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Summer 2012

UFM



Photo by Scott Bean :: www.scottbeanphoto.com

OR CURRENT RESIDENT

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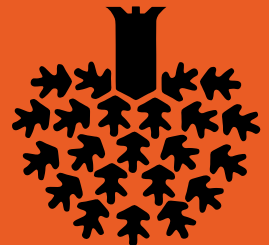
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Summer 2012  
UFM

UFM Community Learning Center  
1221 Thurston St  
Manhattan, KS 66502



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## UFM Puts the Community in Education!

# INFORMATION

## ABOUT UFM CLASSES

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

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

## UFM CANCELLATION POLICY

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

## REFUND POLICY

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

## DISCLAIMER

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

## INCLEMENT WEATHER POLICY

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

## LIABILITY STATEMENT

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

## DONATIONS

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

## 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.

## 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.

## SUMMER 2012 INSTRUCTORS

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

Rosemary & Gordon Crilly	Karen Hanson	Chris & Hannah Parker
Voices For All, LLC	Cherri Harper	Michele Perez
Darla Allen Boyer	Mary Heath	Kelly Reed-Harkness
Nelli Anders	Marcia Hornung	Wayne Rhodus
Carol Barta	Virginia Houser	Catherine Ryba
Scott Bean	Ian Hulon	Karen Smothers
Hillary Betzen	Michele Janette	Tina Steffensmeier
Jeremy Boyle	Katie Jones	Linda Teener
Charlene Brownson	Tom Korte	Abby Thrash
Jessica Campbell	Stefanie Lamont	Elsa Toburen
Kate Cashman	Jessi Long	Kennita Tully
Randi Dale	Danvas Mabeya	Rosanna Vail
Habib Diop	Judy Metcalf	Paul Weidhaas
Bill Dorsett	David Moore	Stephen Williams
Ana Franklin	Debbie Newton	Jeff Wilson
Jim Gregory	Kayla Oney	
Evan Grier	Geofred Osoro	

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

## UFM STAFF

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

Program Assistant | **VAL COLTHARP**

Program Assistant | **KAYLA ONEY**

Mentoring Coordinator | **ANDREW GARVER**

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Special Projects Intern | **REBEKAH FEASTER**

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Nancy Bolsen      Steve Levin

Charlotte Braddock      Trina McCarty

Monica Cohen      Doug Sellers

Chuck Havlicek

## LEARN TO SWIM CLASSES

UFM proudly offers the American Red Cross Swim Lessons Levels 1-6, Parent and Child Aquatics, and Tot Transition. UFM also offers private and adult swim classes. Small classes allow for carefully guided instruction in stroke technique and water safety. Water safety is reinforced with **tips and practice each day**. The first day of class each student is evaluated to ensure that they are enrolled 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:** K-State Natatorium - Ahearn Complex on Denison Ave.

Participants must supply towels and swimsuits. Children over the age of 5 are not permitted in restrooms/locker rooms of the opposite sex. Changing tables are available in both the men's and women's locker rooms.

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

### SWIM PROGRAM MAKE-UP & REFUND POLICY:

When a class is cancelled due to severe weather, or other circumstances when a lesson cannot be provided by UFM, a make-up class will be scheduled OR a refund will be issued in the amount of the missed lesson. When class participants are absent from class, UFM will not issue a refund or make-up session due to staff availability, budgeting and scheduling constraints.

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

# AQUATICS

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

Session A1: Monday - Thursday, June 4 - June 7  
Session A2: Monday - Thursday, June 11 - June 14

Session B1: Monday - Thursday, June 18 - June 21  
Session B2: Monday - Thursday, June 25 - June 28

Session C1: Tuesday - Friday, July 2 - July 6  
(No class Wednesday 7/4, class on Friday 7/6)  
Session C2: Monday - Thursday, July 9 - July 12

Session D1: Monday - Thursday, July 16 - July 19  
Session D2: Monday - Thursday, July 23 - July 26

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

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

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

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

Session A2: Monday - Thursday  
AQAPA 9:15 AM to 9:50 AM

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

Session B2: Monday - Thursday  
AQBPA 9:15 AM to 9:50 AM

Session C1: Monday - Friday  
(No class Wednesday)  
AQCPA 9:15 AM to 9:50 AM  
AQCPP 6:00 PM to 6:35 PM

Session C2: Monday - Thursday  
AQCPA 9:15 AM to 9:50 AM

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

Session D2: Monday - Thursday  
AQDPA 9:15 AM to 9:50 AM



## Tot Transition (3-4 yrs)

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

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

Session A1: Monday - Thursday  
AQATA 9:15 AM to 9:50 AM

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

Session B1: Monday - Thursday  
AQBTA 9:15 AM to 9:50 AM

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

Session C1: Monday - Friday  
(No class Wednesday)  
AQCTA 9:15 AM to 9:50 AM

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

Session D1: Monday - Thursday  
AQDTA 9:15 AM to 9:50 AM

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

**Manhattan  
Marlins**

Swim Team



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

Ages: 5 years through adult

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

For more information contact:

Kathy Wichmann at 785.770.8599 or Stephanie Thomas at 785.587.0817

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

Session A: Monday - Thursday, June 4 - June 14  
Session B: Monday - Thursday, June 18 - June 28  
Session C: Monday - Thursday, July 2 - July 12  
(No class Wednesday 7/4, class on Friday 7/6)  
Session D: Monday - Thursday, July 16 - July 26

### Level I: Introduction to Water Skills

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

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

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

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

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

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

### Level II: Fundamental Aquatic Skills

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

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

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

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

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

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

### Level III: Stroke Development

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

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

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

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

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

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

### Level IV: Stroke Improvement

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

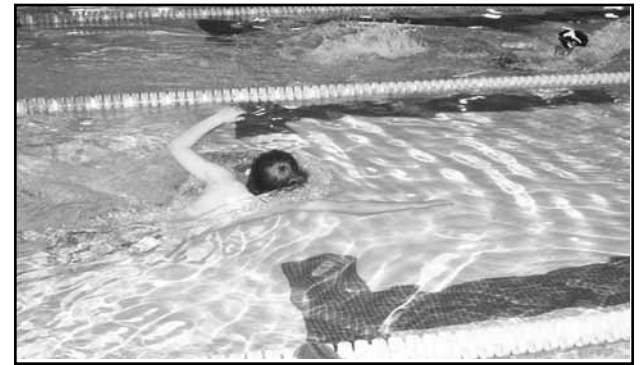
Fee: \$54.00 per session (8 lessons/45 min)

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

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

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

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



### Level V: Stroke Refinement

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

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

Session A:  
AQ05A1 9:55 AM to 10:40 AM  
AQ05A2 10:45 AM to 11:30 AM  
AQ05A3 5:30 PM to 6:15 PM

Session B:  
AQ05B1 9:55 AM to 10:40 AM  
AQ05B2 10:45 AM to 11:30 AM  
AQ05B3 5:30 PM to 6:15 PM

\*Session C:  
AQ05C1 9:55 AM to 10:40 AM  
AQ05C2 10:45 AM to 11:30 AM  
AQ05C3 5:30 PM to 6:15 PM

Session D:  
AQ05D1 9:55 AM to 10:40 AM  
AQ05D2 10:45 AM to 11:30 AM  
AQ05D3 5:30 PM to 6:15 PM

### Level VI: Swimming and Skill Proficiency

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

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

Session A:  
AQ06A1 9:55 AM to 10:40 AM  
AQ06A2 10:45 AM to 11:30 AM  
AQ06A3 5:30 PM to 6:15 PM

Session B:  
AQ06B1 9:55 AM to 10:40 AM  
AQ06B2 10:45 AM to 11:30 AM  
AQ06B3 5:30 PM to 6:15 PM

