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Spring 2013 UFM Community Learning Center



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Kansas State University



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Spring 2013
UFM
Catalog

UFM Community Learning Center
1221 Thurston St
Manhattan, KS 66502



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MANHATTAN, KS 66502

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INFORMATION

ABOUT UFM CLASSES

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

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

UFM CANCELLATION POLICY

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

REFUND POLICY

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

DISCLAIMER

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

NONDISCRIMINATION POLICY

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

UFM SPRING 2013 INSTRUCTORS

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

Voices For All, LLC	Don Combs	Mary Heath	Jane Marshall	Catherine Ryba
Marie Amthauer	Melissa Copp	Nancy Hertzler	Jonathan McBee	Paul Sodamann
Jenne Andrews	Randi Dale	Ian Hulon	Judy Metcalf	Susie Stanfield
Rusty Andrews	Habib Diop	Pamela Kay	Jordan Meyer	Larry Storer
Ginny Barnard	Bill Dorsett	Johansen Flach	Jui Mhatre	Mark Taussig
Carol Barta	Gregg Eyestone	Dee Johnson	David Moore	Linda Teener
Scott Bean	Ana Franklin	Amy Jones	Debbie Newton	Abby Thrash
Hillary Betzen	Jill Frese	Jeff Keller	Felicia Osbourne	Doug Tippin
Big Poppi Bicycle Co	Jeremy Gilkerson	Stormy Kennedy	Adam Paquette	Elsa Toburen
Waldemar Biniecki	Jeff Gill	Brandi (Anola) Kiekel	Hannah Parker	Kennita Tully
Dan Boyle	Alyssa Goehri	Jim Kiker	Michelle Perez	Jon Tveite
Jeremy Boyle	Jim Gregory	Tom Korte	Jim Peterson	Rosanna Vail
Henry Brown	Evan Grier	Liz Krieger	Alana Pfeifer	Kari Wallentine
Charlene Brownson	Jennifer Guilford	Deane Lehmann	Linda Rae	Paul Weidhaas
Matt Campbell	Jeff Gwartz	Amber Lehrman	Kelly Reed-Harkness	Amy (Nashid) Werner
Kate Cashman	Karen Hanson	Whitney Lukenbill	Carol Russell	Stephen Williams
Cheryl Collins	Kathryn Harth	Ryan Marick	Bill Rust	Jeff Wilson

KSU CREDIT COURSES

CREDIT CLASS REFUNDS AND WITHDRAWALS

Tuition refunds are calculated based on the number of calendar days in the class. You may be eligible for a full or partial refund of tuition if you choose to drop your class before a certain date. Please refer to the full withdrawal and refund policy at <http://www.dce.k-state.edu/courses/registration/policies-withdrawal> or visit <http://courses.k-state.edu/spring2013/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. For more information visit <http://courses.k-state.edu/spring2013/information/deadlines.htm>

CREDIT ENROLLMENT FEES

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

DISABILITY SUPPORT SERVICES

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

INCLEMENT WEATHER POLICY

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

LIABILITY STATEMENT

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

DONATIONS

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

SPECIAL ASSISTANCE

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

UFM STAFF

Executive Director | **LINDA INLOW TEENER**

Education Coordinator | **KAYLA ONEY**

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

Program Assistant | **VAL COLTHARP**

Program Assistant | **SAMANTHA LOVITT**

Mentoring Coordinator | **ANDREW GARVER**

Swim Coordinator | **KAYLE CAMPBELL**

Student Assistant | **TEGAN PERKINS**

Lou Douglas Lecture Coordinator | **OLIVIA COLLINS**

Interns | **OLIVIA MILLER, COURTNEY SCHMITZ**

BOARD OF DIRECTORS

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AQUATICS

LEARN TO SWIM CLASSES

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

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

LOCATION: KSU Natatorium - Ahearn Complex on Denison Avenue

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

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

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

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

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

BEGINNING & ENDING DATES

(Levels I-VI, Adult Lessons and Lap Swimming)
(*Except Where Noted):

Session A: Monday, Feb. 4 to April 15
(No class 3/18)
Session B: Tuesday, Feb. 5 to April 16
(No class 3/19)
Session C: Wednesday, Feb. 6 to April 17
(No class 3/20)
Session D: Thursday, Feb. 7 to April 18
(No class 3/21)
Session *E: Saturday, Feb. 9 to April 27
(No classes 3/9, 3/16, 3/23, 3/30)
*Session E will meet 4 times for 35 minutes for Privates

Parent and Child Aquatics (12 mos-3 yrs)

Parent and Child Aquatics introduces basic skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children are introduced to basic skills that lay a foundation to help them learn to swim. Several water safety topics are also introduced that are directed to parents.
Fee: \$29.00 per session (5 lessons/30 min)

Monday 6:00 PM to 6:30 PM
13AAQPA1 Feb. 4 to March 4
13AAQPA2 March 11 to April 15

Thursday 6:00 PM to 6:30 PM
13AAQPD1 Feb. 7 to March 7
13AAQPD2 March 14 to April 18

Saturday 9:30 AM to 10:05 AM
13AAQPE1 Feb. 9 to March 2
13AAQPE2 April 6 to April 27

Tot Transition (3-4 yrs)

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

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

Tuesday 6:00 PM to 6:30 PM
13AAQTB1 Feb. 5 to March 5
13AAQTB2 March 12 to April 16

Wednesday 6:00 PM to 6:30 PM
13AAQTC1 Feb. 6 to March 6
13AAQTC2 March 13 to April 17

Thursday 6:00 PM to 6:30 PM
13AAQTC1 Feb. 7 to March 7
13AAQTC2 March 14 to April 18

Saturday 10:15 AM to 10:50 AM
13AAQTE1 Feb. 9 to March 2
13AAQTE2 April 6 to April 27

Level I: Introduction to Water Skills

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

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

13AAQ01A Monday 6:45 PM to 7:25 PM
13AAQ01AA Monday 6:00 PM to 6:40 PM
13AAQ01B Tuesday 6:45 PM to 7:25 PM
13AAQ01C Wednesday 6:45 PM to 7:25 PM
13AAQ01D Thursday 6:45 PM to 7:25 PM

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

**Manhattan
Marlins**

Swim Team



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

Ages: 5 years through adult

www.manhattanmarlins.org

For more information contact:

Coach Rob Putnam at 303.819.8861 or Drew Venum at 785.236.8802

AQUATICS

Level II: Fundamental Aquatic Skills

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

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

13AAQ02A	Monday	6:45 PM to 7:25 PM
13AAQ02B	Tuesday	6:45 PM to 7:25 PM
13AAQ02C	Wednesday	6:45 PM to 7:25 PM
13AAQ02CC	Wednesday	6:00 PM to 6:40 PM
13AAQ02D	Thursday	6:45 PM to 7:25 PM

Level III: Stroke Development

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

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

13AAQ03A	Monday	6:45 PM to 7:25 PM
13AAQ03B	Tuesday	6:45 PM to 7:25 PM
13AAQ03BB	Tuesday	6:00 PM to 6:40 PM
13AAQ03C	Wednesday	6:45 PM to 7:25 PM
13AAQ03D	Thursday	6:45 PM to 7:25 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 (10 lessons/40 min)

13AAQ04A	Monday	6:45 PM to 7:25 PM
13AAQ04B	Tuesday	6:45 PM to 7:25 PM
13AAQ04C	Wednesday	6:45 PM to 7:25 PM
13AAQ04D	Thursday	6:45 PM to 7:25 PM

Level V: Stroke Refinement

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

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

13AAQ05A	Monday	6:45 PM to 7:25 PM
13AAQ05C	Wednesday	6:45 PM to 7:25 PM

Level VI: Swimming and Skill Proficiency

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

Fee: \$54.00 per session (10 lessons)

13AAQ06A	Monday	6:45 PM to 7:25 PM
13AAQ06C	Wednesday	6:45 PM to 7:25 PM

Private Swim Lessons 13AAQ103

Private lessons provide one-on-one instruction for any level of swimmer. Lessons occur once a week. M-Th lessons are 30 minutes for 5 lessons and Sat lessons are 35 minutes for 4 lessons. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. Due to time constraints, THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS. Fee: \$69 per session for one-on-one instruction, \$55 per student for semi-private lessons (2 students per teacher at same swim level)

Beginning and Ending Dates for Private Lessons:

Session A1:	Monday Feb. 4 to March 4
Session A2:	Monday March 11 to April 15
Session B1:	Tuesday Feb. 5 to March 5
Session B2:	Tuesday March 12 to April 16
Session C1:	Wednesday Feb. 6 to March 6
Session C2:	Wednesday March 13 to April 17
Session D1:	Thursday Feb. 7 to March 7
Session D2:	Thursday March 14 to April 18
Session E1:	Saturday Feb. 9 to March 2
Session E2:	Saturday April 6 to April 27

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

Times for Saturday sessions: 9:30 AM to 10:05 AM,
10:15 AM to 10:50 AM and 11:00 AM to 11:35 AM

Adult Swim Lessons

13AAQ22

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

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

13AAQ22A	Monday	6:00 PM to 6:40 PM
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Lap Swimming: Ages 13+

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

Fee: \$19.00 per session (10 times)

13AAQLSA	Monday	6:00 PM to 7:30 PM
13AAQLSB	Tuesday	6:00 PM to 7:30 PM
13AAQLSC	Wednesday	6:00 PM to 7:30 PM
13AAQLSD	Thursday	6:00 PM to 7:30 PM
13AAQLSE	M, Tu, Wed, Th	6:40 PM to 7:30 PM

Lap Swimming for Parents

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

Fee: \$16.00 per session (10 times)

13AAQLPA	Monday	6:00 PM to 7:30 PM
13AAQLPB	Tuesday	6:00 PM to 7:30 PM
13AAQLPC	Wednesday	6:00 PM to 7:30 PM
13AAQLPD	Thursday	6:00 PM to 7:30 PM
13AAQLPE1	Saturday	9:30 AM to 11:00 AM
13AAQLPE2	Saturday	9:30 AM to 11:00 AM



AQUATICS

Shallow/Deep Water Exercise 13AAQSHD

Enjoy the benefits of Shallow and Deep Water Exercise for one price! Design your own workout schedule by enrolling in the number of classes and choosing the day(s) you want to attend. Water Exercise is designed to use water for the development of physical fitness, muscle tone, flexibility and cardiovascular endurance. Shallow Water exercise is done in a vertical position with head and shoulders out of the water. Deep Water participants will be issued an aquajogger belt to help provide buoyancy in the water and is taught in the diving well (only swimmers who can tread water without a floatation device are allowed to participate in this class).

