degree, Stacy has accumulated over 16 years of consulting clients in various professional service industries. As a Conflict Coach, Stacy helps couples create conscious and intentional relationships and believes that we can all shift perceptions of reality to take our most important relationships to their highest potential.



**Refuse To Be A Victim 12AHW202A**

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!

Instructor: Robert D Auten

Date: 02/04/2012 (Sa)  
Time: 8:00 AM to 12 N  
Fee: \$47.00, Includes Materials  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

Robert Auten is a full time staff member 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 12AHW202B**

Date: 03/03/2012 (Sa)  
Time: 8:00 AM to 12 N  
Fee: \$47.00, Includes Materials  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**Refuse To Be A Victim 12AHW202C**

Date: 04/07/2012 (Sa)  
Time: 8:00 AM to 12 N  
Fee: \$47.00, Includes Materials  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**Mindfulness-based Stress Reduction 12AHW126**

Mindfulness-based Stress Reduction (MBSR) will teach you how to voluntarily self-regulate your Autonomic Nervous System, which controls the fight or flight response. Finding a third way, a middle way, between fight or flight will lead to more inner peace and happiness for every individual who practices Mindfulness Meditation techniques. Sitting and walking meditation along with Mindfulness Movements will be the feature techniques offered.

Mental Health Professionals and Healthcare Workers are especially encouraged to participate in this course and are offered a 35% discount. CME and CEU, pending approval. The Saturday practice intensive session will be April 7 from 10am to 4pm.

Instructors: Dr. Matthew Cobb, matthew.cobb@meadowlark.org & William Hale, M.D.

Date: 03/01/2012 to 04/26/2012 (Th)  
Time: 6:30 PM to 8:00 PM  
Fee: \$176.00, Includes Materials  
Location: Meadowlark Hills  
K-State Classroom  
2121 Meadowlark Road

Matthew Cobb, D Min., M. Div., MA has over 15 years of experience in pastoral care and counseling and spiritual direction. Dr. Cobb's practice integrates body, mind, heart and soul with people seeking healing and transformation on their unique life path. He works with children, adults and elders using Neurolinguistic Programming and Gestalt Therapy and stress management techniques based on mindfulness meditation. He teaches intensive courses in Stress Management based on Mindfulness Meditation and leads Integral Transformative Practice of Kansas.

William Hale, M.D. has over 25 years of experience in psychiatry and mind-body medicine. Dr. Hale's practice incorporates mind-body work with people who have physical illnesses such as hypertension, migraines, chronic pain, cancer and other conditions. He works with children, adults and elders using psychotherapy, medication, biofeedback and stress management techniques based on mindfulness meditation. He teaches intensive courses in Stress Management based on Mindfulness Meditation. He also did an internship in Mindfulness Meditation-based Stress Management at the University of Massachusetts School of Medicine.

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## Take a Peek at the Past

<p><b>Riley County Historical Museum</b> 2309 Claflin Road, Manhattan, KS 66502 Open: Tues. - Fri. 8:30 - 5:00 Sat. - Sun. 2:00 - 5:00 Research Library by appointment (785) 565-6490</p>	<p><b>Goodnow House Museum</b> <b>State Historic Site</b> 2301 Claflin Rd. Go to Riley County Historical Museum and ask for tour Sat. - Sun. 2:00 - 5:00 Tues. - Fri. 8:30 - 5:00</p>	<p><b>Wolf House Museum</b> 630 Fremont St. Open: Sat. 1:00 - 5:00 Sun. 2:00 - 5:00</p>	<p><b>Pioneer Log Cabin</b> Manhattan City Park Open Sundays: April-October 2:00 - 5:00</p>
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\*\*\* Free Admission at All Sites \*\*\*



# MARTIAL ARTS

## Tae Kwon Do I

**12AMA01Z**

Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance and flexibility. The basics of blocking, punching, kicking, self-defense and white belt form will be covered. Class will consist of practicing these skills as a group, working with other classmates and with the instructor. At the end of the semester, students will have the option to be tested for their orange belt. Ages 9+. Instructor: David Moore

Date: 01/17/2012 to 05/03/2012 (T/Th)  
(No class 3/20, 3/22)  
Time: 5:00 PM to 6:00 PM  
Fee: \$72.00  
Location: Sun Yi's Academy, 1650 Hayes Dr.



## Judo I

**12AMA08Z**

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

Instructor: Jim Kiker

Date: 01/19/2012 to 05/03/2012 (ThM)  
(No classes 3/19, 3/22)  
Time: 8:00 PM to 9:00 PM  
Fee: \$75.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Judo II

**12AMA09Z**

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: 01/19/2012 to 05/03/2012 (ThM)  
(No class 3/19, 3/22)  
Time: 8:00 PM to 9:30 PM  
Fee: \$75.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Lao Hu Pai Self Defense and Kung Fu

**12AMA05**

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

Instructor: Michael Tran, mtrandpm@hotmail.com

Date: 01/18/2012 to 05/02/2012 (W)  
(No class 3/21)  
Time: 6:00 PM to 8:00 PM  
Fee: \$62.00  
Location: K-State Ahearn Gym, 2nd floor

Dr. Michael Tran has participated in the martial arts for 24 years. He holds black belt/sash in Lao Hu Pai Kung Fu, Won Hop Loong Chuan Kung Fu, and Goshin Aikijutsu. He also has training in: Vovinam Viet Vo Dao, Shaolin Long Fist, and Praying Mantis Kung Fu. Website: <http://honorabletiger.com/>

## Karate & Self-Defense

**12AMA10**

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

Instructor: Habib Diop, hdiop@ksu.edu

Date: 03/31/2012 to 05/12/2012 (Sa)  
Time: 1:00 PM to 2:00 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, to properly breathe, to relax as you breathe, and to overcome stress. He is a champion and member of the Karate National team in Senegal. He has also won awards from the National Federation of Karate in Senegal. He has worked with the Japanese most known "Sensei", Sensei Ayashi, Sensei Yoshinao Nambu. His own Sensei was directly formed by Sensei Eiji Ogasahara.