\*Session C:  
AQ06C1 9:55 AM to 10:40 AM  
AQ06C2 10:45 AM to 11:30 AM  
AQ06C3 5:30 PM to 6:15 PM

Session D:  
AQ06D1 9:55 AM to 10:40 AM  
AQ06D2 10:45 AM to 11:30 AM  
AQ06D3 5:30 PM to 6:15 PM

## Private Swim Lessons

**AQ103**

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

Beginning and Ending Dates for Morning and Evening Private Lessons:

AQ103A1:	Mon. - Thur., June 4 - June 7
AQ103A2:	Mon. - Thur., June 11 - June 14
AQ103B1:	Mon. - Thur., June 18 - June 21
AQ103B2:	Mon. - Thur., June 25 - June 28
AQ103C1:	Mon. - Fri., July 2 - July 6 (No class Wednesday)
AQ103C2:	Mon. - Thur., July 9 - July 12
AQ103D1:	Mon. - Thur., July 16 - July 19
AQ103D2:	Mon. - Thur., July 23 - July 26

Times for morning classes:

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

Times for all evening classes:

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

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



## Open Swim Appreciation

**12BAQ31A**

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

Date: 06/17/2012 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: No Charge  
Location: Natatorium, K-State Campus

## Open Swim Appreciation

**12BAQ31B**

Date: 07/15/2012 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: No Charge  
Location: Natatorium, K-State Campus

## Adult Swim Lessons

Are you tired of sitting on the sidelines watching everyone else swim? Well, you don't need to anymore! Now's your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons. Fee: \$54.00 per session (8 lessons/45 min)

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

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



## Scuba Diving

**12BAQ105AZ**

This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date.

A certification fee of \$75 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels, which will be available for purchase at the first session. Equipment ranges from \$100-\$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day.

Instructor: Jeff Wilson, wheatlan@kansas.net

Dates: 06/04/2012 to 07/09/2012 (M)  
Time: 5:30 PM to 9:30 PM  
Fee: \$257.00  
Location: Natatorium, K-State Campus

## Shallow/Deep Water Exercise

**12BAQSHD**

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. For more information, visit tryufm.org.\*Shallow Water meets M-Th and Deep Water meets only Tues/Thurs.

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

Session AQSHD: 06/04/2011 to 07/26/2011 (No class 7/4)  
Monday - Thursday (6:40pm - 7:30pm)

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

## Lap Swimming: Ages 13+

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

Fee: \$19.00 per session (8 times)

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

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

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

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

## Lap Swimming for Parents

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

Fee: \$16.00 per session (8 times)

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

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

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

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

## AMERICAN RED CROSS PROFESSIONAL CERTIFICATIONS



CPR/First Aid/AED

Lifeguard Training

Lifeguard Recertification

Lifeguard Instructor



CPR for the Professional Rescuer



Water Safety Instructor

Responding to Emergencies

FOR CURRENT CLASSES GO TO  
[WWW.TRYUFM.ORG](http://WWW.TRYUFM.ORG)

# CAREER & FINANCE

## (BYOD) Bring Your Own Device Workshop

**12BFC122**

Are you getting the most out of your smartphone or tablet computer? In this hands-on workshop, we will help you accomplish more with your iPad, iPhone or Android device. Topics will include apps for productivity and entertainment, using your device for presentations and more. BYOD (bring your own device) and join us for this informal and interactive workshop!

Instructor: Jerry Remsbecker

Date: 06/13/2012 (W)  
 Time: 6:30 PM to 8:30 PM  
 Fee: \$12.00  
 Location: UFM Conference Room, 2nd Floor  
 1221 Thurston

## Computer Skills 101

**12BFC119**

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, and searching for information. Basic keyboard and mouse skills are required for this class. Instructors: Linda Teener, Marcia Hornung, & Kayla Oney

Date: 05/30/2012 to 05/30/2012 (W)  
 Time: 5:30 PM to 7:00 PM  
 Fee: \$10.00  
 Location: Manhattan Public Library  
 Computer Classroom  
 629 Poyntz Ave.

## Introduction to the iPad

**12BFC123**

You may not already have an iPad, but after taking this class you will want one. This class is designed to give an introduction about using the iPad in daily life as well as using it for special purposes. Participants will be able to learn about the features, built-in apps, accessing and setting up an Apple account, emailing, and all of the iPad's accessories. Ages 12 and up.

Instructor: Mohammad Al-Wabel  
 alwabel@gmail.com

Date: 6/4/2012 to 06/11/2012 (M)  
 Time: 6:00 PM to 8:00 PM  
 Fee: \$14.00  
 Location: UFM Conference Room, 2nd Floor  
 1221 Thurston

Mohammed has taught classes for undergraduate professional veterinary medicine students and faculty member at Qassim University, Saudi Arabia. Recently, he received his MS in Digital Teaching and Learning from K-State. Mohammad has been practicing with the iPad since it launched from Apple 2010 as his technology project model. See more information at: [www.malwabel.net](http://www.malwabel.net).



Scan here to register for classes on UFM's mobile site!

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

## WELDING BASICS

June 6, 13, 20, 27 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.*



## 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](mailto:unitycm@gmail.com)

[unityonline.org](http://unityonline.org) 1-800-NOW-PRAY



## Take a Peek at the Past



### Riley County Historical Museum

2309 Claflin Road, Manhattan, KS 66502

Open: Tues. - Fri. 8:30 - 5:00

Sat. - Sun. 2:00 - 5:00

Research Library by appointment

(785) 565-6490

### Goodnow House Museum

State Historic Site

2301 Claflin Rd.

Go to Riley County Historical Museum

and ask for tour

Sat. - Sun. 2:00 - 5:00

Tues. - Fri. 8:30 - 5:00

### Wolf House Museum

630 Fremont St.

Open:

Sat. 1:00 - 5:00

Sun. 2:00 - 5:00

### Pioneer Log Cabin

Manhattan City Park

Open Sundays:

April-October

2:00 - 5:00



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

# CREATIVE FREE TIME

## Beginning Knitting 12BCF05A

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

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

Date: 06/05/2012 to 06/19/2012 (T)  
Time: 3:00 PM to 5:00 PM  
Fee: \$31.00  
Location: Wildflower Yarns and Knitwear  
300 Poyntz Ave.

Kennita Tully is a nationally recognized freelance knitwear designer whose work has appeared in 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 12BCF05B

Date: 07/10/2012 to 07/31/2012 (T)  
Time: 7:00 PM to 8:30 PM  
Fee: \$31.00  
Location: Wildflower Yarns and Knitwear  
300 Poyntz Ave.

## Beginning Crochet 12BCF84A

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: 06/05/2012 to 06/19/2012 (T)  
Time: 11:00 AM to 1:00 PM  
Fee: \$31.00  
Location: Wildflower Yarns and Knitwear  
300 Poyntz Ave.

## Beginning Crochet 12BCF84B

Date: 07/10/2012 to 07/31/2012 (T)  
Time: 5:00 PM to 6:30 PM  
Fee: \$31.00  
Location: Wildflower Yarns and Knitwear  
300 Poyntz Ave.



## Beginning Sewing I 12BCF165

Learn to feel comfortable with your sewing machine and make a simple project. We will construct a pillowcase using two contrasting fabrics. 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. Fabric supplies: 3/4 yard of a cotton fabric for the main body of the pillowcase and 3/8 yard of contrasting fabric for the cuff. Bring all purpose thread to match the main fabric. See photos on tryufm.org for ideas.

Instructor: Linda Teener, linda@tryufm.org

Date: 06/05/2012 (T)  
Time: 6:30 PM to 8:30 PM  
Fee: \$12.00  
Location: UFM Multipurpose 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 Quilting 12BCF176

Improve your sewing skills and learn to make a quilted wall hanging. The first night we will piece the block and the second night we will do the quilting. The supply list will be provided ahead of class. In addition to your supplies, bring your sewing machine and a basic sewing kit that includes extra sewing machine needles, scissors, pins and a pin cushion, and a seam ripper.