Shallow Water meets Monday through Thursday and Deep Water classes meet only Tuesdays and Thursdays PLUS Saturday mornings

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.

Dates: 01/22/2013 to 5/09/2013
(No class 3/18 through 3/21)
Time: 6:40 PM to 7:30 PM
Fee: \$28 for 16 classes
\$40 for 24 classes
\$52 for 32 classes
\$68 for 48 classes
Location: Natatorium, KSU

*Saturday Deep Hydro sessions:

Dates: 02/09/2013 to 03/02/2013
04/06/2013 to 04/27/2013
Time: 10:40 AM to 11:30 AM

Open Swim Appreciation 13AAQ31A

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

Date: 04/28/2013 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU

We want YOU!
Contact UFM about teaching a class.
Call 785.539.8763 or email info@tryufm.org.

Sunday Family Swim

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

Date: 04/28/2013 to 05/19/2013 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$8.00 - Individual
\$20.00 - Family
Location: Natatorium, KSU

Lifeguard Instructor (LGI) 13AAQ122Z

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

Instructor: Carol Russell

Dates & Times: Pre-course:
02/14 4pm to 7:30pm (Th) &
2/16 8am to 9pm (Sa)
LGI Course:
2/21 6pm to 7:30pm (Th)
2/22 4pm to 9pm (Fr)
2/23 8am to 9pm (Sa)
2/24 8am to 7pm (Su)

*Lunch and dinner breaks on Saturday and Sunday.

Fee: \$154.00
Location: Natatorium, KSU



13AAQ32

Lifeguard Training

Prep Course

13AAQ23A

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

Instructor: Melissa Copp

Date: 02/03/2013 to 02/24/2013
Time: 6:00 PM to 7:00 PM (Su)
Fee: \$25.00
Location: Natatorium, KSU

Lifeguard Training

Prep Course

13AAQ23B

Date: 03/03/2013 to 04/14/2013
Time: 6:00 PM to 7:00 PM (Su)
Fee: \$25.00
Location: Natatorium, KSU

Lifeguard Training

13AAQ35A

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

Instructors: Jordan Meyer & Abby Thrash

Date: 04/06/2013 to 04/13/2013 (Sa/Su)
Time: 8:00 AM to 7:00 PM (Sa)
8:00 AM to 5:00 PM (Su)
Fee: \$154.00
Location: Natatorium, KSU

Lifeguard Training

13AAQ35B

Instructors: Jordan Meyer & Abby Thrash

Date: 04/20/2010 to 4/21/2010 (Sa/Su)
Time: 8:00 AM to 7:00 PM (Sa)
8:00 AM to 5:00 PM (Su)
Fee: \$154.00
Location: Natatorium, KSU

AQUATICS

Blended Learning: Lifeguard Training

13AAQ35

Blended Learning: Lifeguard Training gives you the opportunity to complete part of the coursework online. The coursework covers the same materials covered in the full class. You will be contacted via email with login information and directions. Please be sure to check your email frequently and that it's in working order. Certification requirements are as follows:

Part I

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

Part II

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

Source: American Red Cross

Instructor: Jordan Meyer

Date: 05/04/2010 to 05/05/2010 (Sa/Su)

Time: 8:00 AM to 7:00 PM (Sa)

8:00 AM to 5:00 PM (Su)

Fee: \$154.00

Location: Natatorium, KSU

Intro to Sea Kayaking

13AAQ43A

This class is perfect for those starting out in kayaking or just wishing to brush-up on their kayaking skills. After some brief instructions on land, we will work on being comfortable in the water with wet exits, assisted rescues, and self rescues. The Touring Kayaks: Rescues and Recoveries class will give you the invaluable tools needed to practice and refine your strokes and rescues. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. This is a fun class and I guarantee you will paddle away knowing something new and feeling more confident. For Ages 16 and up. Required Equipment: Clean touring kayak, PFD (Life Jacket), Spray/Splash skirt, Bilge pump, Paddle float, Dry change of clothes, Nose Plugs (Optional), and Swim Goggles (Optional).

Instructor: Larry Storer, larry@theyellowkayak.com

Date: 01/27/2013

Time: 8:00 AM to Noon (Su)

Fee: \$77.00

Location: Natatorium, K-State Campus

Intro to Sea Kayaking

13AAQ43B

Date: 04/14/2013

Time: 8:00 AM to Noon (Su)

Fee: \$77.00

Location: Natatorium, K-State Campus

Extended Paddle Roll & Beyond

13AAQ44A

This class introduces you to the "Extended Paddle Roll" which is a very effective roll to use with a touring/sea kayak. Other skills covered include working on high and low braces as a means of preventing your kayak from rolling over. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. Ages 16 and up. Required Equipment: Clean Touring kayak, PFD (Life Jacket), Spray/Splash skirt, Bilge pump, Paddle float, Dry change of clothes, Nose Plugs (Optional), and Swim Goggles (Optional).

Date: 02/17/2013

Time: 8:00 AM to Noon (Su)

Fee: \$77.00

Location: Natatorium, K-State Campus

Extended Paddle Roll & Beyond

13AAQ44B

Date: 03/10/2013

Time: 8:00 AM to Noon (Su)

Fee: \$77.00

Location: Natatorium, K-State Campus



Scuba Diving

13AAQ105AZ

This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$75.00 will be assessed at the time of check out dives. However, neither UFM nor KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels which will be available for purchase at the first session, the purchase of equipment ranges from \$100 to \$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day. (Available for KSU Credit)

Instructor: Jeff Wilson, wheatlandsports@twinvalley.net

Date: 01/26/2013 to 03/02/2013 (Sa)

Time: 9:30 AM to 1:30 PM

Fee: \$257.00

Location: Natatorium, K-State Campus

Scuba Diving

13AAQ105BZ

Date: 01/28/2013 to 03/04/2013 (M)

Time: 6:00 PM to 10:00 PM

Fee: \$257.00

Location: Natatorium, K-State Campus

Scuba Diving

13AAQ105CZ

Date: 03/25/2013 to 04/29/2013 (M)

Time: 6:00 PM to 10:00 PM

Fee: \$257.00

Location: Natatorium, K-State Campus



Featured UFM Instructor Jeff Wilson

Jeff is a Research Chemist for USDA and also has an adjunct appointment with Grain Science and Industry at KSU. Jeff grew up in Pennsylvania and has been diving since the age of 13, and received his Instructor certification to teach scuba in 1982. He moved to Kansas in 1984, and began teaching scuba for KSU in 1986. Jeff appreciates the opportunity to share the sport he loves with the students, faculty and staff of KSU as well as the community of Manhattan for these many years.



CAREER & FINANCE

GRE Prep Course

13AFC06

Graduate Record Exam Preparation Course. Review and practice the newly introduced GRE Revised General Test components including Verbal Reasoning, Quantitative Reasoning and Analytical Writing, learn strategies for successful test-taking and analyze the reason for correct responses. Materials included in fee. Deadline January 14 or \$20 extra fee to order materials.

Instructor: Alyssa Goehri

Date: 01/28/2013 to 03/06/2013 (MW)
 Time: 7:00 PM to 9:00 PM
 Fee: \$280.00
 Location: Justin Hall, Room 256
 Kansas State University

Alyssa Goehri attended Kansas State University for her undergraduate education. She has taken both the old and revised versions of the GRE and can help you improve your old scores from either test or do well on your first time taking the exam.



LSAT Prep Course

13AFC24

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

Date: TBD
 Time: TBD
 Fee: \$290.00
 Location: UFM
 1221 Thurston St.

Introduction to the iPad

13AFC123

Did you get an iPad for Christmas and you're not sure how to use it? This class is designed to give an introduction to using the iPad in daily life as well as using it for special purposes. Learn the features of the iPad, built-in apps, accessing and setting up Apple accounts, emails, and downloading apps. Participants will also learn about how to buy and update apps in this hands-on class.

Instructors: Linda Teener & Dee Johnson

Date: 02/13/2013 (W)
 Time: 6:30 PM to 8:00 PM
 Fee: \$14.00
 Location: UFM Conference Room
 1221 Thurston St.

One-On-One FAFSA Help

13AFC120

This is one-on-one help with understanding how to complete the Free Application for Federal Student Aid (FAFSA). Each family will have one 30 minute session. Availability is limited! This class will explain the FAFSA step by step. Strategies for maximizing student aid will also be explored. The goal is to make the process of completing the application easy to understand. One registration includes the student and their parent(s) or guardian(s). Register for a one hour session between 5:00-8:00pm on either day listed below.

Instructor: Jeff Keller

Date: 01/28/2013 (M)
 01/29/2013 (T)
 Time: See class description
 Fee: \$37.00
 Location: UFM Conference Room
 1221 Thurston St.