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# RECREATION & FITNESS



## Archery for Adults 12ARF01AZ

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: 01/23/2012 to 04/02/2012 (M)  
(No Class 3/19)  
Time: 7:00 PM to 8:20 PM  
Fee: \$101.00  
Location: Sports Center, 11th St #615 A

## Archery for Adults 12ARF01BZ

Date: 01/23/2012 to 04/02/2012 (M)  
(No Class 3/19)  
Time: 8:30 PM to 9:50 PM  
Fee: \$101.00  
Location: Sports Center, 11th St #615 A

## Introduction to Golf 12ARF04A

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

Instructor: Jim Gregory, (785) 539-1041

Date: 04/05/2012 to 04/19/2012 (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 12ARF04B

Date: 05/10/2012 to 05/24/2012 (Th)  
Time: 6:00 PM to 7:00 PM  
Fee: \$41.00  
Location: Stagg Hill Golf Club  
4441 Fort Riley Blvd.

## Golf in Junction City 12ARF30AZ

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

Date: 03/06/2012 to 05/01/2012 (T)  
No class 3/20  
Time: 5:30 PM to 7:30 PM  
Fee: \$143.00  
Location: Rolling Meadows Golf Course,  
6514 Old Milford Rd. Junction City

## Golf in Junction City 12ARF30BZ

Date: 03/07/2012 to 05/02/2012 (W)  
No class 3/21  
Time: 5:30 PM to 7:30 PM  
Fee: \$143.00  
Location: Rolling Meadows Golf Course  
6514 Old Milford Rd. Junction City

## ZUMBA Fitness 12ARF08A

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: 01/17/2012 to 02/14/2012 (T)  
Time: 5:30 PM to 6:30 PM  
Fee: \$47.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## ZUMBA Fitness 12ARF08B

Date: 02/21/2012 to 03/13/2012 (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 became a Zumba Fitness instructor in 2007. She loves Zumba Fitness because it gives her a way to express her passion for Latin dance and at the same time, teach others her passion and help them get fit.

## ZUMBA Gold 12ARF104A

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: 01/19/2012 to 02/23/2012 (Th)  
(No class 2/9)  
Time: 5:30 PM to 6:15 PM  
Fee: \$47.00  
Location: Meadowlark Hills, K-State  
Classroom, 2121 Meadowlark Road

## ZUMBA Gold 12ARF104B

Date: 03/01/2012 to 03/22/2012 (Th)  
Time: 5:30 PM to 6:15 PM  
Fee: \$37.00  
Location: Meadowlark Hills, K-State  
Classroom, 2121 Meadowlark Road




## Beginning Belly Dance 12ARF09

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

Instructor: Amy (Nashid) Werner

Date: 01/17/2012 to 04/10/2012 (T)  
(No class 3/20)  
Time: 5:45 PM to 6:45 PM  
Fee: \$96.00  
Location: KSU International Student Center,  
Multipurpose Room

Amy (Nashid) Werner, Nashid's love for dance began at a very young age taking Polynesian and Tahitian style dance. She saw her first bellydancer at the age of 10 and was mesmerized. Nashid has had the extreme fortune to have studied with Kaya & Sadie, Aziza, Meera, Suhaila Salimpour, Sahra Saeeda, Bozenka and many more. She received her certification training under Sahra Saeeda and looks forward to learning and sharing even more. Nashid is Co-Director of the local dance troupe, The Eyes of Bastet, that puts on workshops and shows in the Manhattan area as well as raising money for local charities and causes. Nashid love's performing and sharing the art with as many people as possible!




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## RECREATION & FITNESS

### Intermediate Belly Dance 12ARF10

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

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

Date: 01/30/2012 to 04/23/2012 (M)  
(No class 3/19)  
Time: 6:45 PM to 7:45 PM  
Fee: \$96.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

Brandi (Anola) Kiekel grew up in the spot light on Stage as a drama kid. In Fall 2004 Anola took Belly Dance. Studying under Maya Zahira she was hooked instantly. She is a member of The Eyes of Bastet dance troupe, since 2010.



### Advanced Belly Dance 12ARF11

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

Instructor: Amy (Nashid) Werner

Date: 02/01/2012 to 04/25/2012 (W)  
(No class 3/21)  
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 12ARF12

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: 04/17/2012 to 05/22/2012 (T)  
Time: 5:30 PM to 6:30 PM  
Fee: \$32.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

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

### Professional Dance Troupe 12ARF152

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

Instructor: Amy (Nashid) Werner

Date: 02/12/2012 to 04/22/2012 (Su)  
(No class 3/18, 3/25)  
Time: 3:00 PM to 5:00 PM  
Fee: \$48.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

### Yogilates 12ARF142AZ

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

Instructor: Diana Knox, dknox@ksu.edu

Date: 01/18/2012 to 03/07/2012 (WM)  
Time: 9:00 AM to 10:00 AM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

Diana Knox has been involved in the fitness industry for over 17 years as a certified instructor and director. As the Fitness Director and a personal trainer at ProFitness in Aggieville, she offers classes incorporating step, yoga, stability ball, pilates, weight training/toning, and yogilates. Her classes are available in Manhattan through UFM, K-State for credit and ProFitness.

### Yogilates 12ARF142BZ

Date: 01/18/2012 to 03/07/2012 (W/M)  
Time: 1:30 PM to 2:30 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St

### Yogilates 12ARF142CZ

Date: 01/17/2012 to 03/06/2012 (T/Th)  
Time: 12:00 PM to 1:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

### Yogilates 12ARF142DZ

Date: 03/08/2012 to 05/03/2012 (Th/T)  
(No class 3/20, 3/22)  
Time: 12 N to 1:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

### Yogilates 12ARF142EZ

Date: 03/12/2012 to 05/02/2012 (M/W)  
(No class 3/19, 3/21)  
Time: 9:00 AM to 10:00 AM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

### Yogilates 12ARF142FZ

Date: 03/12/2012 to 05/07/2012 (M/W)  
(No class 3/19, 3/21)  
Time: 1:30 PM to 2:30 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St

### Bhangra 12ARF155

Dance: Bhangra (a folk dance of India).

Level: Beginners.

Age: 13+

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.

Instructor: Jui Mhatre, confidance78@gmail.com

Date: 02/03/2012 to 04/13/2012 (F)  
(No class 3/23)  
Time: 5:00 PM to 5:45 PM  
Fee: \$24.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor



### Bharatanatyam for Adults 12ARF156

Dance: Bharatanatyam (a classical dance of India).