Instructor: Linda Teener, linda@tryufm.org

Date: 06/25/2012 to 07/02/2012 (M)  
Time: 6:30 PM to 8:30 PM  
Fee: \$14.00  
Location: UFM Multipurpose Room  
1221 Thurston St.



## Sewing in a Zipper 12BCF177

Learn the basics of putting in a zipper. We will learn two methods of putting in a zipper and discuss a third. Bring at least 1/4 yard of a cotton fabric and three 7 inch zippers for practice. You can use new or recycle a zipper from something you don't want anymore. In addition to your supplies, 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 guide.

Instructor: Linda Teener, linda@tryufm.org

Date: 05/08/2012 (T)  
Time: 6:30 PM to 8:00 PM  
Fee: \$12.00  
Location: UFM Multipurpose Room  
1221 Thurston St.





**Canine Good Citizen 12BCF168**

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 breeds 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

Date: 06/18/2012 to 07/30/2012 (M)  
Time: 8:00 PM to 9:00 PM  
Fee: \$68.00  
Location: UFM Solar Addition  
1221 Thurston St.

Stefanie is a certified dog trainer (ABC DT) and full member of the National Association of Pet Dog Trainers (ADPT). Her business is PAWfect Behavior. She loves all kinds of animals and often volunteers her time at various local shelters.

**S.T.A.R. Puppy 12BCF169**

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 for the class.

Instructor: Stefanie Lamont  
stefanie.lamont@hotmail.com

Date: 06/18/2012 to 07/30/2012 (M)  
Time: 7:00 PM to 8:00 PM  
Fee: \$68.00  
Location: UFM Solar Addition  
1221 Thurston St.

**Intermediate Dog Obedience 12BCF180**

In this class we will work on basic obedience but increase distractions to a maximum. This includes longer distances, louder noises, more movement, etc. This will improve your communication with your dog and increase reliability of commands in high stress situations. Weather permitting, most of this class will take place outside.

Instructor: Stephanie Lamont

Date: 06/21/2012 to 07/26/2012 (Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$68.00  
Location: UFM Solar Addition  
1221 Thurston St.

**Card Making on a Budget 12BCF179**

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

Instructor: Rosanna Vail

Date: 06/05/2012 to 06/19/2012 (T)  
Time: 6:30 PM to 8:00 PM  
Fee: \$17.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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.

**Make A Paracord Bracelet 12BCF171A**

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

Instructor: Michele Perez

Date: 06/06/2012 (W)  
Time: 7:00 PM to 8:30 PM  
Fee: \$20.00 (includes materials)  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

Michele works at KSU with the 4-H Military Partnerships Project. She was a 4-H agent in Kansas and South Dakota and holds an M.S. in Family Life Education from KSU.

**Make A Paracord Bracelet 12BCF171B**

Date: 07/17/2012 (T)  
Time: 7:00 PM to 8:30 PM  
Fee: \$20.00 (includes materials)  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**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)**

## Introduction to Adobe

### Lightroom

12BCF140

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

Instructor: Scott Bean

scott@scottbeanphoto.com

Date: 07/03/2012 to 07/12/2012 (TTh)

Time: 7:00 PM to 9:00 PM

Fee: \$52.00

Location: UFM Computer Lab

1221 Thurston St., 2nd floor

## Introduction to Adobe

### Photoshop

12BCF65

The class will cover an introduction to image processing using Photoshop Elements 10 and basic adjustments such as cropping and resizing images, adjusting the tonality using levels, color correction, image cleanup using the healing brush and clone stamp tools, an introduction to layers and how to use them in your workflow, black and white conversions, putting panoramas together, high dynamic range photography and an introduction to camera RAW.

Instructor: Scott Bean

scott@scottbeanphoto.com

Date: 07/24/2012 to 08/02/2012 (TTh)

Time: 7:00 PM to 9:00 PM

Fee: \$52.00

Location: UFM Computer Lab

1221 Thurston St., 2nd floor



Scott Bean  
Photography  
2115 McDowell Ave,  
Manhattan, KS 66502  
(785) 539-1945  
scott@scottbeanphoto.com  
www.scottbeanphoto.com



## Basic Camera Controls

### Workshop

12BCF172

In this class we will explain the basics of photography, including what f-stop, shutter speed, and ISO are, and how these factors interact with each other to determine exposure. We will discuss, in depth, how to operate your camera in both automatic and manual modes, how to set shutter speed, f-stop, ISO, white balance, and in-camera processing controls. We will also cover the use of your camera's histogram, live view, and autofocus and drive modes. There will be time during the class set aside for everyone to practice setting their camera and to get individual instruction with their camera.

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

Instructors: Scott Bean & Wayne Rhodus

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. scott@scottbeanphoto.com

Wayne Rhodus is nearly a lifelong resident of Kansas and takes great joy in photographing all things natural. While exploring the natural places and national parks of the country, he's driven to record the beauty and diversity of nature's miracles. wrhodus@hotmail.com View Wayne's full bio at tryufm.org.

Date: 06/09/2012 (Sa)

Time: 9:30 AM to 4:00 PM

Fee: \$92.00

Location: UFM Conference Room

1221 Thurston St., 2nd floor

## Creative Camera Controls

### Workshop

12BCF173

In this class, we will provide a better understanding of how f-stop controls depth of field and how to use depth of field for creative effects; how to control motion with shutter speed and how you can use this creatively, and how you can modulate these effects using your ISO setting. We will also provide an overview of different types of light, how light interacts with the way you set your camera and how to work with light to create the photograph you want using filters and techniques such as high dynamic range photography. We will discuss the basics of composition and how camera settings interact with composition to create your final image. We will provide time during class to make some photographs using the material covered during the day.

This class is designed to help the beginning photographer bridge the technical and creative sides of photography. To get the most from this class, participants will need a camera that has some form of manual exposure mode (full manual, aperture priority or shutter priority). Not sure if your camera has those modes? Just contact us and we will look into it for you. Each participant will need to bring their camera and the manual for it, if available. Handouts from the material presented in class will be provided to each participant. Instructors: Scott Bean, scott@scottbeanphoto.com & Wayne Rhodus, wrhodus@hotmail.com

Date: 06/23/2012 (Sa)

Time: 9:30 AM to 4:00 PM

Fee: \$92.00

Location: UFM Conference Room

1221 Thurston St., 2nd floor



## Piano I

12BCF35Z

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

Date: 06/07/2012 to 07/03/2012 (ThT)  
Time: 6:00 PM to 7:40 PM  
Fee: \$120.00  
Location: K-State McCain Auditorium  
Room 127



## Introduction to Voiceovers

12BCF129

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

Date: See class description  
Time: See class description  
Fee: \$30.00  
Location: See class description

The Voices For All Voice Coach/Producer/Instructors are known for their fun and informative presenting methods. With hundreds of Regional & National Commercials, and Public Service Announcements under their belts, our instructors not only deliver the highest quality education and coaching to their students, but their unique enthusiasm and expertise bring an element of fun and excitement to the virtual classroom as well.



## Pinterest Crafts Workshop

12BCF178

Do you have 1000s of ideas sorted up on your pinterest boards but have not accomplished any of them? Is your dining room table covered with a bunch of half- started projects? Do you have the urge to be creative but have no idea where to start? Well this class is targeted to those people who have a pinterest.com account and have found fun craft ideas but have no time to do them or who need a little guidance in making them. The class will make a few projects that the instructor has found or if you have a project that you are interested in making (or finishing) you can email the instructor ahead of time. Some materials will be provided. Ages 12 and up. Instructor: Jessica Campbell  
[jessica@tryufm.org](mailto:jessica@tryufm.org)

Date: 06/29/2012 (F)  
Time: 9:00 AM to 12 N  
Fee: \$18.00  
Location: UFM Banquet Room  
1221 Thurston St.