Women and Wealth

13AFC124

By 2020, 65% of our nation's wealth will be in the hands of single or widowed women over 65. Are you unsure about your finances? Take charge of your financial future. Expand your knowledge of how money works and build your confidence regarding money and wealth. Learn the basic principles the wealthy use every day.

Instructors: Charlene Brownson, cmb@ksu.edu and Nancy Hetzler

Date: 03/05/2013 (T)
 Time: 6:30 PM to 8:30 PM
 Fee: \$9.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Nancy Hetzler and Charlene Brownson have both worked in the financial services business for over 20 years. They enjoy teaching and educating families to develop money skills.

Computer Skills 101

13AFC119

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

Instructor: Liz Krieger

Date: TBD
 Time: TBD
 Fee: \$14.00
 Location: Manhattan Public Library
 Computer Classroom
 629 Poyntz Ave.

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

CREATIVE FREE TIME

Beginning Knitting

13ACF05B

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

Instructor: Kennita Tully, (785) 537-1826

Date: 02/19/2013 to 03/12/2013 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
\$46.00 - Individual + Friend/Spouse
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting

13ACF05C

Date: 04/02/2013 to 04/23/2013 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00
\$46.00 - Individual + Friend/Spouse
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Crochet

13ACF84B

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: 02/19/2013 to 03/12/2013 (T)
Time: 5:00 PM to 6:30 PM
Fee: \$31.00
\$46.00 - Individual + Friend/Spouse
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear



Beginning Crochet

13ACF84C

Date: 04/02/2013 to 04/23/2013 (T)
Time: 5:00 PM to 6:30 PM
Fee: \$31.00
\$46.00 - Individual + Friend/Spouse
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

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

Make A Paracord Bracelet

13ACF171

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. They will also receive a list of resources to buy paracord and bracelet clips locally and online. Make a bracelet for a gift or make one of every color! Ages 9 and up.
Instructor: Michelle Perez

Date: 02/27/2013 (W)
Time: 6:30 PM to 7:30 PM
Fee: \$20.00 (includes materials)
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Introduction to Adobe Lightroom

13ACF140

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: 02/19/2013 to 02/28/2013 (TTh)
Time: 7:00 PM to 9:00 PM
Fee: \$53.00
Location: UFM Computer Lab
1221 Thurston St., 2nd floor

Introduction to Adobe Photoshop

13ACF65

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

Instructor: Scott Bean, scott@scottbeanphoto.com

Date: 03/05/2013 to 03/14/2013 (TTh)
Time: 7:00 PM to 9:00 PM
Fee: \$53.00
Location: UFM Computer Lab
1221 Thurston St., 2nd floor

Scott Bean has been enjoying the hobby of nature photography for several years. Photography is a wonderful way to enjoy the beauty of nature. Each photograph represents a unique view of our world. 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.

The advertisement features a black and white photograph of a woman and a young child. The woman is looking slightly to the right, and the child is looking towards the camera. The text "think ANEW" is overlaid on the right side of the image. Below the image, the text reads "A different way to experience art". At the bottom, it says "Beach Museum of Art | 785.532.7718 | beach.k-state.edu". On the left side, there is a circular callout box containing the text: "Tues-Sat: 10-5", "Sun: 12-5", "14th & Anderson", "Free Admission", and "Free Parking". The Kansas State University logo is also visible in the bottom left corner of the advertisement.

CREATIVE FREE TIME



NEW!

Introduction to Digital Photography: The Basics 13ACF190

This class will focus on the basic concepts of photography and using your camera. To get the most from the class, participants should have a digital camera that users can set the f-stop and shutter speed for (DSLR's and most advanced compact cameras will have a manual, aperture priority or shutter priority mode that will work for this). If you aren't sure if your camera will work for the class, don't hesitate to ask.

Topics that will be covered in the class are how f-stop, shutter speed, and ISO work together to determine a photograph's exposure, how these settings can influence the look of your photo, how to take control of your camera and set the f-stop and shutter speed, how to use ISO, what white balance is, and how in-camera processing settings can impact the color of your photographs. The class will also cover controlling your exposure, using your histogram, bracketing exposures and working with light. The last part of the class will introduce some basic concepts about composition and creating the photograph you want.

The class will include 4 classroom meetings (Thursdays) and 3 optional field trips (Saturdays) to practice what we cover in the class meetings. Exact times of the fieldtrips will be discussed at the first class, but will be on Saturday evening a few hours before sunset. Participants will be responsible for their own transportation to the field trips.
Instructor: Scott Bean, scott@scottbeanphoto.com

Date: 03/28/2013 to 04/18/2013 (ThSa)
Time: 7:00 PM to 9:00 PM
Fee: \$68.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Memory Pillow **NEW!** 13ACF192

Let's make a simple pillow with a clear window for inserting a photo or other memorabilia. This is an easy project for a beginning sewer, or can be made more challenging for someone with more advanced skills. A sewing machine and basic sewing skills are required. A specific materials list will be provided after signup.

Instructor: Linda Teener

Date: 02/21/2013 (Th)
Time: 6:30 PM to 8:30 PM
Fee: \$15.00
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 decorating and quilting projects.



Tooth Fairy Pillow **NEW!** 13ACF191

Keep lost teeth safe while they await pickup by the tooth fairy. Make a cute appliqued pillow with a pocket for the tooth and the tooth fairy's gift. This is an easy project for a beginning sewer. A sewing machine and basic sewing supplies are required. A specific materials list will be provided after signup.

Instructor: Linda Teener

Date: 01/31/2013 (Th)
Time: Th from 6:30 PM to 8:30 PM
Fee: \$15.00
Location: UFM Multipurpose Room
1221 Thurston St.



Color Theory Workshop **NEW!** 13ACF193A

This class will introduce basic color theory and three common color schemes. Students will learn color mixing, secondary and tertiary colors, as well as tints, shades, and neutrals. This is a hands-on class where students will create their own detailed color wheel. They will also demonstrate their knowledge of color schemes by completing a painting project. All materials and tools are provided. Wear your painting clothes and bring a sack lunch and your best attitude. Prepare to have fun and learn in an easy but challenging format. No previous art skills are necessary. This class may be useful for beginning to intermediate artists, ages 16 and up.

Instructor: Linda Rae, lindarae@lindaraestudio.com

Date: 02/16/2013 (Sa)
Time: 9:00 AM to 4:00 PM
Fee: \$162.00 (includes materials)
Location: UFM Solar Addition
1221 Thurston St.

Linda Rae has a B.A. in Studio Art and a M.A. in Art Therapy. She has taught various art techniques to both youth and adults over many years. She currently teaches at the Manhattan Arts Center. Her art work is represented by the Strecker-Nelson Gallery in Manhattan.

Color Theory Workshop 13ACF193B

Date: 04/20/2013 (Sa)
Time: Sa from 9:00 AM to 4:00 PM
Fee: \$162.00 (includes materials)
Location: UFM Solar Addition
1221 Thurston St.



Cool Tools for Cards and Scrapbooking

13ACF188

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

Date: 02/09/2013
Time: 10:00 AM to 11:30 AM
Fee: \$14.00
Location: UFM Solar Addition
1221 Thurston St

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

An Introduction to Brain Gym: Move with Balance

13ACF174

Move with Balance is a fall prevention, movement-based 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 falls 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. The class fee includes materials.

Instructor: Judy Metcalf, kinlearn3jm@yahoo.com

Date: 02/19/2013 to 03/21/2013 (TTh)
(Class will be held over spring break 3/19, 3/21)
Time: 2:00 PM to 3:30 PM
Fee: \$190.00
Location: Meadowlark Hills, Living room
2121 Meadowlark Road

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

Elegant Aging I

NEW!

13ACF194

Elegant Aging I is a senior wellness support offering that follows up with the movement-based program for active seniors and caregivers entitled Move With Balance. In Move with Balance, seniors begin to explore a new way of thinking as they transition from more active lifestyles to new ways of being in their bodies. In Elegant Aging I, we focus on ways to enhance wellness in a balance format of giving and receiving. Participants will continue to enjoy activities from the Move With Balance program. In addition, Elegant Aging Participants prepare to use the personal model of Move with Balance with parents, fragile individuals or active senior groups. This mentoring model is easy to learn and fun to share. Join in and support yourself and others in your wellness lifestyle. The class fee includes materials.
Instructor: Judy Metcalf, kinlearn3jm@yahoo.com

Date: 02/02/2013 to 02/16/2013 (Sa)
Time: 10:00 AM to 2:00 PM
Fee: \$190.00
Location: Meadowlark Hills, Living room
2121 Meadowlark Road

Intro to Arduino

NEW!

13ACF195

The Arduino is an evaluation board for the AVR series of micro-controllers. This class will go through setting up the programming environment, processing, and connecting various devices to the Arduino. Participants are expected to have an Arduino and experimenter's kit as well as a laptop for hosting the programming environment. Participants are also expected to have an idea for a project that uses an Arduino to do something. Participants are expected to work with others to brainstorm and implement these ideas. Hopefully, participants in this class will form the nucleus of a club that fosters helping and encouraging members to build cool, new products based upon AVR micro-controllers.

Instructor: Bill Rust

Date: 01/15/2013 to 02/05/2013 (T)
Time: 7:00 PM to 9:00 PM
Fee: \$68.00
Location: UFM Multipurpose Room
1221 Thurston St.