Level: Beginners.

Age: 13+

Students will learn basic level theory and practice of Bharatanatyam dance including warm up, dance prayer, gestures of hand and feet, and pure dance movements. Bharatanatyam is a beautiful classical dance originated from south India with a history of about 2,000 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.

Instructor: Jui Mhatre, confidance78@gmail.com

Date: 02/02/2012 to 04/26/2012 (Th)  
(No class 3/22)  
Time: 5:30 PM to 6:30 PM  
Fee: \$24.00  
Location: UFM Banquet Room  
1221 Thurston

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. Apart from practicing classical Indian dance, she also works as an interdisciplinary artist mixing performance with other media such as clay and video.



## **Beginning Ballet for Adults 12ARF157A**

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 be a fun and relaxed atmosphere and open to anyone wanting to learn!

Instructor: Amy Jones

Date: 01/25/2012 to 02/29/2012 (W)  
 Time: 8:15 PM to 9:15 PM  
 Fee: \$22.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## **Beginning Ballet for Adults 12ARF157B**

Date: 03/07/2012 to 04/18/2012 (W)  
 (No Class 3/21)  
 Time: 8:15 PM to 9:15 PM  
 Fee: \$22.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## **Tennis 12ARF19AZ**

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: 02/07/2012 to 04/24/2012 (T)  
 (No Class 3/20)  
 Time: 1:30 PM to 3:00 PM  
 Fee: \$99.00  
 Location: Body First Tennis & Fitness  
 3615 Claflin Road

## **Tennis 12ARF19BZ**

Date: 02/08/2012 to 04/25/2012 (W)  
 (No Class 3/21)  
 Time: 1:30 PM to 3:00 PM  
 Fee: \$99.00  
 Location: Body First Tennis & Fitness  
 3615 Claflin Road

## **Beginning Fencing 12ARF21Z**

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

Instructor: Jeff Gwartz

Date: 01/23/2012 to 04/30/2012 (M)  
 (No class 3/19)  
 Time: 6:00 PM to 7:30 PM  
 Fee: Has equipment \$60.00  
 Use instructor's \$93.00  
 Location: K-State Ahearn Fieldhouse

## **Intermediate Fencing 12ARF22Z**

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

Instructor: Jeff Gwartz

Date: 01/23/2012 to 04/30/2012 (M)  
 (No class 3/19)  
 Time: 7:30 PM to 9:00 PM  
 Fee: Has equipment \$60.00  
 Use instructor's \$93.00  
 Location: K-State Ahearn Fieldhouse

## **Total Body Toning 12ARF159AZ**

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

Instructors: Diana Knox, dknox@ksu.edu & Meghan Olson, olson.meghan@yahoo.com

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

Date: 01/17/2012 to 03/06/2012 (T/Th)  
 Time: 1:30 PM to 2:30 PM  
 Fee: \$75.00  
 Location: Pro Fitness, 1125 Laramie St.

## **Total Body Toning 12ARF159BZ**

Date: 01/18/2012 to 03/07/2012 (W/M)  
 Time: 10:30 AM to 11:30 AM  
 Fee: \$75.00  
 Location: Pro Fitness, 1125 Laramie St.

## **Total Body Toning 12ARF159CZ**

Date: 03/08/2012 to 05/03/2012 (Th/T)  
 (No class 3/20, 3/22)  
 Time: 1:30 PM to 2:30 PM  
 Fee: \$75.00  
 Location: Pro Fitness, 1125 Laramie St.

## **Total Body Toning 12ARF159DZ**

Date: 03/12/2012 to 05/02/2012 (M/W)  
 (No class 3/19, 3/21)  
 Time: 10:30 AM to 11:30 AM  
 Fee: \$75.00  
 Location: Pro Fitness, 1125 Laramie St.

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## **Marathon Training 12ARF68**

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

This course is recommended for individuals that have been running at least 30 minutes per day, 4-7 days per week for 6 weeks. You must be able to run at least 6 miles the first week of class. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to train for, complete and survive a marathon. Class will meet Tuesday from 5:30-6:30 pm at UFM, 1221 Thurston and work outs will be Thursday from 5:30-6:30 pm at Memorial Stadium outdoor track meet at south end.

Instructor: Dan L Boyle, dboyle@ksu.edu

Date: 03/27/2012 to 05/17/2012 (T/Th)  
 Time: 5:30 PM to 6:30 PM  
 Fee: \$140.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach. To see complete bio, visit [www.tryufm.org](http://www.tryufm.org).

## **Run Happy! Run For Life! 12ARF72**

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: 03/26/2012 to 05/04/2012 (M/W/F)  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$145.00  
 Location: K-State Ahearn Field House Indoor Track



**Dance Conditioning 12ARF96AZ**

A varied and challenging class, Dance Conditioning is based on fundamental elements that professional dancers use in their everyday training. The lessons will be as beneficial to the aspiring dancer as to someone wanting the benefits of a structured exercise regimen. The training provides a great overall workout, including exercises that tone and strengthen, exercise for balance, and exercises for movement and agility. You will become familiar with your own body's strengths and weaknesses, and learn what keeps a dancer healthy in body and mind and able to perform at their personal optimal level.  
Instructor: Alison Watson, awatson421@gmail.com

Date: 03/05/2012 to 05/02/2012 (M/W)  
(No class 3/19, 3/21)  
Time: 9:15 AM to 10:15 AM  
Fee: \$75.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

Alison Watson has studied dance and performed her own dance choreography in Siracusa, Sicily and in Times Square in New York. After graduating with a Bachelor of Arts degree, she enrolled in a professional dance program in Kansas City. The following year she performed with Kansas City Contemporary Dance for their 2007 season. Alison will dance and move anywhere there is space! She performed with the K-State dance department and has taught dance and gymnastics classes in Manhattan. She hopes you'll join her in these upcoming sessions!