## Excuses you can use!

12BCF181

Get beyond the typical "my dog ate my homework" and gain a whole new arsenal of excuses for a variety of everyday situations. Learn current, up-to-date ways to avoid responsibility, keep from doing something you don't want to do, or to reassign blame to an innocent party. Examples include: "I didn't finish my proposal because I was updating my status" ; "I'm late because my right turn signal went out and I had to make all left-hand turns on the way to the office" ; "I couldn't pay my bills because I dropped my checkbook in the toilet" ; "I couldn't call in sick because my phone died"  
This is just a small sampling of the creative ideas you will take away from this useful and engaging workshop guided by a seasoned excuse professional. Join us every third Wednesday, unless you can't make it because it's raining and you just washed your car... Instructor: I. Ron Nick

Date: 06/27/2012 (W)  
Time: 6:00 PM to 7:00 PM  
Fee: \$-1.00  
Location: UFM House

## GET HandsOn TODAY!

Promoting civic leadership and mobilizing volunteers to impact the community.



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*A Program of the School of Leadership Studies*

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[www.ksu.edu/handson](http://www.ksu.edu/handson)

KANSAS STATE  
UNIVERSITY

Quiet  
Symmetry

THE CERAMIC ART OF YOSHIRO IKEDA

APRIL 17 - SEPTEMBER 2



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



# YOUTH SUMMER ADVENTURE

MAC's Youth Summer Adventure program will be taking students, grades 1-6, on a trip thru time! Each week students will learn about the arts and mediums from a different era...ancient cultures to present day...from cave paintings to Shakespeare to Jackson Pollock and so much more! Visit [www.manhattanarts.org](http://www.manhattanarts.org) for more about weekly themes.

Grades 1-3 Daily Schedule	Grades 4-6 Daily Schedule
7:45-8:00 drop-off	7:45-8:00 drop-off
8:00-9:00 multi-media	8:00-9:00 multi-media
9:00-10:20 acting playwrights	9:00-10:20 explorCLAYtion
10:30-11:50 explorCLAYtion	10:30-11:50 acting playwrights
12:00-1:00 lunch bunch	12:00-1:00 lunch bunch
1:00-2:20 theatre workshop	1:00-2:20 painting/drawing
2:30-3:50 painting/drawing	2:30-3:50 theatre workshop
4:00-5:00 writing history	4:00-5:00 writing history
5:00-5:15 pick-up	5:00-5:15 pick-up

**Multi-media :** Era dance styles, music, simple weaving and more...

**ExplorCLAYtion :** Learn about the use of clay through time and other 3D art forms.

**Acting Playwrights :** Create a short performance while learning about acting styles, sets and plays of the era. The class will perform a staged reading on Fridays at noon.

**Lunch Bunch :** Supervised lunch, then 30 to 45 minutes of games and free play.

**Painting/drawing :** Exploration of 2D artwork and styles.

**Theatre Workshop :** Watch, discuss, and experience different ideas and expressions of movement through dance and character work.

**Writing History :** Stories will be shared about and/or from the time frame. Students will write their own adventures and collaborate with the class.

Enroll by the class; take one class, a half day of classes or a full day. The minimum enrollment for classes is 6. Enrollment packets (one per student) may be obtained at [www.manhattanarts.org](http://www.manhattanarts.org), the Manhattan Arts Center (1520 Poyntz Ave, Manhattan, KS) or you can enroll over the phone with a credit card at 785-537-4420.

Class cost: \$7/day per class, \$3/day for "Lunch Bunch," \$180 for a week of full day classes.

*Students who qualify for reduced price or free school lunches at school also qualify for reduced class prices at the Manhattan Arts Center. Please call 537-4420 and ask for details.*

## Weekly Themes

June 04 – June 08 before 400 C.E.	Ancient Cultures
June 11 – June 15 400–1300	Middle Ages
June 18 – June 22 No Classes	
June 25 – June 29 1300–1490	Early Renaissance
July 2 – 3, 5 - 6 1490–1600	Late Renaissance
July 09 – July 13 No Classes	
July 16 – July 23 1600–1700	Baroque
July 23 – July 27 1700–1800	Age of Enlightenment
July 30 – Aug 03 No Classes	
Aug 06 – Aug 10 1800–1900	Romanticism, Realism
Aug 13 – Aug 17 1900–present	Modernism, Post-modernism

## MORE TO EXPLORE AT MAC!

### Youth Honors Academy

Ages 10-16 min. enrollment 5  
Cost: \$15 per class (min. 4 consecutive classes)  
Fees are due monthly in advance.  
Wednesdays (ongoing) 4:15-5:45pm

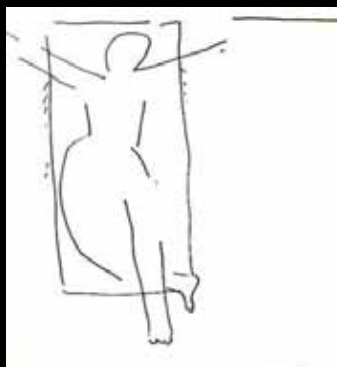
### Suzuki Violin

Mondays starting June 4 Grades K-6  
Cost: \$8 (includes violin rental), \$6 (no violin rental)  
Beginning 4:15-4:45 Beginning II 4:50-5:35  
Intermediate 5:40-6:25 Advanced 6:30-7:15

### Summer Violin for Grades 5 & 6

Tuesdays starting June 5 Cost: \$6/class min. enrollment 6  
Level 1 - 5:30-6:20 Level 2 - 6:30-7:20  
Level placement determined at first class. All students should arrive for 5:30 session on June 5. Violins NOT provided.

**ENROLL** at the Manhattan Arts Center  
1520 Poyntz Ave \* Manhattan, KS 66502  
785-537-4420 [www.manhattanarts.org](http://www.manhattanarts.org)



## STRECKER-NELSON GALLERY

Don't forget to "pop-in" to the "POP UP" Gallery

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



STRECKER  
NELSON  
GALLERY

# FUN FOODS



## Wine 101 12BFF77

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

Instructor: Ian Hulon  
ian.hulon@harrysmanhattan.com

Date: 06/04/2012 to 06/25/2012 (M)  
Time: 6:00 PM to 7:30 PM  
Fee: \$76.00  
Location: Harry's Restaurant  
418 Poyntz Ave.

## Catch of the Day 12BFF101

We all know how good seafood is for us, but maybe we just aren't quite sure how to cook seafood for the best flavor and results. Karen will be teaching the basics of seafood cookery, and showing a variety of different cooking methods. From Salmon en Papillote to Swai Fish Tacos with fresh made salsa, this class will have everyone's tastes covered, even the non-seafood eaters!

Instructor: Karen Hanson

Date: 07/13/2012 (F)  
Time: 6:00 PM to 8:00 PM  
Fee: \$32.00  
Location: HyVee Club Room, 601 3rd Place

### SPONSORSHIP OPPORTUNITIES!

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

## Artisan Bread Baking 12BFF99

There's nothing like the aroma of freshly baked bread to fill your home with warmth and eager anticipation of enjoying homemade goodness. This class will explore the technique shared in Artisan Bread in Five Minutes a Day. (Hertzberg and Francois) Come join us as we create a simple basic recipe and share variations that will become wonderful homemade bread loaves in only 5 minutes of preparation on baking day.