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

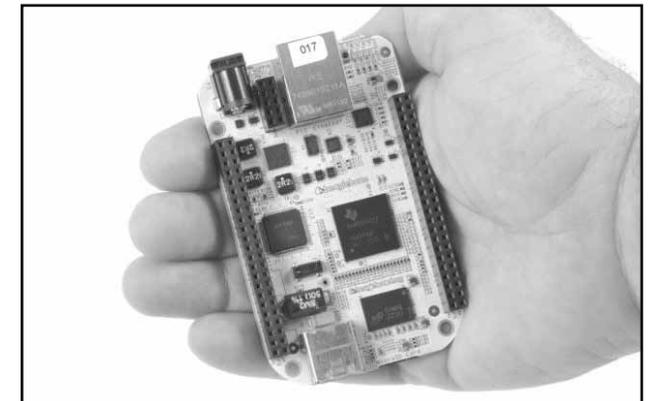
Intro to Beaglebone

NEW!

(with a slice of Raspberry Pi) 13ACF196

The Beaglebone is a credit card size, less than \$100 ARM based, Linux computer. This class will go through the steps of setting up Ubuntu on a Beaglebone and introduce concepts of using a bone as a household server appliance as well as a very intelligent embedded controller. Participants will be expected to have a bone and needed accessories as well as a laptop, linux preferred. Topics include setting up packages, e.g. bacula, to do useful things as well as directly interfacing hardware to DIO/AIO ports. Participants' interests will determine the content of the last sessions. A brief mention of Raspberry Pi, a cheaper, less open, slightly less capable, linux on a credit card size device will be made.
Instructor: Bill Rust

Date: 02/12/2013 to 03/05/2013 (T)
Time: 7:00 PM to 9:00 PM
Fee: \$68.00
Location: UFM Multipurpose Room
1221 Thurston St.



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CREATIVE FREE TIME

A One on One Introduction to Voiceovers **13ACF129**

Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, "I could do that"? If so, then you could have what it takes to begin working as a professional Voiceover Artist. This fun and empowering 90 minute introductory workshop covers the different types of voiceovers and what tools are needed in order to find success in the voiceover industry. Your instructor will coach you in this one-on-one video chat setting as you read from real scripts, taking notes on your performance so you can receive a professional voice evaluation later. After class you will have the knowledge necessary to help you decide if this is something you'd like to pursue. Check out the video at <http://www.voicesforall.com/000> to get a better sense of how this class works. Taught by a professional voice actor from the Voice Acting Training Company, Voices For All, students schedule their one-time 90 minute one-on-one online session sometime between 1/22/13 and 5/01/13. Enroll before February 22nd for \$24 or after for \$30. Once registered, or for any questions concerning the course, please contact Casey Rose at casey@voicesforall.com.

Date: 01/22/2013 to 05/03/2013 (M)
 Time: See class description
 Fee: \$24.00 (Before Feb. 22)
 \$30.00 (After Feb. 22)
 Location: See class description



Voice and Vocal Performance **NEW!** **13ACF197**

This class is designed for singers to enhance their singing abilities and their skills as a performer. Learn about breathing techniques, expanding vocal range, connecting to the audience and so much more. Instructor: Jonathan McBee

Date: 01/16/2013 to 03/06/2013 (W)
 Time: 7:30 PM to 8:30 PM
 Fee: \$79.00
 Location: UFM Multipurpose Room
 1221 Thurston St.
 *Registration deadline 01/08/2013

Jonathan has been teaching guitar, bass guitar, vocals and mandolin since 1995. Music has always been an important part of Jonathan's life. He currently teaches music in St. George Kansas.

Guitar Private Instruction **13ACF199**

This class is catered to the individual student. Whether you are starting fresh or a seasoned pro you will learn techniques to enhance your ability and performance as a guitarist. Private instruction is tailored for individuals in the style of music that they want to learn. With a little practice between lessons, students can develop the skills they need to move on to the next level. Students must have a guitar that is approved by the instructor. Please call Jonathan McBee to schedule an appointment to have him inspect your guitar and to schedule your private lesson dates and times at (785) 341-1230. Instructor: Jonathan McBee

Date: TBD
 Time: TBD
 Fee: \$60.00 for 4 classes
 \$120.00 for 8 classes
 \$180.00 for 12 classes
 \$240.00 for 16 classes
 Location: UFM
 1221 Thurston St.



Bass Guitar Private Instruction **NEW!** **13ACF200**

This class is catered to the individual student. Whether you are starting fresh or a seasoned pro you will learn techniques to enhance your ability and performance as a bass guitarist. Private instruction is tailored for individuals in the style of music that they want to learn. With a little practice between lessons, students can develop the skills they need to move on to the next level. Students must have a guitar that is approved by the instructor. Please call Jonathan McBee to schedule an appointment to have him inspect your guitar and to schedule your private lesson dates and times at (785) 341-1230. Instructor: Jonathan McBee

Date: TBD
 Time: TBD
 Fee: \$ 60.00 for 4 classes
 \$120.00 for 8 classes
 \$180.00 for 12 classes
 \$240.00 for 16 classes
 Location: UFM
 1221 Thurston St.

Introduction to Guitar **13ACF198**

This class is designed for the beginning guitar student. Learn to read and play music in the form of melodies and chords. Students must have a guitar that is approved by the instructor. Please call Jonathan McBee to schedule an appointment to have him inspect your guitar at (785) 341-1230. Instructor: Jonathan McBee

Date: 01/16/2013 to 03/06/2013 (W)
 Time: 6:00 PM to 7:00 PM
 Fee: \$79.00
 Location: UFM Multipurpose Room
 1221 Thurston St.

*Registration deadline 01/08/2013



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Joseph Loganbill

EARTH & NATURE

Fly Fishing

13AEN04AZ

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

Instructor: Paul Sodamann (785) 456-5654

Date: 03/04/2013 to 03/14/2013 (MTWTh)
 Time: 6:00 PM to 8:00 PM
 Fee: \$95.00
 Location: K-State Durland/Rathbone Hall
 1061

*Class meets in Ahearn Fieldhouse (3/5, 3/6)



Water Purification

NEW!

13AEN108

Water from the tap is so universal we are likely not prepared for those times when the system isn't working. Whether it is a boil order from the municipal water department or back country adventure there are some easy and reliable ways of making certain your water is safe to drink.

Instructors: Bill Dorsett, wmdorsett@sbcglobal.net and Carol Barta

Date: 05/19/2013 (Su)
 Time: 5:00 PM to 7:00 PM
 Fee: No Charge
 Location: UFM Solar Addition
 1221 Thurston St.

Advanced Garden Planning: Making the Most of Your Space

NEW!

13AEN107

This class will build on basic gardening knowledge to help the more experienced gardener get more from their space. A basic knowledge of vegetable growing will be assumed. The class will begin with a detailed look at setting up our soil to be highly productive. Then it will look at several space-saving strategies and specific succession, companion and inter-planting strategies to increase your yield from the garden. Using cold frames, low tunnels, high tunnels and greenhouses to extend the season will be covered also. The class will conclude with each student building a garden plan that suits their individual needs. A light meal prepared in the Hy-Vee kitchen by Amber's husband (a cook in Lawrence) that ties in with the topic is also included.

Instructor: Amber Lehrman

Date: 02/16/2013 (Sa)
 Time: 1:00 PM to 5:00 PM
 Fee: \$17.00
 Location: HyVee Club Room 601 3rd Place

Amber Lehrman is a successful urban homesteader from Lawrence, Kansas. She has developed extensive skills in food preservation, sustainability, gardening for productivity in a small space, and self-sufficiency.

Spring Plant Swap

13AEN109

Please participate in the third annual People's Grocery plant exchange and giveaway. We welcome house, yard and garden plants. If you have extra plants, please bring them. If you need plants, please come check out our selection. In the past we have had a wide variety of plants and this year I anticipate even more. If you have questions, please contact Deane Lehmann at deanelehmann@gmail.com or (785) 341-6154

Instructor: Deane Lehmann

Date: 05/03/2013 to 05/04/2013 (FSa)
 Time: F 5:00 PM to 8:00 PM &
 Sat 9:00 AM to Noon
 Fee: No Charge
 Location: People's Grocery
 523 South 17th St

.....
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 . to the City of Manhattan Parks Dept. .
 . for the work in developing the second acre .
 . at the Collins Lane Gardens! .

Home Landscape Design

13AEN08

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

Instructor: Gregg Eyestone

Date: 02/13/2013 to 02/27/2013 (W)
 Time: 7:00 PM to 9:00 PM
 Fee: Class fee - Individual \$21.00
 Class fee - Couple \$30.00
 Location: Pottorf Hall at Cico Park
 Clover Room

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



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EARTH & NATURE

Basic Fruit Tree Pruning 13AEN104

Pruning a fruit tree correctly is important for the shape of the tree and production of fruit. Join this hands-on workshop to learn the techniques of pruning a fruit tree. Participants are encouraged to bring their pruning tools.

Instructor: Gregg Eyestone

Date: 02/23/2013 (Sa)
 Time: 10:30 AM to 11:30 AM
 Fee: No Charge
 Location: 7670 Anderson Ave



Wildflower Walk at Tuttle Creek Lake 13AEN69

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

*Rain date the following Sunday.

Instructor: Paul Weidhaas

Date: 05/04/2013 (Sa)
 Time: 10:00 AM to 12 N
 Fee: No Charge
 Location: Tuttle Creek Lake Visitor Center
 5020 Tuttle Creek Blvd



Bicycle Ed 101 13AEN75A

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

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

Date: 03/01/2013 (F)
 Time: 7:00 PM to 8:00 PM
 Fee: \$10.00
 Location: Big Poppi Bicycle Co
 1126 Moro St.

Bicycle Ed 101: For Women Only 13AEN75B

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

Date: 03/08/2013 (F)
 Time: 7:00 PM to 8:00 PM
 Fee: \$10.00
 Location: Big Poppi Bicycle Co
 126 Moro St.