**Dance Conditioning 12ARF96BZ**

Date: 03/05/2012 to 05/02/2012 (M/W)  
(No class 3/19, 3/21)  
Time: 1:30 PM to 2:30 PM  
Fee: \$75.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

**Bootcamp Fitness 12ARF97CZ**

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

Date: 01/17/2012 to 03/06/2012 (T/Th)  
Time: 9:30 AM to 10:30 AM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

**Bootcamp Fitness 12ARF97EZ**

Date: 01/17/2012 to 03/06/2012 (T/Th)  
Time: 4:15 PM to 5:15 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St

**Bootcamp Fitness 12ARF97AZ**

Date: 01/18/2012 to 03/07/2012 (W/M)  
Time: 12 N to 1:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

**Bootcamp Fitness 12ARF97DZ**

Date: 03/08/2012 to 05/03/2012 (Th/T)  
(No classes 3/20, 3/22)  
Time: 9:30 AM to 10:30 AM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.



**Bootcamp Fitness 12ARF97FZ**

Date: 03/08/2012 to 05/03/2012 (Th/T)  
(No class 3/20, 3/22)  
Time: 4:15 PM to 5:15 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

**Bootcamp Fitness 12ARF97BZ**

Date: 03/12/2012 to 05/02/2012 (M/W)  
(No class 3/19, 3/21)  
Time: 12 N to 1:00 PM  
Fee: \$75.00  
Location: Pro Fitness, 1125 Laramie St.

**Bicycle Ed 101 12AEN75A**

Cyclists will learn how to care for their bicycle with proper maintenance and basic repair skills. Participants will learn about tire & tube changes, bicycling & the law, pre-ride safety check, cleaning and lubrication, proper storage and wheel removal & installation. Plan to wear clothes you don't mind getting greasy.  
Instructor: Big Poppi Bicycle Company, (785) 537-3737.

Date: 03/02/2012 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: \$10.00  
Location: Big Poppi Bicycle Co, 1126 Moro St.

**Bicycle Ed 101 12AEN75B**

This date is for women only.

Date: 03/16/2012 (F)  
Time: 7:00 PM to 9:00 PM  
Fee: \$10.00  
Location: Big Poppi Bicycle Co  
1126 Moro St.

**Bicycle Ed 101 12AEN75C**

Date: 03/20/2012 (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 12AEN76**

CLICK! TICK! POP! CREAK! Do your gears feel like they are jumping all over creation when you are pedaling? You need help and we have a class that will teach you how to fix all of those sounds, the clunky performance and leave you with nothing but crisp, smooth, quiet shifting all the live long day. Topics covered include: drivetrain cleaning & lubrication, front & rear, derailleur installation, front & rear derailleur cable adjustment, front & rear derailleur limit adjustment, chain installation & maintenance and shifter maintenance & cleaning.  
Instructor: Big Poppi Bicycle Company, (785) 537-3737.

Date: 03/04/2012 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: \$60.00  
Location: Big Poppi Bicycle Company  
1126 Moro St.

**Bicycle Core Concepts: Brake System Mechanics 12AEN77**

Let's just leave this one to explain itself. The danger of bad brakes is pretty apparent. If your bike currently has or has ever had trouble stopping or you are just a gear-head and want to know how everything works, this class is a great opportunity to understand the different styles of brakes for bicycles and how they work. Topics covered: cantilever, side-pull, disc, v-brake/linear pull, u-brake, duel-pivot, brake pad installation, brake cable adjustments, caliper adjustments.  
Instructor: Big Poppi Bicycle Company, (785) 537-3737.

Date: 03/11/2012 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: \$60.00  
Location: Big Poppi Bicycle Company  
1126 Moro St.





**Bicycle Wheel Systems 12AEN79**

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

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

Date: 04/01/2012 (Su)  
 Time: 5:00 PM to 7:00 PM  
 Fee: Big Poppi Materials \$10.00  
 Purchased on Own \$125.00  
 Location: Big Poppi Bicycle Co  
 1126 Moro St.

**Bicycle Major Bearing Systems 12AEN78**

Four areas on the bike are the key to smooth, efficient forward movement. Without good bearing adjustment you will go nowhere fast. The key to this class is, "as loose as possible without knock." Topics covered: bottom bracket overhaul, hub overhaul & adjustment, headset overhaul & adjustment 1" & 1 1/8".

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

Date: 03/18/2012 (Su)  
 Time: 5:00 PM to 7:00 PM  
 Fee: \$100.00  
 Location: Big Poppi Bicycle Company  
 1126 Moro St.

**Navigating Your Way Home 12ARF700**

Have you ever followed all of the directions given by your GPS device, only to end up in a vacant parking lot? Pushed the home button and ended up in a nearby town? In this class, you will learn not only to find your way home, but also about a variety of navigation-related topics including: calculating locations and how to hold a conversation with Tommy, Garmin and others. You will learn what it means to turn right, turn right, and turn right; also what to do when you're lost. Some of the concepts and methods to be explored include: "back seat driver GPS override," as well as the lost arts of map reading and an infrequently practiced technique called "asking for directions." Note: this class is designed for people who are directionally-challenged; not for those who have no idea where they want to go.

Instructor: Tommy Tom Thompson

Date: to be calculated  
 Time: to be recalculated  
 Fee: -\$1.00  
 Location: UFM, 1221 Thurston



**Irish Set Dancing 12ARF158A**

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

Date: 02/06/2012 to 03/12/2012 (M)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$22.00  
 Location: KSU International Student Center  
 Multipurpose Room

**Irish Set Dancing 12ARF158B**

Instructor: Hillary Betzen

Date: 03/26/2012 to 04/30/2012 (M)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$22.00  
 Location: KSU International Student Center  
 Multipurpose Room



<p><b>Claflin Books</b></p> <p><b>SERVICES</b></p> <ul style="list-style-type: none"> <li>✓dissertation printing</li> <li>✓new &amp; used textbooks</li> <li>✓course packets</li> <li>✓color copies</li> <li>✓5 cent self serve copies</li> <li>✓digital &amp; print design</li> <li>✓fax service</li> <li>✓binding</li> <li>✓scanning to disk</li> <li>✓electronic file submission</li> <li>✓printing from disk</li> <li>✓quality papers</li> </ul>	<p><b>and Copies</b></p> <p>We now have select teas and accessories.</p> <p>1814 Claflin Road                  Manhattan, KS 66502                  (785) 776-3771                  Fax: (785) 776-1009                  claflin@interkan.net                  www.claflinbooks.com</p>
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**UNITY**  
 Church of Manhattan  
*A Spiritual Community*  
*Joy-filled Music & Ministry*  
 11:00 A.M. Sunday Celebration Service  
 + children's lesson  
 ECM, 1021 Denison  
[www.unitymanhattankansas.org](http://www.unitymanhattankansas.org)  
 785.537.6120 unitycm@gmail.com  
 unityonline.org 1-800-NOW-PRAY