Instructor: Karen Hanson

Date: 07/18/2012 (W)  
Time: 6:00 PM to 8:00 PM  
Fee: \$25.00  
Location: HyVee Club Room, 601 3rd Place

## Delicious Dinner: Mediterranean Cooking 12BFF98

Try authentic homemade Mediterranean food in this hands-on cooking class! In Mediterranean Cooking, you'll get to taste and learn how to make one of the most popular dishes in Mediterranean regions -- dolma (stuffed grape leaves) as well as other delicious and healthy entrees including a refreshing drink and a soup and a salad. You will enjoy the tasty recipes! *Registration deadline June 25.*

Date: 06/29/2012 (F)  
Time: 6:00 PM to 8:00 PM  
Fee: \$29.00  
Location: HyVee Club Room, 601 3rd Place

Nelli Anders, Nelli Karapetyan Anders was born and lived most of her life in Armenia. Because of her country's history and geographic location, Armenian dishes have their roots in Mediterranean and Middle Eastern cuisine. Nelli has learned to cook from her mother and both her grandmothers. Currently she resides in Manhattan, KS with her family.

## Easy As Pie 12BFF91

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: 07/28/2012 (Sa)  
Time: 1:00 PM to 5:00 PM  
Fee: \$29.00  
Location: HyVee Club Room, 601 3rd Place



## Top That! The Art of Grilling Pizza 12BFF100

Grilling isn't just for the burgers, brats and steaks this year! Learn to grill pizza like a pro! This class will teach the basics, beginning with the from-scratch dough, to picking the perfect toppings, to completing the done-to-perfection grilling. We will be creating and grilling a variety of pizzas for all tastes.

Instructor: Karen Hanson

Date: 06/06/2012 (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



## An Introduction to Brain Gym:

### Move with Balance

12BCF174

Move with Balance is a Fall Prevention Program using Brain Gym Movements and other physically, mentally and socially engaging activities to enhance living for the older generation. It integrates research in vision training, kinesiology and brain plasticity while improving cognitive function and eliminating or reducing fall through an ongoing exercise program. This short introduction is designed to prepare participants to use the personal model with more fragile seniors or with groups of seniors. If you are a senior or plan to be one, take this opportunity to stay healthy and involved while learning important skills of focus, concentration, balance and coordination in a safe, loving atmosphere. REGISTRATION DEADLINE MAY 21

Instructor: Judy Metcalf, kinlearn3jm@yahoo.com

Date: 06/04/2012 to 06/22/2012 (MWF)  
 Time: 1:00 PM to 2:30 PM  
 Fee: \$48.00  
 Location: Meadowlark Hills,  
 K-State Classroom  
 2121 Meadowlark Road

## Tips for a Healthy Summer

- \* Drink more water
- \* Enjoy the fresh vegetables and fruits of summer
- \* Do some deep breathing to relieve stress
- \* Take a short walk every day
- \* Avoid heavy meals on hot summer days
- \* Find leisure time for a hobby
- \* Sit and enjoy a quiet morning before it gets hot
- \* Wear sunscreen and a sun hat.
- \* Take a UFM class just for fun!

### Morning Yoga

12BHW89A

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

Date: 06/02/2012 to 06/23/2012 (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

12BHW89B

Date: 06/30/2012 to 07/21/2012 (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

12BHW89C

Date: 07/28/2012 to 08/18/2012 (Sa)  
 Time: 9:30 AM to 11:00 AM  
 Fee: \$27.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor



### Evening Yoga

12BHW88A

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

Date: 06/04/2012 to 06/25/2012 (M)  
 Time: 7:15 PM to 8:45 PM  
 Fee: \$27.00  
 Location: K-State Ahearn Room 301  
 College Heights St.,  
 3rd floor

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

### Evening Yoga

12BHW88B

Date: 07/02/2012 to 07/23/2012 (M)  
 Time: 7:15 PM to 8:45 PM  
 Fee: \$27.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Teach a class at UFM!

\*Share a hobby or skill

\*Meet new people

\*Enhance your business



Celebrating the new addition to the Manhattan Community Gardens at Collins Lane with a Ribbon Cutting Ceremony.

**Living the Art: Jin Shin Jyutsu 12BHW08A**

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, (785) 537-1911

Date: 06/09/2012 (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 12BHW08B**

Date: 07/14/2012 (Sa)  
 Time: 10:00 AM to 4:00 PM  
 Fee: \$24.00  
 Location: 1421 Colorado Street

**Clutter Clearing 12BHW22**

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: 06/11/2012 to 06/25/2012 (M)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$35.00  
 Location: 1421 Colorado Street

**Explore HypnoBirthing: A Natural, Empowering Approach to Childbirth 12BHW132**

Come explore your natural childbirth choices as you prepare for the birth of your baby or before becoming pregnant. This is an informal, come-and-go, meet-n-greet session. Bring your questions, view a video and share in the excitement of preparing for your baby. Free handouts, the option to sign up for the Fall class and the opportunity to look at the HypnoBirthing--Mongan Method (3rd ed.) book that comes with the class. HypnoBirthing is more of a philosophy than a specific method for childbirth. To learn more, visit [www.hypnobirthing.com](http://www.hypnobirthing.com).

In the Fall, HypnoBirthing classes will be taught over 5 consecutive weeks, each session meeting for 2.5 hours with the mother and birthing partner.

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

Date: 07/28/2012 (Sa)  
 Time: 10:00 AM to 12 N  
 Fee: \$5.00  
 Location: UFM Fireplace Room  
 1221 Thurston St.

Darla Allen Boyer is a Certified HypnoBirthing/Childbirth Educator (CHCE) with the HypnoBirthing Institute. While relatively new to childbirth education, yet always open to learning, she is eager to share her love of birth and the power of informed choices with others wanting the same. Over the past 20 years, she has worked with children and families in various capacities.

**Find the Fake UFM class and get \$1 off any registration!**

**Basic Parenting 12BHW131A**

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

Instructors: Jeremy Boyle & Mary Heath  
 REGISTRATION DEADLINE 06/15/2012

Date: 06/19/2012 to 07/24/2012 (T)  
 Time: 6:30 PM to 8:30 PM  
 Fee: \$60.00  
 Location: Pawnee Mental Health  
 2001 Claflin, Manhattan, KS

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

**Mental Health First Aid 12BHW130**

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

Instructors: Karen Smothers, Mary Heath, Tina Steffensmeier

Date: 07/19/2012 to 07/20/2012 (ThF)  
 Time: 9:00 AM to 4:00 PM  
 Fee: \$25.00  
 Location: 210 West 21st St.,  
 Concordia, KS

Karen Smothers, LSCSW, Assistant/Clinical Director at Pawnee Mental Health Services is a Licensed Specialist Clinical Social Worker.

Tina Steffensmeier, LCPC, LCAC, Director of Prevention, Treatment and Recovery Services at Pawnee Mental Health, is a licensed clinical professional counselor and licensed clinical addictions counselor.

## Dao Yin

12BHW124

Dao Yin is a classic Daoist practice that focuses on directing energy or Qi in the body 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: 06/02/2012 to 07/28/2012 (Sa)  
No Class June 16  
Time: 9:30 AM to 10:30 AM  
Fee: \$74.00  
Location: UFM Banquet Room  
1221 Thurston St.

Stephen Williams and Catherine Ryba are both classically trained acupuncturists 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.



## Eight Brocades Qi Gong

12BHW125

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 bio-electric field or Qi.

Instructors: Stephen Williams & Catherine Ryba

Date: 06/02/2012 to 07/28/2012 (Sa)  
No Class June 16  
Time: 10:30 AM to 11:30 AM  
Fee: \$74.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

## Intro to Meditation

12BHW134

This is an introductory class about meditation and is intended for those with little or no meditation experience, or those looking to diversify or bring clarity to their practice. A variety of meditations will be covered but the focus will be on Daoist internal alchemy. The various goals & benefits of meditation will be discussed along with the appropriate methods to attain results. Students will also learn about the pitfalls & safeguards of common meditative practices. By the end of this class students will have the tools necessary to develop their own safe & effective practice to attain their specific goals.