When biking wear a helmet:

- * A helmet is your first line of defense in a crash or fall
- * Helmets can reduce serious head injuries by about 85%

Bicycle Core Concepts: Drive-train Mechanics 13AEN76

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

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

Date: 03/03/2013 (Su)
 Time: 5:00 PM to 7:00 PM
 Fee: \$60.00
 Location: Big Poppi Bicycle Co
 1126 Moro St.



Manhattan Community Gardens

Spring Sign-up dates and times

Returning Gardeners:

Dec. 12, Wednesday, 6 - 8 pm at Pottorf Hall in Cico Park
 January 8, Tuesday, 6 - 8 pm. Pottorf Hall
 Mail in and Walk in Registrations will be accepted at UFM,
 1221 Thurston, Dec. 3 - January 12.

Two Community garden locations:
 9th and Riley Lane in Manhattan
 and
 1435 Collins Lane

See the UFM website
www.tryufm.org/community_garden.htm
 for detailed information about volunteer service, plot rent and garden maps.

The Community Garden has total
 260 gardening plots!

New Gardeners:

January 27, Sunday, 3 - 5 pm at Pottorf Hall in Cico Park
 Feb, 4, Monday, 6 - 8 pm, Pottorf Hall
 Feb, 27, Wednesday, 6 - 8 pm, Pottorf Hall
 Walk in registrations will be accepted at UFM,
 1221 Thurston, anytime after Feb. 27.

EARTH & NATURE

Bicycle Core Concepts:

Brake System Mechanics 13AEN77

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

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

Date: 03/10/2013 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$60.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Major Bearing Systems

13AEN78

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

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

Date: 03/17/2013 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$100.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Wheel Systems

13AEN79

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

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

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

Date: 03/24/2013 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$10.00 or \$125.00
Location: Big Poppi Bicycle Co
1126 Moro St.

When biking wear a helmet:

* Make sure the helmet fits snugly and is adjusted correctly
(level and not tilted, straps joined just under each ear, buckle snug while your mouth is completely open)

* After any impact that affects your helmet, replace it immediately

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FUN FOODS

Top That! The Art of Grilling Pizza 13AFF100

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: 05/08/2013 (W)
Time: 6:00 PM to 8:00 PM
Fee: \$29.00
Location: HyVee Club Room
601 3rd Place

Biscuits, Beef and Butterscotch Pie: 150 Years of K-State Food Traditions 13AFF101

Jane P. Marshall, journalist and food historian who teaches food writing at K-State, explores the university's 150-year-old food heritage and how it influenced the city, the state and communities around the globe. Through recipes as diverse as Roast Raccoon to the famous K-State Crown bread, through people from Clementine Paddleford to botanist Paul Mangelsdorf, and through stories about Anderson Hall dining rooms and ice cream parlors, she will ask you to join the conversation to celebrate K-State's sesquicentennial and your own culinary past.

Instructor: Jane Marshall

Date: 04/04/2013 (Th)
Time: Th from 7:30 PM to 9:00 PM
Fee: No Charge
Location: Manhattan Public Library
Goesbeck Meeting Room
629 Poyntz Avenue



Junior Chefs: Taste of Italy 13AFF102

Ciao! Kids will learn about some of the tastes and sounds of Italy in this hands-on cooking class. Junior Chefs will make Stovetop Pizza with Tri-Color Salad, play noodle games, and much more!

Instructor: Ginny Barnard

Date: 02/24/2013 (Su)
Time: 2:30 PM to 4:30 PM
Fee: \$8.00
Location: Cico Park-Pottorf Hall

Junior Chefs: Taste of Mexico 13AFF103

Mexican Native Americans grew many of the foods that are now eaten around the world. Kids will learn about beans, corn, and chilies, play bean bingo, and make Black Bean Tostadas with Salsa Fresca.

Instructor: Ginny Barnard

Date: 03/17/2013 (Su)
Time: 2:30 PM to 4:30 PM
Fee: \$8.00
Location: Cico Park-Pottorf Hall

Junior Chefs: Taste of China 13AFF104

What's a wok? Kids will learn how to use this traditional Chinese pan as they make Vegetable Fried Rice and Asian Noodles with Coconut Rice Balls. Junior Chefs will also get to play chopstick relay and practice Chinese calligraphy.

Instructor: Ginny Barnard

Date: 04/28/2013 (Su)
Time: 2:30 PM to 4:30 PM
Fee: \$8.00
Location: Cico Park-Pottorf Hall

Rolling into Spring in a Tasty Way! 13AFF99

Have you ever wished you had a recipe for quick and easy cinnamon rolls? How about bread sticks for your Italian dinner, or maybe golden browned dinner rolls to serve with a special meal? This class is just what you need to become the bread baker you've always wished you could be. Karen will be teaching us to prepare the yeast dough, and make a multitude of shapes for many different uses. Bring your aprons this will be a hands-on class!

Instructor: Karen Hanson

Date: 03/13/2013 (W)
Time: 6:00 PM to 8:00 PM
Fee: \$23.00
Location: HyVee Club Room
601 3rd Place



Local Food, What It Is and What It Can Do for Your Family & Community 13AFF85

Are you a locavore? Is local food sustainable? Is industrial organic sustainable? Is 150 miles away local? What is a CSA? How does buying local products and services help my community? If these are questions you would like to learn about in a friendly small group format join us to discuss this and more. We will also cover local food resources available in the Manhattan Area. A short questionnaire will be available beforehand via e-mail to better tailor the class to the participants needs.

Instructor: Jennifer Guilford,
wellness@peoplesgrocery.biz

Date: 04/13/2013 (Sa)
Time: 2:00 PM to 4:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

Jenny Guilford is the Wellness Manager at Peoples Grocery Cooperative in Manhattan, formerly the manager of the K-State Willow Lake Farm. She has a Bachelor's of Science in Horticulture with an emphasis on organic and sustainable agriculture.

HEALTH & WELLNESS

Living the Art: Jin Shin Jyutsu

13AHW08A

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: 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 bring a light lunch with you and wear comfortable clothes and your smile.

Instructor: Kate Cashman

Date: 01/26/2013 (Sa)
Time: 10:00 AM to 3:00 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

13AHW08B

Date: 03/11/2013 to 03/25/2013 (M)
(Class WILL be held 3/18)
Time: 7:00 PM to 8:30 PM
Fee: \$24.00
Location: 1421 Colorado Street

Living the Art: Jin Shin Jyutsu

13AHW08C

Date: 04/14/2013 (Su)
Time: 1:00 PM to 4:30 PM
Fee: \$24.00
Location: 1421 Colorado Street

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

Women's Self Defense **13AHW118AZ**

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

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

Date: 01/26/2013 to 02/23/2013 (Sa)
Time: 1:00 PM to 4:00 PM
Fee: \$70.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Renshi Pam Johansen, master level instructor, has taught more than 30 years. She has competed and placed nationally. She was inducted into the Black Belt Hall of Fame in 2004. She has held her own Martial Arts Tournaments since 1983.

Women's Self Defense **13AHW118BZ**

Date: 04/21/2013 to 05/05/2013 (SuSa)
Time: 1:00 PM to 4:00 PM
Fee: \$70.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Eight Brocades Qi Gong **13AHW125**

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: 01/22/2013 to 02/26/2013 (T)
Time: 6:30 PM to 7:30 PM
Fee: \$72.00
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.

Basic Parenting **13AHW131A**

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

Date: 01/08/2013 to 02/12/2013 (T)
Time: 6:30 PM to 8:30 PM
Fee: \$65.00
Location: Pawnee Mental Health
2001 Claflin, Manhattan, KS

* Registration deadline 01/04/2013

Jeremy Boyle, Ph.D., LCMFT, CFLE, outpatient therapist at Pawnee Mental Health Services is a Licensed Clinical Marriage and Family Therapist. Mr. Boyle has a bachelor's degree in Marriage, Family and Human Development from Brigham Young University and a master's degree in Family and Consumer Science from the University of Nebraska-Lincoln. He received his doctorate degree in Clinical Marriage and Family Therapy from Kansas State University.

Basic Parenting **13AHW131B**

Date: 02/26/2013 to 04/02/2013 (T)
Time: 6:30 PM to 8:30 PM
Fee: \$65.00
Location: Pawnee Mental Health
2001 Claflin, Manhattan, KS

* Registration deadline 02/22/2013

Basic Parenting **13AHW131C**

Date: 04/16/2013 to 05/21/2013 (T)
Time: 6:30 PM to 8:30 PM
Fee: \$65.00
Location: Pawnee Mental Health
2001 Claflin, Manhattan, KS

* Registration deadline 04/12/2013

HEALTH & WELLNESS

SilverSneakers®

YogaStretch

13AHW135A

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

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

Date: 01/15/2013 to 02/12/2013 (T)
 Time: 1:30 PM to 2:30 PM
 Fee: \$40.00
 Location: 4201 B Anderson Ave, Suite 1

SilverSneakers®

YogaStretch

13AHW135B

Date: 01/19/2013 to 02/16/2013 (Sa)
 Time: 1:30 PM to 2:30 PM
 Fee: \$40.00
 Location: Maximum Performance Physical Therapy and Fitness Center
 426A McCall Road

SilverSneakers®

YogaStretch

13AHW135C

Date: 02/19/2013 to 03/26/2013 (T)
 (No class 3/19)
 Time: 1:30 PM to 2:30 PM
 Fee: \$40.00
 Location: 4201 B Anderson Ave, Suite 1

SilverSneakers®

YogaStretch

13AHW135D

Date: 02/23/2013 to 03/30/2013 (Sa)
 (No class 3/19)
 Time: 1:30 PM to 2:30 PM
 Fee: \$40.00
 Location: Maximum Performance Physical Therapy and Fitness Center
 426A McCall Road