## American Red Cross Babysitter's Clinic 12AYO23A

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

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

\*\*Materials included in fee and students will have lunch from 12-1 pm. Please bring a light lunch with you.\*\*

Instructor: Kelly Reed-Harkness

Date: 04/28/2012 (Sa)  
Time: 9:00 AM to 4:00 PM  
Fee: \$46.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## American Red Cross Babysitter's Clinic 12AYO23B

Date: 05/19/2012 (Sa)  
Time: 9:00 AM to 4:00 PM  
Fee: \$46.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## ZUMBATOMIC Fitness 12AYO58A

Sure, chillin' out is cool. But rockin' out is a blast. That's why you're gonna love the Zumbatomic fitness program for kids. It's a fast-forward fusion of the Zumba program's moves (salsa, cumbia, reggaeton, hip-hop, and more) and high-octane workouts designed to let kids max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumbatomic groove. Watch their energy and fitness levels soar as they get the groove. Ages 4-11.

Instructor: Elsa Toburen, elsatob@hotmail.com

Date: 01/14/2012 to 02/04/2012 (Sa)  
Time: 11:45 AM to 12:30 PM  
Fee: \$36.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## ZUMBATOMIC Fitness 12AYO58B

Date: 02/11/2012 to 03/03/2012 (Sa)  
Time: 11:45 AM to 12:30 PM  
Fee: \$36.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Origami for Kids 12AYO67

Come learn the Japanese art of folding paper to make shapes from nature! In this course, you will learn how to make paper cranes, jumping frogs, and more out of recycled paper. Be prepared to learn and have fun making great works of art! Ages 6-14

Instructor: Jessi Long

Date: 02/12/2012 (Su)  
Time: 3:00 PM to 4:00 PM  
Fee: \$12.00  
Location: UFM Conference Rm, 1221 Thurston St.

## Introduction to Nutcracker Ballet and Tap Dancing 12AYO06

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: 01/23/2012 to 01/30/2012 (M)  
Time: 6:15 PM to 6:45 PM  
Fee: \$12.00  
Location: 2416 Rogers Blvd.

Randi Dale has taught dance for 50 years. Her dance choir toured the Midwest and Europe. She is a certified teacher with a Master's Degree in Education. In May 2008, her regular students performed the story "Nutcracker Ballet."

## Pre-School Ballet 12AYO63A

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: 01/18/2012 to 01/25/2012 (W)  
Time: 6:00 PM to 6:30 PM  
Fee: \$12.00  
Location: 2416 Rogers Blvd.

## Pre-School Ballet 12AYO63B

Date: 01/19/2012 to 01/26/2012 (Th)  
Time: 4:50 PM to 5:20 PM  
Fee: \$12.00  
Location: 2416 Rogers Blvd

## Baking from Scratch for Kids 12AFF82A

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

Instructor: Jessica Campbell, jessica@tryufm.org

Date: 01/21/2012 (Sa)  
Time: 2:30 PM to 5:00 PM  
Fee: \$15.00  
Location: HyVee Club Room, 601 3rd Place

## Baking from Scratch for Kids 12AFF82B

Date: 03/31/2012 (Sa)  
Time: 2:30 PM to 5:00 PM  
Fee: \$15.00  
Location: HyVee Club Room, 601 3rd Place



## Bharatanatyam for Children 12AYO66

Dance: Bharatanatyam (a classical dance of India).  
Level: Beginners.

Age: 8 to 12 years.

Students will learn basic level theory and practice of Bharatanatyam dance including warm up, dance prayer, gestures of hand and feet, and pure dance movements. 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.

Instructor: Jui Mhatre, confidance78@gmail.com

Date: 02/05/2012 to 04/29/2012 (Su)  
(No class 3/18)  
Time: 5:15 PM to 6:15 PM  
Fee: \$24.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor



## Karate & Self-Defense 12AMA10

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

Instructor: Habib Diop, hdiop@ksu.edu

Date: 03/31/2012 to 05/12/2012 (Sa)  
Time: 1:00 PM to 2:00 PM  
Fee: \$51.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