Each class will include: lecture, practice, and Q&A, with the emphasis on correct practice. Techniques covered in this class will include but are not limited to: one pointedness of mind, Dan Tien meditation, grounding and breathing techniques, Qi perception, and microcosmic orbit. A variety of standing and seated postures will be used.

Date: 06/02/2012 to 07/28/2012 (Sa)  
No Class June 16  
Time: 11:30 AM to 12:30 PM  
Fee: \$74.00  
Location: UFM Banquet Room  
1221 Thurston St.

## Blended Learning: CPR/First Aid 12BHW70A

Find out how you can cut classroom time for CPR, First Aid, and AED Training in half by using Blended Learning. Blended Learning combines a program which blends an ONLINE session with a hands-on skills practice and assessment session. YOU WILL BE CONTACTED VIA EMAIL with login information and directions. Certification requirements are as follows:

### Part I

A. Complete online session and bring printed final exam score to hands-on skills practice and assessment session.

### Part II

B. Attend in person and demonstrate competency in the hands-on skills practice and assessment session.

Source: American Red Cross

\*\*No textbook required and the date listed is for hands-on skills practice session. There is a \$20 non-refundable deposit.

Instructor: Kelly Reed-Harkness

Date: 06/30/2012 (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 12BHW70B

Date: 07/28/2012 (Sa)  
Time: 10:00 AM to 11:00 AM  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St.  
2nd floor

## Community CPR/First Aid/AED 12BHW25A

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: Kelly Reed-Harkness

Date: 06/30/2012 (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 12BHW25B

Date: 07/28/2012 (Sa)  
Time: 11:00 AM to 7:00 PM  
Fee: \$45.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor



## CPR Review -

### Professional Rescuer

12BHW27A

This class is for those already certified in CPR for the Professional Rescuer and either their certification is coming due, is within 30 days of expiration, or they would like to be updated to the new skills. Participants must demonstrate all skills involved with CPR. Bring a pocket mask. If you do not have a pocket mask, cost is \$14.00 at UFM, 1221 Thurston St.  
Instructor: Abby Thrash, abbythrash@gmail.com

Date: TBD  
Time: 5:15 PM to 7:30 PM  
Fee: \$20.00  
Location: Natatorium, K-State Campus



# LANGUAGE & MARTIAL ARTS

## Beginning Italian 12BLA36

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

Instructor: Katie Jones

Date: 06/12/2012 to 7/17/2012 (Tu)  
Time: 6:00 PM to 7:30 PM  
Fee: \$20.00  
Location: UFM Multipurpose Room  
1221 Thurston St.



## Swahili Language & Cultures of Africa 12BLA53

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

Instructors: Geofred Osoro & Danvas Mabeya  
osoro@ksu.edu, danvasm@ksu.edu

Date: 05/21/2012 to 06/20/2012 (M,W)  
Time: 9:00 AM to 10:30 AM  
Fee: \$250.00  
Location: UFM Conference Room  
1221 Thurston, 2nd Floor



## Tae Kwon Do I 12BMA01Z

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

Instructor: David Moore

Date: 06/05/2012 to 07/31/2012 (TTh)  
Time: 5:00 PM to 6:00 PM  
Fee: \$72.00  
Location: Sun Yi's Academy  
1650 Hayes Dr.



## Karate & Self-Defense 12BMA10

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

Instructor: Habib Diop, hdiop@ksu.edu

Date: 06/16/2012 to 07/28/2012 (Sa)  
No class 7/2  
Time: 11:30 AM to 12:30 AM  
Fee: \$51.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

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



## Yama Bushi Kai Martial Arts

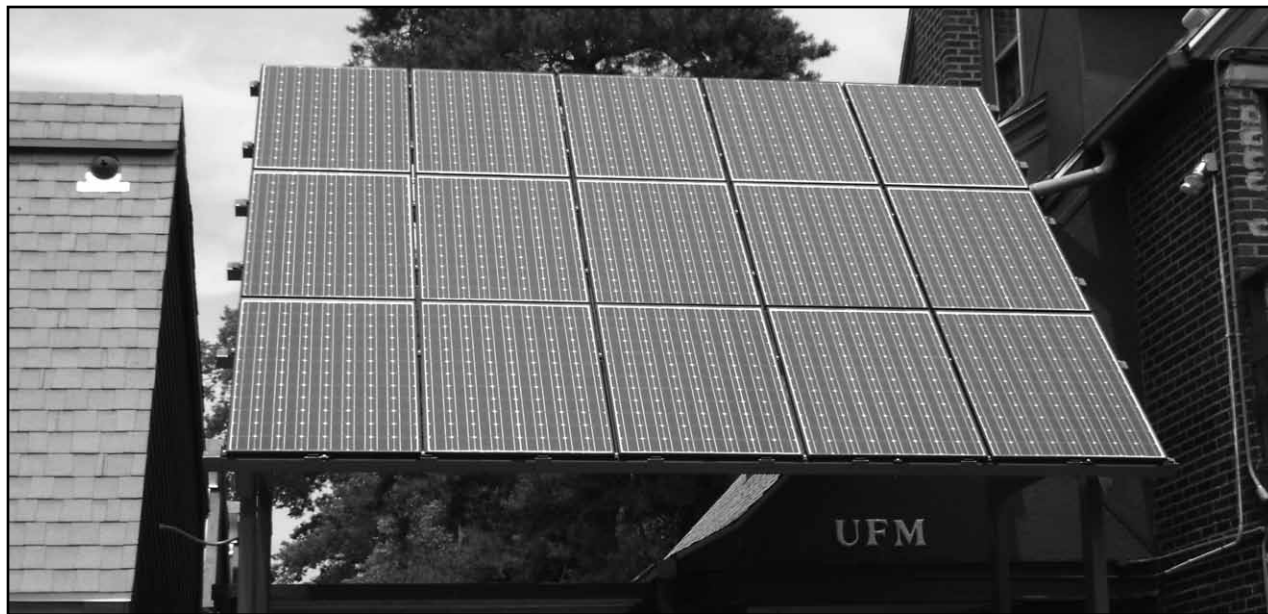
Manuals, books, videos, knives, swords, and martial arts supplies.

Owner is the founder of the White Phoenix System.

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



# PERSONAL INTEREST



**The Flint Hills Resilience Coalition is a community-based, community-led networking organization, in which all those interested in building resilient and sustainable communities in the Flint Hills Region can connect, find fellowship, share information, create partnerships, and celebrate steps forward. The group meets every other Sunday (from May 15) at 5 PM in the Solar Addition at UFM, 1221 Thurston St. and they invite you to attend and become involved in the discussion.**

## Manhattan Area Renewable

### Energy/Efficiency Cooperative 12BPI102

This meeting is intended to form a cooperative to educate, purchase and install solar and energy efficiency hardware in the Manhattan area. Based on a model from New Hampshire ([www.plymouthenergy.org/](http://www.plymouthenergy.org/)), energy "barn raisings" will be held to both teach each other and educate the public. One of the activities planned will be a photovoltaic bulk purchase and barn raising for a grid connected micro-inverter system late this summer or early in the fall. The wholesale price for solar electric modules is now at the \$1/watt module price for some modules. This is the price point at which PV has always been expected to cross with utility power. Information about solar water heating systems and other supplies basic to sustainable living will be covered also. The first organizing meeting is scheduled for June 17th at 5:30pm in the Solar Addition at UFM. Facilitators: Bill Dorsett, Carol Barta & Cherri Harper

Date: 06/17/2012 (Su)  
Time: 5:30 PM to 7:00 PM  
Fee: No Charge  
Location: UFM Solar Addition  
1221 Thurston St.