SilverSneakers®

YogaStretch

13AHW135E

Date: 04/02/2013 to 04/30/2013 (T)
 Time: 1:30 PM to 2:30 PM
 Fee: \$40.00
 Location: 4201 B Anderson Ave, Suite 1

SilverSneakers®

YogaStretch

13AHW135F

Date: 04/06/2013 to 05/04/2013 (Sa)
 (No Class 11/24)
 Time: 1:30 PM to 2:30 PM
 Fee: \$40.00
 Location: Maximum Performance Physical Therapy and Fitness Center
 426A McCall Road

Faithfully Fit Forever

13AHW136

Have you ever thought of exercising before, but the thought of going to a gym is too intimidating or threatening? Well, this class can make exercising easier for you. Faithfully Fit Forever is an exercise class that combines focus of body, mind and spirit with aerobics and strengthening, health education and devotions. It's designed for all ages and people of all exercise backgrounds. It is meant to bring exercise to you with the least amount of barriers as possible with a great chance for fellowship. The first couple class meetings are more "warm-up" sessions, so if you can't make it to those classes, don't let that stop you from registering for the whole semester!
 Instructor: Marie Amthauer

Date: 01/14/2013 to 05/09/2013 (MTh)
 Deadline 1/7/13
 (Class will be held on MLK Day 1/21)
 (No Class 2/14, 3/18, 3/21)
 Time: 6:00 PM to 7:00 PM
 Fee: \$20.00
 Location: 520 Poyntz
 Harris Center, lower level

Featured UFM
 Instructor

Jenni Brenner

.....

Jenni Brenner has been involved in the fitness industry for about 15 yrs. Jenni placed second in a bodybuilding competition in July of 2009 and has been competing ever since. This past fall proved to be the most successful of her "career". Winning three Pro-cards in three weeks! She won two in St. Louis in October and then the "ever coveted" Open Figure Pro-card in November. Adding to the Pro-card she won the year before this brings the total to a staggering four Pro-cards. Jenni will continue to compete as a naturally tested competitor in 2014. Jenni plans to work on increasing her size within the next year, before stepping on stage with the Pro's.



Half Hour to Health

13AHW138

Health from within is attainable as long as you take the right action. This presentation, by Dr. Adam Paquette, D.C., explains how to become and stay healthy from a natural standpoint. The discussion covers various ways your body can be affected by physical, chemical, and psychological stresses; as well as how to overcome them. With a focus on the central nervous system, Dr. Adam explains how the body can heal itself without the aid of medication. Welcome to Wellness. Meetings are every other Tuesday night. Fall class schedule: 10/16, 10/30, 11/12, 11/26, 12/11. Spring class schedule: 1/22, 2/5, 2/19, 3/5, 3/19, 4/2, 4/16, 4/30, 5/14. Participants can choose one of these sessions when registering.
 Instructor: Adam Paquette

Date: 01/22/2013 to 05/14/2013 (T)
 Time: 6:15 PM to 6:45 PM
 Fee: No Charge
 Location: 930 Hayes Dr., Ste. C

Dr. Adam Paquette, D.C., and his team, are committed to helping families in the community experience improved health and vitality. Dr. Paquette received his B.S. in human biology and went on to earn his Doctor of Chiropractic degree at Cleveland Chiropractic College. He has since been furthering his education by taking classes in areas such as, nutrition, ergonomics, and spinal rehabilitation.

HEALTH & WELLNESS

Feel Young At Any Age:

NEW!

Comprehensive Cleansing 13AHW139

When the seasons are changing our bodies are under stress because of changing temperatures and longer or shorter days/nights. February, March or even April are perfect months to plan your "Cleanse". In this class you'll learn to use certain foods that will help and not tax the body, to make meals you can eat while on the cleanse, as well as talking about what herbal products are helpful and how to use these, and other methods to help rid yourself of toxins. You'll be guided through a typical day of cleansing. We'll talk about the liver/gallbladder cleanse, the intestinal cleanse and the use of "mental floss" to cleanse even your mind! We'll talk about certain movement and yoga techniques to assist in the cleansing process as well. You'll receive a handout to remind you of what we talk about in class. It's a good idea to come to class with an empty stomach so that you can enjoy the juices and salads we'll be making.

Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 02/09/2013 (Sa)
 Time: 12 N to 2:00 PM
 Fee: \$40.00
 Location: UFM Solar Addition
 1221 Thurston St.

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



Restorative Yoga 13AHW140A

NEW!

Restorative yoga is a slower paced class allowing for deeper stretching and conscious mind-body relaxation. Supported with props, such as pillows, straps, or blocks, restorative poses offer benefits to both the body and mind. This class is designed for anyone, but can be therapeutic for many conditions ranging from asthma to depression to chronic fatigue/pain. (All levels welcome)

Instructor: Debbie Newton

Date: 01/20/2013 to 02/17/2013 (Su)
 Time: 3:00 PM to 4:00 PM
 Fee: \$40.00
 Location: Maximum Performance Physical
 Therapy and Fitness Center
 426A McCall Road

Restorative Yoga 13AHW140B

Date: 02/24/2013 to 03/24/2013 (Su)
 Time: 3:00 PM to 4:00 PM
 Fee: \$40.00
 Location: Maximum Performance Physical
 Therapy and Fitness Center
 426A McCall Road

Restorative Yoga 13AHW140C

Date: 04/07/2013 to 05/05/2013 (Su)
 Time: 3:00 PM to 4:00 PM
 Fee: \$40.00
 Location: Maximum Performance Physical
 Therapy and Fitness Center
 426A McCall Road

Evening Yoga 13AHW88A

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

Date: 02/04/2013 to 02/25/2013 (M)
 Time: 7:00 PM to 8:30 PM
 Fee: \$32.00
 Location: K-State International StudentCenter,
 Multipurpose Room
 Corner of Midcampus Drive & Claflin

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

Evening Yoga 13AHW88B

Date: 03/04/2013 to 04/01/2013 (M)
 No class 3/18
 Time: 7:00 PM to 8:30 PM
 Fee: \$32.00
 Location: K-State International Student Center,
 Multipurpose Room
 Corner of Midcampus Drive & Claflin

Evening Yoga 13AHW88C

Date: 04/08/2013 to 04/29/2013 (M)
 Time: 7:00 PM to 8:30 PM
 Fee: \$32.00
 Location: K-State International StudentCenter,
 Multipurpose Room
 Corner of Midcampus Drive & Claflin

Morning Yoga 13AHW89A

Greet the new day with breath and body-opening, stretching and energizing through yoga. No experience necessary. Yoga is for everybody.

Instructor: DebbieNewton, dnewton@flinthills.com

Date: 01/26/2013 to 02/16/2013 (Sa)
 Time: 9:30 AM to 11:00 AM
 Fee: \$27.00
 Location: K-State Ahearn Room 301
 College Heights St.,
 3rd floorMorning

Morning Yoga 13AHW89B

Date: 02/23/2013 to 03/16/2013 (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 13AHW89C

Date: 03/30/2013 to 04/20/2013 (Sa)
 Time: 9:30 AM to 11:00 AM
 Fee: \$27.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Yoga Connection

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

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 With Ana Franklin**

Teaching Yoga since 1984

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

"Stretching Body, Breath & Mind"



Yoga Over Forty

13AHW99A

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

Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 03/26/2013 to 05/14/2013 (T)
 Time: 5:30 PM to 6:30 PM
 Fee: \$89.00
 Location: Yoga Connection
 321 Poyntz Ave, Ste A

Yoga Over Forty

13AHW99B

Date: 03/26/2013 to 05/14/2013 (T)
 Time: 6:45 PM to 7:45 PM
 Fee: \$89.00
 Location: Yoga Connection
 321 Poyntz Ave, Ste A

Ana Franklin began practicing Yoga in the 1970's. Ana has been teaching Yoga since 1984. She believes "Yoga is a lifelong commitment for me, and with such a rich subject, there is always more to learn, and to teach! I hope to continue doing both for a very long time."

Yoga 1

13AHW15CZ

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

Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 01/22/2013 to 03/12/2013 (TTh)
 Time: 10:30 AM to 11:30 AM
 Fee: \$99.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Yoga 1

13AHW15AZ

Date: 01/23/2013 to 03/13/2013 (WM)
 Time: 10:30 AM to 11:30 AM
 Fee: \$99.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Yoga 1

13AHW15BZ

Date: 01/23/2013 to 03/13/2013 (WM)
 Time: 5:30 PM to 6:30 PM
 Fee: \$99.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Yoga 1

13AHW15DZ

Date: 03/25/2013 to 05/08/2013 (MW)
 Time: 10:30 AM to 11:30 AM
 Fee: \$99.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Yoga 1

13AHW15EZ

Date: 03/25/2013 to 05/08/2013 (MW)
 Time: 5:30 PM to 6:30 PM
 Fee: \$99.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Yoga 2

13AHW21Z

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

Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 03/14/2013 to 05/09/2013 (ThT)
 (No class 3/19, 3/21)
 Time: 10:30 AM to 11:30 AM
 Fee: \$99.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor



HEALTH & WELLNESS

Food as Medicine

NEW!

13AHW141

Across the world cultures have developed dietary habits to combat the regional and seasonal effects of our environment. Eating the appropriate foods can reduce disease and restore balance to our bodies. In our fast food world we have lost and forgotten this reality. Fortunately the most refined tradition of dietary therapy has been protected and improved upon for thousands of years within the system of Chinese medicine.