# KSU CREDIT COURSES

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



TITLE	REFERENCE #	DATE	TIME	FEE	LOCATION
DANCE -599 BALLROOM DANCE 1	15452	01/17/2012 TO 05/01/2012 (TU) (NO CLASS 03/20)	8:00 PM TO 9:00 PM	\$253.20	AHEARN 301
SWING AND SALSA	15453	01/17/2012 TO 05/01/2012 (TU) (NO CLASS 03/20/)	7:00 PM TO 8:00 PM	\$253.20	AHEARN 301
BEG. MIDDLE EASTERN DANCE	15856	02/02/2012 TO 04/19/2012 (TH) (NO CLASS 3/22)	6:00 PM TO 7:30 PM	\$303.20	AHEARN 301
YOGA I	15730	01/17/2012 TO 03/06/2012 (T/TH)	10:30 AM TO 11:30 AM	\$303.20	AHEARN 301
YOGA I	15727	01/18/2012 TO 03/07/2012 (M/W)	10:30 AM TO 11:30 AM	\$303.20	AHEARN 301
YOGA I	15729	03/12/2012 TO 05/02/2012 (M/W) (NO CLASS 3/19, 3/21)	10:30 AM TO 11:30 AM	\$303.20	AHEARN 301
YOGA I	15726	01/18/2012 TO 03/07/2012 (M/W)	5:30 PM TO 6:30 PM	\$303.20	AHEARN 301
YOGA I	15731	03/12/2012 TO 05/02/2012 (M/W) (NO CLASS 3/19, 3/21)	5:30 PM TO 6:30 PM	\$303.20	AHEARN 301
YOGA II	15728	03/08/2012 TO 05/03/2012 (T/TH) (NO CLASS 3/20, 3/22)	10:30 AM TO 11:30 AM	\$303.20	AHEARN 301
DANCE CONDITIONING	15450	03/05/2012 TO 05/02/2012 (M/W) (NO CLASS 3/19, 3/21)	1:30 PM TO 2:30 PM	\$303.20	AHEARN 301
DANCE CONDITIONING	15451	03/05/2012 TO 05/02/2012 (M/W) (NO CLASS 3/19, 3/21)	9:15 AM TO 10:15 AM	\$303.20	AHEARN 301
RRES 200 FIRST AID/ CPR/AED	15414	01/21/2012 & 01/22/2012 (SA/SU)	NOON TO 7:30 PM	\$345.80	UFM BANQUET ROOM
FIRST AID/ CPR/AED	15408	01/28/2012 & 01/29/2012 (SA/SU)	NOON TO 7:30 PM	\$345.80	UFM BANQUET ROOM
FIRST AID/ CPR/AED	15405	02/25/2012 & 02/26/2012 (SA/SU)	NOON TO 7:30 PM	\$345.80	UFM BANQUET ROOM
FIRST AID/ CPR/AED	15410	03/03/2012 & 03/04/2012 (SA/SU)	NOON TO 7:30 PM	\$345.80	UFM BANQUET ROOM
FIRST AID/ CPR/AED	15406	03/10/2012 & 03/11/2012 (SA/SU)	NOON TO 7:30 PM	\$345.80	UFM BANQUET ROOM
FIRST AID/ CPR/AED	15403	03/31/2012 & 04/01/2012 (SA/SU)	NOON TO 7:30 PM	\$345.80	UFM BANQUET ROOM
FIRST AID/ CPR/AED	15407	04/14/2012 & 04/15/2012 (SA/SU)	NOON TO 7:30 PM	\$345.80	UFM BANQUET ROOM
FIRST AID/ CPR/AED	15411	04/21/2012 & 04/22/2012 (SA/SU)	NOON TO 7:30 PM	\$345.80	UFM BANQUET ROOM
FIRST AID/ CPR/AED	15404	04/28/2012 & 04/29/2012 (SA/SU)	NOON TO 7:30 PM	\$345.80	UFM BANQUET ROOM
RTE	15417	02/4/2012 TO 02/18/2012 (SA/SU)	NOON TO 6:30 PM	\$691.60 *2 CREDITS	UFM BANQUET ROOM
ARCHERY	15618	01/23/2012 TO 04/02/2012 (M) (NO CLASS 3/19)	7:00 PM TO 8:20 PM	\$370.80	SPORTS CENTER
ARCHERY	15620	01/23/2012 TO 04/02/2012 (M) (NO CLASS 3/19)	8:30 PM TO 9:50 PM	\$370.80	SPORTS CENTER
BOWLING	15529	01/17/2012 TO 05/01/2012 (TU) (NO CLASS 3/20)	2:30 PM TO 3:20 PM	\$283.20	K-STATE UNION
BOWLING	15546	01/23/2012 TO 04/30/2012 (M) (NO CLASS 3/19)	10:30 AM TO 11:30 AM	\$283.20	K-STATE UNION
BOWLING	15547	01/18/2012 TO 05/02/2012 (W)	2:30 PM TO 3:20 PM	\$283.20	K-STATE UNION



# KSU CREDIT COURSES

TITLE	REFERENCE #	DATE	TIME	FEE	LOCATION
BOWLING	15526	01/17/2012 TO 05/01/2012 (TU) (NO CLASS 3/20)	10:30 AM TO 11:20 AM	\$283.20	K-STATE UNION
BEGINNING FENCING	15675	01/23/2012 TO 04/30/2012 (M) (NO CLASS 3/19)	6:00 PM TO 7:30 PM	\$285.20	AHEARN FIELDHOUSE
INTERMEDIATE FENCING	15621	01/23/2012 TO 04/30/2012 (M) (NO CLASS 3/19)	7:30 PM TO 9:00 PM	\$285.20	AHEARN FIELDHOUSE
BOXING 1	15525	01/18/2012 TO 03/07/2012 (M/W)	2:00 PM TO 3:00 PM	\$375.80	K.O. BOXING
BOXING 1	15503	01/18/2012 TO 03/07/2012 (M/W)	6:30 PM TO 7:30 PM	\$375.80	K.O. BOXING
BOXING 1	15542	03/12/2012 TO 05/02/2012 (M/W) (NO CLASS 3/19, 3/21)	2:00 PM TO 3:00 PM	\$375.80	K.O. BOXING
BOXING 1	15539	03/12/2012 TO 05/02/2012 (M/W) (NO CLASS 3/19, 3/21)	6:30 PM TO 7:30 PM	\$375.80	K.O. BOXING
BOXING 1	15504	01/17/2012 TO 03/06/2012 (T/TH)	2:00 PM TO 3:00 PM	\$375.80	K.O. BOXING
BOXING 1	15511	01/17/2012 TO 03/06/2012 (T/TH)	6:30 PM TO 7:30 PM	\$375.80	K.O. BOXING
BOXING 1	15541	03/08/2012 TO 05/03/2012 (T/TH) (NO CLASS 3/20, 3/22)	2:00 PM TO 3:00 PM	\$375.80	K.O. BOXING
BOXING 1	15528	03/08/2012 TO 05/03/2012 (T/TH) (NO CLASS 3/20, 3/22)	6:30 PM TO 7:30 PM	\$375.80	K.O. BOXING
BOXING 2	15512	01/18/2012 TO 03/07/2012 (M/W)	NOON TO 1:00 PM	\$375.80	K.O. BOXING
BOXING 2	15537	03/12/2012 TO 05/02/2012 (M/W) (NO CLASS 3/19, 3/21)	NOON TO 1:00 PM	\$375.80	K.O. BOXING
BOXING 3	15540	01/17/2012 TO 03/06/2012 (T/TH)	NOON TO 1:00 PM	\$375.80	K.O. BOXING
BOXING 3	15505	03/08/2012 TO 05/03/2012 (T/TH) (NO CLASS 3/20, 3/22)	NOON TO 1:00 PM	\$375.80	K.O. BOXING
BOXING 4	15544	01/18/2012 TO 03/07/2012 (M/W)	7:30 PM TO 8:30 PM	\$375.80	K.O. BOXING
BOXING 4	15538	03/12/2012 TO 05/02/2012 (M/W) (NO CLASS 3/19, 3/21)	7:30 PM TO 8:30 PM	\$375.80	K.O. BOXING
BOXING 4	15524	01/17/2012 TO 03/06/2012 (T/TH)	7:30 PM TO 8:30 PM	\$375.80	K.O. BOXING
BOXING 4	15543	03/08/2012 TO 05/03/2012 (T/TH) (NO CLASS 3/20, 3/22)	7:30 PM TO 8:30 PM	\$375.80	K.O. BOXING
FLY FISHING	15674	03/05/2012 TO 03/15/2012 (M/T/W/TH)	6:00 PM TO 8:00 PM	\$293.20	DURLAND 1061 (3/6, 3/7 FIELDHOUSE)
GOLF	15623	03/06/2012 TO 05/01/2012 (T) (NO CLASS 3/20)	2:30 PM TO 4:30 PM	\$389.80	STAGG HILL GOLF
GOLF	15612	03/07/2012 TO 05/02/2012 (W) (NO CLASS 3/21)	1:30 PM TO 3:30 PM	\$389.80	STAGG HILL GOLF
GOLF	15619	03/07/2012 TO 05/02/2012 (W) (NO CLASS 3/21)	5:30 PM TO 7:30 PM	\$389.80	STAGG HILL GOLF
GOLF	15624	03/08/2012 TO 05/03/2012 (TH) (NO CLASS 3/22)	9:30 AM TO 11:30 AM	\$389.80	STAGG HILL GOLF
GOLF IN JUNCTION CITY	15622	03/06/2012 TO 05/01/2012 (TU) (NO CLASS 3/20)	5:30 PM TO 7:30 PM	\$389.80	JUNCTION CITY
GOLF IN JUNCTION CITY	15617	03/07/2012 TO 05/02/2012 (W) (NO CLASS 3/21)	5:30 PM TO 7:30 PM	\$389.80	JUNCTION CITY
JUDO I	15399	01/19/2012 TO 05/03/2012 (M/TH) (NO CLASS 3/19, 3/22)	8:00 PM TO 9:00 PM	\$264.20	AHEARN 301
JUDO II	#####	01/19/2012 TO 05/03/2012 (M/TH) (NO CLASS 3/19, 3/22)	8:00 PM TO 9:30 PM	\$264.20	AHEARN 301
LGT	15744	02/28/2012 TO 03/10/2012 (T/TH/SA) (NO CLASS 03/03)	4:30 PM TO 9:00 PM 8:00 AM TO 7:30 PM	\$506.40 *2 credit hours	NATATORIUM