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

## Saving Summer

12BPI73

Don't let all those wonderful flavors of fruits and veggies fade away after the garden is put to bed. Learn what you will need to freeze, can or dry from this year's bounty for a winter of tasty meals. Paid registration includes an Eco bag!  
Instructor: Carol Barta

Date: 08/19/2012 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: \$5.00-Eco Bag  
Location: UFM Banquet/Kitchen  
1221 Thurston St.

## Make Your Own

### Laundry Detergent

12BPI72

Making homemade laundry detergent is simple, quick and fun. Homemade laundry detergent is very inexpensive and does a good job of cleaning. Each participant will get a sample to take home so you can try it in your washer and see for yourself. There will also be information on other effective homemade cleaning products made with simple, available and safe household ingredients. Come and have some fun learning how to make homemade laundry detergent. Paid registration includes an Eco bag!  
Instructor: Cherri Harper

Date: 07/15/2012 (Su)  
Time: 5:00 PM to 6:00 PM  
Fee: \$5.00-Eco Bag  
Location: UFM Solar Addition  
1221 Thurston St.

## Brain Gym 101 Core Course 12BCF29

Discover a way to...learn ANYTHING faster and more easily with the Brain Gym 101 Core Course. You will learn how to draw out potential in all areas of life by using powerful Brain Gym tools including: 4 steps to Get Ready. This 4 minute BG warm-up helps you feel focused, relaxed and ready to begin any new task or challenge. Class fee includes \$72 in materials, plus snacks and water. For more information visit [www.braingym.org](http://www.braingym.org). DEADLINE TO REGISTER IS MAY 21  
Instructor: Judy Metcalf, [kinlearn3jm@yahoo.com](mailto:kinlearn3jm@yahoo.com)

Date: 06/04/2012 to 06/29/2012 (MWF)  
Time: 9:00 AM to 12 N  
Fee: \$398.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

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

## An Introduction to Brain Gym:

### Move with Balance

12BCF174

Move with Balance is a Fall Prevention Program using Brain Gym Movements and other physically, mentally and socially engaging activities to enhance living for the older generation. It integrates research in vision training, kinesiology and brain plasticity while improving cognitive function and eliminating or reducing fall through an ongoing exercise program. This short introduction is designed to prepare participants to use the personal model with more fragile seniors or with groups of seniors. If you are a senior or plan to be one, take this opportunity to stay healthy and involved while learning important skills of focus, concentration, balance and coordination in a safe, loving atmosphere. REGISTRATION DEADLINE MAY 21  
Instructor: Judy Metcalf, [kinlearn3jm@yahoo.com](mailto:kinlearn3jm@yahoo.com)

Date: 06/04/2012 to 06/22/2012 (MWF)  
Time: 1:00 PM to 2:30 PM  
Fee: \$48.00  
Location: Meadowlark Hills,  
K-State Classroom  
2121 Meadowlark Road

### An Introduction to Brain Gym: Individual Classes

Within the Brain Gym 5 step process for making learning fun and easy, participants will learn PACE, a simple movement sequence that prepares the mind/body system for new learning experiences. The technique of "Noticing" will be taught to refine body awareness skills. Participants will benefit from bringing simple goals/intentions related to comprehension. Materials included in class fee.

Instructor: Judy Metcalf, kinlearn3jm@yahoo.com

### The Physical Skills of Comprehension 12BPI74

"The physical skills of comprehension" will be explored. Six Brain Gym Activities will be taught from the Focus Dimension.

Date: 06/04/2012 to 06/08/2012 (MWF)

Time: 9:30 AM to 12 N

Fee: \$39.00

Location: UFM Multipurpose Room  
1221 Thurston St.

### The Physical Skills of Organization 12BPI75

"The physical skills of communication" will be explored. Six Brain Gym Activities will be taught from the Centering Dimension.

Date: 06/11/2012 to 06/15/2012 (MWF)

Time: 9:30 AM to 12 N

Fee: \$39.00

Location: UFM Multipurpose Room  
1221 Thurston St.

### The Physical Skills of Communication 12BPI76

"The physical skills of communication" will be explored. Ten Brain Gym Activities will be taught from the Laterality Dimension.

Date: 06/18/2012 to 06/22/2012 (MWF)

Time: 9:30 AM to 12 N

Fee: \$39.00

Location: UFM Multipurpose Room  
1221 Thurston St.

### Wildflower Walk at Tuttle Creek Lake 12BEN69

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

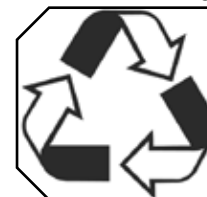
Facilitator: Paul Weidhaas

Date: 06/30/2012 (Sa)

Time: 10:00 AM to 12:00N

Fee: No Charge

Location: Tuttle Creek Lake Visitor's Center  
5020 Tuttle Creek Blvd.



**PLEASE RECYCLE  
THIS CATALOG**

## K-State has options for your education.

### 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.

## Your education. Your terms.



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5102

**KANSAS STATE**  
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Continuing Education

# RECREATION & FITNESS

## Pickleball for Everyone! 12BRF112

Pickleball is a sport described as a combination of ping-pong, tennis and badminton and is played by all ages and all athletic abilities. Pickleball is FUN. It's played on a badminton court with a net that is 34 inches in the middle. Players use a baseball-sized whiffle ball and a paddle, similar to a large ping-pong paddle, to volley the ball back and forth to score on the opposing team. Pickleball is easy to learn and is great, enjoyable exercise. Equipment provided. Instructors: Rosemary & Gordon Crilly

Date: 06/02/2012 to 06/30/2012 (Sa)  
No Class June 16  
Time: 9:30 AM to 10:30 AM  
\*First class will meet from 9:30 AM to 11:00 AM  
Fee: \$22.00  
Location: Body First Tennis & Fitness,  
3615 Claflin Road



## Ballroom, Swing and Salsa 12BRF100

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

Date: 06/06/2012 to 07/18/2012 (W)  
Time: 7:00 PM to 8:00 PM  
Fee: Individual \$50.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor



## ZUMBA Fitness 12BRF08B

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: 05/29/2012 to 06/19/2012 (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 loves Zumba Fitness because it gives her a way to express her passion for Latin dance and at the same time, teach others her passion and help them get fit.

## ZUMBA Fitness 12BRF08C

Date: 07/03/2012 to 07/24/2012 (T)  
Time: 5:30 PM to 6:30 PM  
Fee: \$37.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## ZUMBA Gold 12BRF104A

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: 05/14/2012 to 06/11/2012 (M)  
No class May 28  
Time: 5:30 PM to 6:15 PM  
Fee: \$39.00  
Location: Body First Tennis & Fitness,  
3615 Claflin Road

## ZUMBA Gold 12BRF104B

Date: 06/18/2012 to 07/16/2012 (M)  
No class June 25  
Time: 5:30 PM to 6:15 PM  
Fee: \$39.00  
Location: Body First Tennis & Fitness,  
3615 Claflin Road

 **Body First**

Now with two locations!

Body First Wellness Center  
2308 Anderson Ave.  
Massage :: Chiropractic care :: Acupuncture

Body First Tennis & Fitness Center  
3615 Claflin Rd.  
Tennis :: Racquetball:: Fitness Center

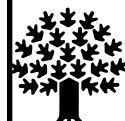
[www.bodyfirst.com](http://www.bodyfirst.com)

Teach a class at UFM!

\***Share** a hobby or skill

\***Meet** new people

\***Enhance** your business





### Belly Dance Conditioning

#### Workout

**12BRF12**

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](mailto:mjanette@ksu.edu)

Date: 05/30/2012 to 06/27/2012 (W)  
 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!

### Golf

**12BRF05Z**

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

Instructor: Jim Gregory

Date: 06/06/2012 to 08/01/2012 (W)  
 No Class 7/4  
 Time: 6:00 PM to 8:00 PM  
 Fee: \$146.00  
 Location: Stagg Hill Golf Club  
 4441 Fort Riley Blvd.