This class will focus on the fundamental dietary concepts employed in traditional Chinese medicine. Through this class you will learn some of the effects that common foods have on the body and when particular foods should be consumed or avoided and why. After completing this lecture the mindful student should have the basic knowledge required to moderate their diet to fit their body's particular needs. Instructors: Catherine Ryba & Stephen Williams

Date: 03/26/2013 (T)
 Time: 6:00 PM to 8:00 PM
 Fee: No Charge
 Location: People's Grocery
 523 South 17th 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.



Full Instructor biographies
 are available on our website
www.tryufm.org

Introduction to Traditional Chinese Medicine

NEW!

13AHW142

This class will focus on the basic concepts of Chinese philosophy and medical theory. Concepts of Yin and Yang, Five Elements, and Qi & Blood will be explained in detail with an emphasis on YinYang theory. Treatment modalities such as acupuncture, Chinese herbology, and moxibustion will also be discussed. Attending students will leave with a greater understanding of Chinese medicine, wholism, and how it can work for you and your family.

Instructors: Catherine Ryba & Stephen Williams

Date: 03/05/2013 (T)
 Time: 6:00 PM to 8:00 PM
 Fee: No Charge
 Location: UFM Solar Addition
 1221 Thurston St.



Responding to Emergencies 13AHW19AZ

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and minimize pain and the consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Mask not included in the class fee; it can be purchased for \$14.00 at UFM, 1221 Thurston St. before class. Instructor: Henry Brown

Date: 02/02/2013 to 02/16/2013 (SaSu)
 Time: 12 N to 6:30 PM
 Fee: \$154.00
 Location: UFM Banquet Room
 1221 Thurston St.

Community CPR, First Aid & AED

13AHW25A

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

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/26/2013 (Sa)
 Time: 11:00 AM to 6:00 PM
 Fee: \$61.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Community CPR, First Aid & AED

13AHW25C

Instructor: Kelly Reed-Harkness

Date: 02/02/2013 (Sa)
 Time: 11:00 AM to 7:00 PM
 Fee: \$61.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Community CPR, First Aid & AED

13AHW25E

Instructor: Kelly Reed-Harkness

Date: 04/13/2013 (Sa)
 Time: 11:00 AM to 7:00 PM
 Fee: \$61.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

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UFM Community Learning Center
 on Facebook
 for information and updates
 on classes and events.



Connect with UFM on
[Facebook.com/UFMCLC](https://www.facebook.com/UFMCLC)

Blended Learning: CPR/First Aid

13AHW70A

Reduce 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. Blended Learning is recommended for individuals recertifying. Certification is good for TWO YEARS. You will be contacted via email with login information and directions. Please check your email frequently and ensure it's in working order. Certification requirements are as follows:
Part I A. Complete online session by correctly answering at least 80% of the questions of the final exam, then bring printed final exam score to hands-on skills practice and assessment session.
Part II B. Attend in person and demonstrate competency in the hands-on skills practice and assessment session. Source: American Red Cross
**No textbook required and the date listed is for hands-on skills practice session. There is a \$20 non-refundable deposit.
Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/26/2013 (Sa)
Time: 9:00 AM to 10:00 AM
Fee: \$61.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: CPR/First Aid

13AHW70B

Instructor: Abby Thrash, abbythrash@gmail.com
Date: 01/26/2013 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: \$61.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: CPR/First Aid

13AHW70C

Instructor: Kelly Reed-Harkness
Date: 02/02/2013 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$61.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: CPR/First Aid

13AHW70D

Instructor: Jordan Meyer
Date: 03/02/2013 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: \$61.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: CPR/First Aid

13AHW70E

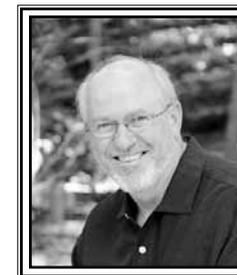
Instructor: Kelly Reed-Harkness
Date: 04/13/2013 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$61.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



“Three Keys to Solving Global Hunger”

Rick McNary

Vice-President of Government and Private Sector
Relationships
Stop Hunger Now, Raleigh, North Carolina



Tuesday, February 19, 2013
7 p.m., K-State Student Union
Grand Ballroom

A one-hour mini-meal packaging event coordinated by the Nonprofit Leadership Student Association in the School of Leadership Studies will take place in the ballroom immediately after the lecture and question and answer period. In addition, related books will be available for sale.

“More than 250,000 volunteers have packaged meals through Stop Hunger Now’s meal packaging program. The assembly process combines rice, soy, dehydrated vegetables and a flavoring mix including 21 essential vitamins and minerals into small meal packages. These meal packages are shipped around the world to support school feeding programs and crisis relief. The food stores easily, transports quickly and has a shelf-life of five years.”

LANGUAGE



Advanced Sign Language

NEW!

13ALA13

This is a continuous class for those who want to learn more about sign language. This class will focus on advanced language skills in connected communication. You will need to have the basic understanding of signing before attending this class. Prerequisite: Previous sign language experience or instruction.

Instructors: Susie Stanfield

Date: 04/02/2013 to 05/07/2013 (T)
 Time: 7:00 PM to 8:30 PM
 Fee: \$97.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

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

Introduction to Spanish **13ALA33A**

This class will give a basic introduction to the Spanish Language and apply the language to real life situations. Basic vocabulary, numbers, grammar and sentence structure will be covered. Students are encouraged to bring a notebook, pencil and note cards to class. Ages 13 and up are welcome.

Instructor: Eddie (Edelmiro) Gonzalez

Date: 02/05/2013 to 03/12/2013 (T)
 Time: 5:30 PM to 7:00 PM
 Fee: \$32.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Eddie (Edelmiro) Gonzalez is currently enrolled at KSU, majoring in Sociology and Spanish. Eddie is a native Spanish speaker and has years of experience as an interpreter for fellow soldiers in the military. He is excited for the opportunity to share his knowledge and teach others the Spanish language.

We want YOU!
 Contact UFM about teaching a class.
 Call 785.539.8763
 or email info@tryufm.org.



Polish for Beginners **NEW! 13ALA37**

In just six weeks, you can learn basic knowledge of Polish language! Learn to understand how the language works and begin communicating in Polish in various situations. The class will cover basic vocabulary related to a variety of subjects such as greetings, introductions, asking information, describing people and family. By the end of this course you should be able to introduce yourself, talk about your likes and dislikes and your interests, use present tense to describe events and describe people using occupation, nationality and basic adjectives vocabulary. No previous knowledge of the language required.

Instructor: Waldemar Biniecki

Date: 03/27/2013 to 05/01/2013 (W)
 Time: 7:00 PM to 8:00 PM
 Fee: \$29.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

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The House of Blue Leaves
 (Feb 22-24, 28 Mar 1-3)

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 Auditions: Feb 4 & 5, 7-9pm

LIVE MUSIC:

Betse Ellis (Feb 9, 7:30pm)

Jeff Black (March 29)

Brother Sun (May 10, 7:30pm)

GALLERIES:

local and regional
 artwork / artists

YOUTH PROGRAMS:

Missoula Children's Theatre (Jan 14-19)
 Auditions: Jan 14, 4-6pm (grades K-12)

Paul Mesner Puppets (March 16, 4pm)
 Experimental Theatre Workshop

for High School Students (May 11-June 15)

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MARTIAL ARTS

Karate & Self-Defense (Adults & Youth)

13AMA10

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

Instructor: Habib Diop, hdiop@ksu.edu

Date: 02/02/2013 to 03/16/2013 (Sa)
 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. He has worked with the Japanese most known "Sensei", Sensei Ayashi, Sensei Yoshinao Nambu. His own Sensei was directly formed by Sensei Eiji Ogasahara.



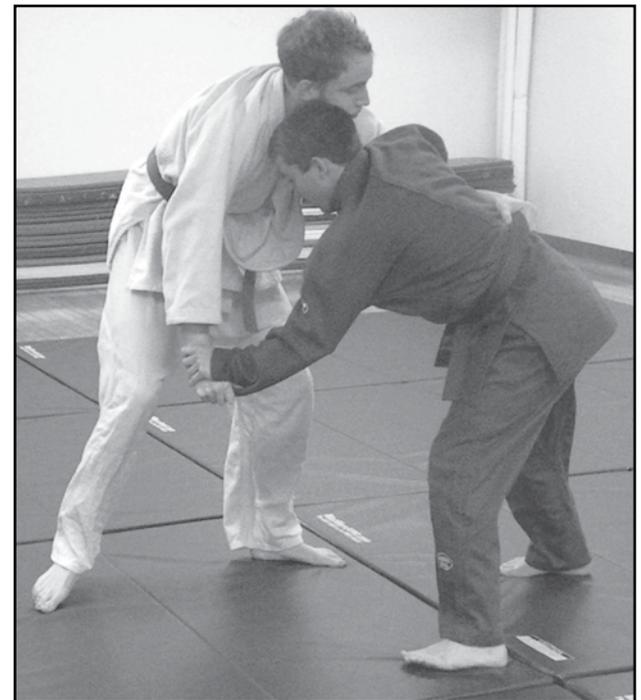
Judo I

13ARF08Z

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

Instructor: Jim Kiker

Date: 01/24/2013 to 05/09/2013 (ThM)
 (No classes 3/18, 3/21)
 Time: 8:00 PM to 9:00 PM
 Fee: \$75.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor



Judo II

13AMA09Z

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

Instructor: Jim Kiker

Date: 01/24/2013 to 05/09/2013 (ThM)
 (No class 3/18, 3/21)
 Time: 8:00 PM to 9:30 PM
 Fee: \$75.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Tae Kwon Do I

13AMA01Z

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+.

Instructors: David Moore

Date: 01/22/2013 to 05/09/2013 (TTh)
 (No class 3/19, 3/21)
 Time: 5:00 PM to 6:00 PM
 Fee: \$72.00
 Location: Sun Yi's Academy
 1650 Hayes Dr.