## KSU CREDIT COURSES

TITLE	REFERENCE #	DATE	TIME	FEE	LOCATION
LGT	15679	04/03/2012 TO 04/14/2012(T/TH/SA) (NO CLASS 04/07)	4:30 PM TO 9:00 PM	\$506.40 *2 credit hours	KSU NATATORIUM
SCUBA DIVING	15676	01/28/2012 TO 03/03/2012 (SAT)	9:30 AM TO 1:30 PM	\$441.20	KSU NATATORIUM
SCUBA DIVING	15678	01/30/2012 TO 03/05/2012 (M)	6:00 PM TO 10:00 PM	\$441.20	KSU NATATORIUM
SCUBA DIVING	15677	03/26/2012 TO 04/30/2012 (M)	6:00 PM TO 10:00 PM	\$441.20	KSU NATATORIUM
TAE KWON DO I	15743	01/17/2012 TO 05/03/2012 (T/TH) (NO CLASS 3/20, 3/22)	5:00 PM TO 6:00 PM	\$345.80	SUN YI'S ACADEMY
TENNIS	15777	02/07/2012 TO 04/24/2012 (T) (NO CLASS 3/20)	1:30 PM TO 3:00 PM	\$353.80	BODY FIRST TENNIS
TENNIS	15778	02/08/2012 TO 04/25/2012 (W) (NO CLASS 3/21)	1:30 PM TO 3:00 PM	\$353.80	BODY FIRST TENNIS
YOGILATES	15808	01/18/2012 TO 03/07/2012 (M/W)	9:00 AM TO 10:00 AM	\$369.80	PRO FITNESS
YOGILATES	15796	03/12/2012 TO 05/02/2012 (M/W) (NO CLASS 3/19, 3/21)	9:00 AM TO 10:00 AM	\$369.80	PRO FITNESS
YOGILATES	15794	01/18/2012 TO 03/07/2012 (M/W)	1:30 PM TO 2:30 PM	\$369.80	PRO FITNESS
YOGILATES	15793	03/12/2012 TO 05/02/2012 (M/W) (NO CLASS 3/19, 3/21)	1:30 PM TO 2:30 PM	\$369.80	PRO FITNESS
YOGILATES	15767	01/17/2012 TO 03/06/2012 (T/TH)	NOON TO 1:00 PM	\$369.80	PRO FITNESS
YOGILATES	15807	03/08/2012 TO 05/03/2012 (T/TH) (NO CLASS 3/20, 3/22)	NOON TO 1:00 PM	\$369.80	PRO FITNESS
TOTAL BODY TONING	15805	01/18/2012 TO 03/07/2012 (M/W)	10:30 AM TO 11:30 AM	\$369.80	PRO FITNESS
TOTAL BODY TONING	15773	03/12/2012 TO 05/02/2012 (M/W) (NO CLASS 3/19, 3/21)	10:30 AM TO 11:30 AM	\$369.80	PRO FITNESS
TOTAL BODY TONING	15799	01/17/2012 TO 03/06/2012 (T/TH)	1:30 PM TO 2:30 PM	\$369.80	PRO FITNESS
TOTAL BODY TONING	15791	03/08/2012 TO 05/03/2012 (T/TH) (NO CLASS 3/20, 3/22)	1:30 PM TO 2:30 PM	\$369.80	PRO FITNESS
BOOTCAMP	15786	01/17/2012 TO 03/06/2012 (T/TH)	9:30 AM TO 10:30 AM	\$369.80	PRO FITNESS
BOOTCAMP	15803	03/08/2012 TO 05/03/2012 (T/TH) (NO CLASS 3/20, 3/22)	9:30 AM TO 10:30 AM	\$369.80	PRO FITNESS
BOOTCAMP	15801	01/18/2012 TO 03/07/2012 (M/W)	NOON TO 1:00 PM	\$369.80	PRO FITNESS
BOOTCAMP	15810	03/12/2012 TO 05/02/2012 (M/W) (NO CLASS 3/19, 3/21)	NOON TO 1:00 PM	\$369.80	PRO FITNESS
BOOTCAMP	15814	01/17/2012 TO 03/06/2012 (T/TH)	4:15 PM TO 5:15 PM	\$369.80	PRO FITNESS
BOOTCAMP	15813	03/08/2012 TO 05/03/2012 (T/TH) (NO CLASS 3/20, 3/22)	4:15 PM TO 5:15 PM	\$369.80	PRO FITNESS
FITNESS SWIMMING	15790	01/17/2012 TO 03/06/2012 (T/TH)	6:00 PM TO 7:30 PM	\$289.20	NATATORIUM
FITNESS SWIMMING	15797	03/08/2012 TO 05/03/2012 (T/TH) (NO CLASS 3/20, 3/22)	6:00 PM TO 7:30 PM	\$289.20	NATATORIUM
FITBALL FUSION	15802	01/17/2012 TO 03/06/2012 (T/TH)	10:00 AM TO 11:00 AM	\$369.80	MAX FITNESS
FITBALL FUSION	15785	03/08/2012 TO 05/03/2012 (T/TH) (NO CLASS 3/20, 3/22)	10:00 AM TO 11:00 AM	\$369.80	MAX FITNESS
INDOOR CYCLING	15783	01/18/2012 TO 03/07/2012 (M/W)	11:30 AM TO 12:30 PM	\$369.80	MAX FITNESS
INDOOR CYCLING	15806	03/12/2012 TO 05/02/2012 (M/W) (NO CLASS 3/19, 3/21)	11:30 AM TO 12:30 PM	\$369.80	MAX FITNESS
TOTAL BODY TONING	15784	01/18/2012 TO 03/07/2012 (M/W)	1:00 PM TO 2:00 PM	\$369.80	MAX FITNESS
TOTAL BODY TONING	15788	03/12/2012 TO 05/02/2012 (M/W) (NO CLASS 3/19, 3/21)	1:00 PM TO 2:00 PM	\$369.80	MAX FITNESS
TOTAL BODY TONING	15804	01/18/2012 TO 03/07/2012 (M/W)	10:00 AM TO 11:00 AM	\$369.80	MAX FITNESS