### Introduction to Golf

**12BRF04A**

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.

Instructor: Jim Gregory, (785) 539-1041

Date: 05/31/2012 to 06/14/2012 (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

**12BRF04B**

Date: 06/21/2012 to 07/05/2012 (Th)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$41.00  
 Location: Stagg Hill Golf Club  
 4441 Fort Riley Blvd.



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<b>SERVICES</b>	We now have select teas and accessories.
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### Irish Set Dancing

**12BRF158**

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 ceili 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: 06/04/2012 to 08/06/2012 (M)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$29.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

Hillary has been Irish dancing for 12 years. She has competed in solo and group categories.

## TEEN MENTORING!

A program for teen students to have fun while learning to build positive relationships with KSU student mentors and their peers.

*Wednesdays*

*June 6 to August 1*

*\*No mentoring July 4*

*3:00 PM to 5:00 PM*

*At UFM ~ 1221 Thurston St.*

Activities include swimming at the City pool, field trips and visits to the zoo.

For more information visit  
[www.tryufm.org](http://www.tryufm.org)  
 or email [andrew@tryufm.org](mailto:andrew@tryufm.org).

	<h2>STAGG HILL GOLF CLUB</h2> <h3>Pro-Shop</h3> <p>K-18 West</p> <p>For all your golfing needs                  Fully equipped "discount" pro shop                  Professional golf instruction available                  (Individual &amp; group)                  Club regripping &amp; repair</p> <p><b>539-1041</b>                  Jim Gregory, PGA Professional</p> 
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# YOUTH

## Pre-School Ballet 12BYO63A

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 (785) 539-5767 for more information.

Instructor: Randi Dale

Date: 06/06/2012 to 06/13/2012 (W)  
Time: 5:30 PM to 6:00 PM  
Fee: \$12.00  
Location: 2416 Rogers Blvd.

## Pre-School Ballet 12BYO63B

Date: 06/07/2012 to 06/14/2012 (Th)  
Time: 5:00 PM to 5:30 PM  
Fee: \$12.00  
Location: 2416 Rogers Blvd.

## Pre-School Ballet 12BYO63C

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

## Introduction to Tap & Pre-Jazz Dance 12BYO70A

This class is a wonderful way for girls and boys ages 5-10 to learn basic tap and pre-jazz techniques and dance to fun music. Tap shoes are not required, tennis shoes can be used. Call 785.539.5767 for more information.

Instructor: Randi Dale

Date: 06/06/2012 to 06/13/2012 (W)  
Time: 6:00 PM to 6:30 PM  
Fee: \$12.00  
Location: 2416 Rogers Blvd.

## Introduction to Tap & Pre-Jazz Dance 12BYO70B

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



## Kids' Creative Kitchen 12BYO69

Kids will get the chance to explore their creative side in the kitchen. We will be making one creation each session that the child will be able to take home share with their loved ones. We will also be doing other kitchen related activities and learning some cooking skills.

Instructor: Jessica Campbell

Date: 07/11/2012 to 07/25/2012 (W)  
Time: 2:00 PM to 3:00 PM  
Fee: \$15.00  
Location: UFM Banquet/Kitchen  
1221 Thurston St.

## Tutoring in Reading and Language Arts 12BYO54

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

This is for grade levels: Completed 1st grade through 6th grade.

Instructor: Randi Dale, (785) 539-5767

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

Randi Dale is a certified teacher and Reading Specialist for K-12.

## Paper Beads for Children 12BYO68

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

Instructor: Charlene Brownson

Date: 07/11/2012 (W)  
Time: 3:00 PM to 5:00 PM  
Fee: \$8.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor



## Archery for Youth (Ages 9-12) 12BYO01

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

Instructor: Tom Korte

Date: 06/06/2012 to 06/27/2012 (W)  
Time: 9:00 AM to 10:00 AM  
Fee: \$35.00  
Location: Sports Center  
11th St. #615 A

Ask about our  
scholarship opportunities!

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

For full class descriptions and information visit [www.tryufm.org](http://www.tryufm.org) OR <http://www.dce.k-state.edu/courses/recreational.shtml>. Enroll on iSIS <http://isis.k-state.edu>.

#### CREDIT CLASS REFUNDS AND WITHDRAWALS

Tuition refunds are calculated based on the number of calendar days in the class. You may be eligible for a full or partial refund of tuition if you choose to drop your class before a certain date. Please refer to the full withdrawal and refund policy at <http://www.dce.k-state.edu/courses/registration/policies-withdrawal> or visit <http://courses.k-state.edu/summer2012/information/deadlines.htm>

#### DROP POLICY

All drop deadlines are calculated based on the number of calendar days in the class. The following policies apply: a student may drop a class prior to 33% of the class duration without a grade being recorded on the student's transcript; if a student drops after 33% but before 62% of the class duration, a grade of W will be issued; and no drops will be accepted after 62% of the course duration. Failure to drop a class may result in a failing grade. Visit <http://courses.k-state.edu/summer2012/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 6 or fewer K-State credit hours. There is a non-refundable material fee for withdrawing from some classes after the first day.

DCE tuition and fees apply to these courses. See the Comprehensive Fee Schedule: <http://www.k-state.edu/finsvcs/cashiers/fees/CurrentYr/CurrentComprehensiveFeeSchedule.pdf>

#### DISABILITY SUPPORT SERVICES

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

TITLE	REFERENCE #	DATES	TIME	FEE	LOCATION
Summer 2012 Credit Courses ~ No class on July 4 Holiday					
MUSIC 206 Piano I	ZA 11448	6/7/12 to 7/3/12 (T/TH)	6:00 PM to 7:40PM	\$273.20	McCain Auditorium, Rm. 127
RRES 200 First Aid/CPR	ZA 11447	6/16/12 to 6/17/12 (Sat/Sun)	Noon to 7:30 PM	\$345.80	UFM Banquet Room, 1221 Thurston St.
Golf	ZAL 11425	6/6/12 to 8/1/12 (W)	6:00 PM to 8:00 PM	\$389.80	Stagg Hill Golf, 4441Fort Riley Blvd.
Scuba	ZAN 11431	6/4/12 to 7/9/12 (M)	5:30 PM to 9:30 PM	\$441.20	K-State Natatorium
Tae Kwon Do	ZAP 11469	6/5 /12 to 7/31/12 (T/TH)	5:00 PM to 6:00 PM	\$345.80	Sun Yi's Academy, 1650 Hayes Drive
Boxing 1	ZAB 11424	6/4/12 to 7/30/12 (M/W)	6:30 PM to 7:30 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
Boxing 1	ZAC 11430	6/5/12 to 7/26/12 (T/TH)	6:30 PM to 7:30 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
Boxing 2	ZAE 11428	6/6/12 to 7/26/12 (W/TH)	5:30 PM to 6:30 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
Boxing 3	ZAG 11427	6/4/12 to 7/24/12 (M/T)	5:30 PM to 6:30PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
Boxing 4	ZAI 11426	6/4/12 to 7/30/12 (M/W)	7:30 PM to 8:30 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.
Boxing 4	ZAJ 11429	6/5/12 to 7/26/12 (T/TH)	7:30 PM to 8:30 PM	\$375.80	K.O. Boxing, 2303 Tuttle Creek Blvd.

**More info at [www.dce.k-state.edu/courses/recreational.shtml](http://www.dce.k-state.edu/courses/recreational.shtml).**

# ENROLL TODAY!



Visit UFM's secure website:  
[www.tryufm.org](http://www.tryufm.org)  
 > CLICK Non-credit courses  
 > VIEW list of current courses  
 > CHOOSE course group  
 > COMPLETE registration & payment



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




Complete the registration form and mail it in 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 St. between 8:30-Noon & 1-5 PM (Monday - Friday). After-hours drop box is located in office lobby.

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.