## KSU CREDIT COURSES

TITLE	REFERENCE #	DATE	TIME	FEE	LOCATION
TOTAL BODY TONING	15787	03/12/2012 TO 05/02/2012 (M/W) (NO CLASS 3/19, 3/21)	10:00 AM TO 11:00 AM	\$369.80	MAX FITNESS
TURBO KICK	15792	01/17/2012 TO 03/06/2012 (T/TH)	4:00 PM TO 5:00 PM	\$369.80	MAX FITNESS
TURBO KICK	15800	03/08/2012 TO 05/03/2012 (T/TH) (NO CLASS 3/20, 3/22)	4:00 PM TO 5:00 PM	\$369.80	MAX FITNESS
ZUMBA	15809	01/17/2012 TO 03/06/2012 (T/TH)	1:00 PM TO 2:00 PM	\$369.80	MAX FITNESS
ZUMBA	15789	03/08/2012 TO 05/03/2012 (T/TH) (NO CLASS 3/20, 3/22)	1:00 PM TO 2:00 PM	\$369.80	MAX FITNESS
INTRO TO RIVER CANOEING	16167	04/21/2012 TO 04/22/2012 (SAT/SUN)	8:30 AM TO 4:30 PM	\$377.80	UFM BANQUET ROOM
FUND OF CANOEING	16173	03/31/2012 TO 04/01/2012 (SAT/SUN)	8:30 AM TO 4:30 PM	\$377.80	UFM BANQUET ROOM
FUND OF CANOEING	16171	04/14/2012 TO 04/15/2012 (SAT/SUN)	8:30 AM TO 4:30 PM	\$377.80	UFM BANQUET ROOM

**Addresses:**

Pro Fitness in Aggieville, 1125 Laramie St, Lower Level, phone: 785-539-7095  
 Max Fitness, 3011 Anderson Ave  
 Natatorium, K-State pools in Ahearn Complex  
 UFM Building, 1221 Thurston Street, 785-539-8763  
 Ahearn 301, Ahearn Complex, 3rd floor, Gymnasium door entry  
 ECM Auditorium, 1021 Denison Avenue  
 Stagg Hill Golf Club, 4441 Ft Riley Blvd, 785-539-1041  
 Junction City Golf -Rolling Meadows Golf Course, 7550 Old Milford Rd, JC, 785-238-4303  
 Sport's Center 615 South 11th Street  
 Sun Yi's Academy of Tae Kwon Do, 1650 Hayes Drive  
 Body First Tennis and Fitness, 3615 Claflin Rd, 785-776-6060  
 K.O. Boxing, Blue Hills Shopping Center, 2303 Tuttle Creek Blvd  
 Ahearn Fieldhouse  
 K-State Union Bowling Alley  
 Fly Fishing, Durland Hall, room 1061 (day 2 & 3 in Ahearn Fieldhouse)

Contact Charlene Brownson at [cmb@ksu.edu](mailto:cmb@ksu.edu) for more information

# K-State has options for your education.

# Your education. Your terms.

### evening

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

### 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!

### distance

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



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

**KANSAS STATE**  
UNIVERSITY

Division of  
Continuing Education

# WAYS TO REGISTER



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



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



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



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

Class registration confirmations will be sent via email. Feel free to call us to inquire about your registration receipt.



## UFM REGISTRATION FORM

1221 Thurston St | Manhattan KS 66502

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



Student Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Day Phone (\_\_\_\_) \_\_\_\_\_ Evening Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_  
 Parent's name if student is under age 18 \_\_\_\_\_ Age if under 18 \_\_\_\_\_  
 Participant Statistics: K-State Student \_\_\_\_\_ K-State Faculty/Staff \_\_\_\_\_ Fort Riley \_\_\_\_\_ Other \_\_\_\_\_ Age Group: 18-24 \_\_\_\_\_ 25-59 \_\_\_\_\_ 60+ \_\_\_\_\_

Course Code	Session	Course Name	Fee \$
Example: 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.