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PERSONAL INTEREST

Guided Solar Home Tour **NEW!**

13API112

If you thought that solar energy is yesterday's technology, think again. In this class, we are offering a guided tour of different solar energy systems on Manhattan homes. We have selected these homes because they are modern applications using today's hardware and they are cost effective in Kansas now. They will include:

- * A Direct Gain Passive Solar home
- * An Attached Passive Sunroom
- * A Solar Electric (Photovoltaic or PV) System with New Solar Water Heating System
- * A home that has it all: SIPS construction with Passive Sunroom, Solar Batch Water heater and a Tracking Photovoltaic System. We will be meeting at UFM's Solar Addition with its own Solar Greenhouse, and PV System. There is something new under the Sun.

Instructor: Bill Dorsett, wmdorsett@sbcglobal.net

Date: 03/09/2013 (Sa)
 Time: 10:00 AM to 12 N
 Fee: No Charge
 Location: UFM Solar Addition
 221 Thurston St

Energy Raisers **NEW!**

13API113

Energy Raisers are modeled after a "barn-raising" following the tradition of neighbor helping neighbor. FHREEC members work together, sharing labor and skills on a renewable energy installation with the understanding that the favor will be paid forward when the next two participants are ready to install a system on their own homes. As co-op members, we can help install the racks and modules, but the homeowner, with guidance, will either do the work themselves or hire an electrician to run the wiring back to their own main electric panel. In our initial class, January 5th, we will discuss our choice of components for the grid-connected solar electric systems and how we will organize Energy Raisers and install systems this Spring. We will schedule the actual Energy Raisers every first Saturday of each month, and the location will be announced to our membership list a month and then again a week prior to each raiser. Energy Raisers will be held the first Saturday of every month: 1/5, 2/2, 3/2, 4/6 and 5/4. New members are welcome anytime as we go!

Instructor: Bill Dorsett, wmdorsett@sbcglobal.net

Date: 01/05/2013 to 05/04/2013 (Sa)
 Time: 9:00 AM to 5:00 PM
 Fee: No Charge
 Location: TBA

Cyber Security:

It Affects You, Too!

13CPI107

Do you know the first thing about staying safe on the Internet? This course is for anyone with little or no cyber security experience that teaches important concepts and technology that every Internet user should know. In this class, you will learn about many different threats, antivirus programs, firewalls, anti-spyware, identity theft, phishing, how to create strong passwords and more. Your personal cyber security awareness will increase and give you the basic skills you need to protect yourself from various threats on the Internet whether you are at home, on the road or at work. Parents are strongly encouraged to attend this informational class.

Instructor: MATC Student

Date: TBD
 Time: TBD
 Fee: No Charge
 Location: Manhattan Public Library
 629 Poyntz Ave

Electric Cars **NEW!**

13API110

Are you curious about electric cars, but reluctant to listen to a salesman's pitch? Westar Energy will bring their demonstration vehicle and answer your questions about the newest technology for personal transportation. Motor vehicle emissions represent 31 percent of total carbon dioxide released in the U.S. According to the Nationwide Personal Transportation Survey, 25 percent of all trips are made within a mile of the home, 40 percent of all trips are within two miles of the home, and 50 percent of the working population commutes five miles or less to work all within easy range of electric vehicles. In these two hours, you can actually drive a Chevy Volt provided by Westar, and hear from KSU's Dr. Ruth Miller on what is available and what the near future is for electric vehicles. Quiet driving might be closer than you imagine.

Instructors: Carol Barta & Bill Dorsett, wmdorsett@sbcglobal.net

Date: 03/09/2013 (Sa)
 Time: 1:00 PM to 3:00 PM
 Fee: No Charge
 Location: UFM Solar Addition
 1221 Thurston St.

Our Daily Bread **NEW!**

13API109

The group will view and discuss the movie Our Daily Bread. From the movie cover: Welcome to the world of industrial food production and high-tech farming! To the rhythm of conveyor belts and immense machines, the film looks without commenting into the places where food is produced in Europe: monumental spaces, surreal landscapes and bizarre sounds - a cool, industrial environment which leaves little space for individualism. People, animals, crops and machines play a supporting role in the logistic of this system which provides our society's standard of living. OUR DAILY BREAD is a wide-screen tableau of a feast which isn't always easy to digest - and in which we all take part. A pure, meticulous and high-end film experience that enables the audience to form their own ideas.

Instructors: Carol Barta & Bill Dorsett, wmdorsett@sbcglobal.net

Date: 01/20/2013 (Su)
 Time: 5:00 PM to 7:00 PM
 Fee: No Charge
 Location: UFM Solar Addition
 1221 Thurston St.

Carol Barta is a founding member of the Flint Hills Resilience Coalition, permaculturist and urban homesteader.

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

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<p>ELECTRICITY BASICS Mondays Next session begins January 7 </p>	<p>CARPENTRY BASICS Tuesdays Next session begins January 8 </p>
<p>PLUMBING BASICS Wednesdays Next session begins January 9</p>	<p>REFRIGERATION BASICS Thursdays Next session begins January 10</p>

All classes 6:00-9:00 pm
 \$289
 For information:
 Wes Chambers at
 785-317-0688

The Design, Construction, and Use of Wood Fired Masonry Ovens

NEW!

13API111

This class will focus on the design aspects needed to construct a effective masonry oven, some details associated with building an oven, and an overview of how to use a wood fired oven. Topics include: How to design for heat retention and thermal expansion; What materials to use during construction; Cost, skills and tools required to construct an oven; How to properly fire (heat) and prepare the oven; and finally how to bake and cook in a retained heat, masonry oven. Also, a secondary aspect of brick oven cooking will be discussed: community involvement. The class will get hands-on experience preparing the oven and baking pizza as we will conclude the class with a brick oven pizza party. In case of inclement weather the class will be held at UFM, 1221 Thurston. Instructor: Matt Campbell

Date: 04/21/2013 (Su)
 Time: 1:00 PM to 5:00 PM
 Fee: \$5.00
 Location: 1624 Osage
 Manhattan, KS 66502

Matt Campbell earned his Bachelors and Masters in Mechanical Engineering degrees at K-State. He now works as Mechanical Engineer at Advanced Manufacturing Institute, an engineering consulting firm associated with the college of engineering at KSU. Matt's interest in brick ovens comes from a growing interest in traditional baking and cooking, an interest in design and construction and maybe most of all an interest in community development.



The Military Trail in Riley County

13API104

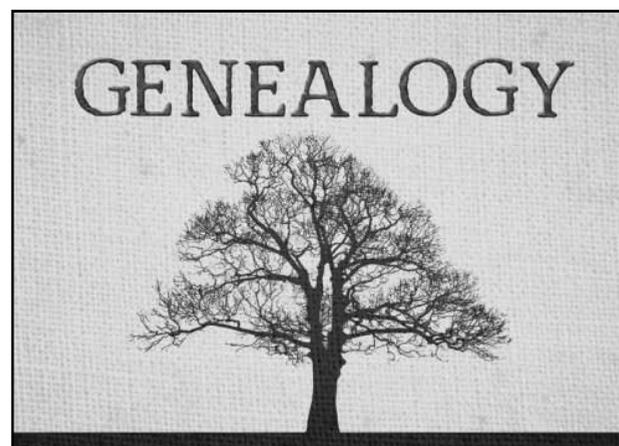
The Military Trail from Fort Leavenworth to Fort Riley was active during the 1850's and 1860's. A Power Point presentation will be given with a tour of some of the markers in Riley County. The Military Trail was the first road that provided access to the area for settlement by pioneers. Everyone is welcome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

Instructors: Doug Tippin & Don Combs

Date: 03/10/2013 (Su)
 Time: 2:00 PM to 4:00 PM
 Fee: No Charge
 Location: Manhattan Public Library Auditorium
 629 Poyntz Ave.

Don Combs started researching the Trail in 1979 and has done extensive work building bridges, constructing markers, and clearing the Trail. Don is a retired Life Insurance Executive.

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



150 Years of the People & Places of KSU

NEW!

13API114

Step on the Manhattan Trolley for an engaging two-hour rolling tour with Cheryl Collins of the Riley County Historical Museum. The tour will highlight some of the buildings, homes and historic sites on the KSU campus and around the Manhattan community. Hear the stories about the people and places that were pivotal players in the history of Kansas State University. Some sites include the Marlatt house, the Goodnow house and some of the KSU professor's homes.

Instructors: Cheryl Collins

Date: 04/26/2013 (F)
 Time: 1:00 PM to 3:00 PM
 Fee: \$18.00
 Location: Riley Co. Historical Museum
 2309 Claflin Rd.

Genealogy Basics, from Soup to Nuts

13API108

Genealogy class for beginners to more experienced researchers. The classes will cover census, land records, vital statistics, filing systems, newspaper research, cemetery research, passenger lists, immigration, using the internet for genealogy and preservation. Handouts included in class fee.

Instructor: Jill Frese

Date: 01/23/2013 to 04/24/2013 (W)
 (No class 2/27, 3/20)
 Time: 6:00 PM to 8:00 PM
 Fee: \$34.00
 Location: Riley County Genealogy Society
 2005 Claflin Road

Jill Meyers Frese has been enjoying the field of genealogy for over 35 years.



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
 www.rileycountyks.gov/museum

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

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



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RECREATION & FITNESS

QiForze

NEW!

13ARF116

QiFORZE is a motivating muscular strength and endurance program that targets every major muscle group with unique Foundation Movement Patterns. Move as your body was meant to move in a fast-paced, time-efficient workout that rocks to hit quality music. Use the natural resistance of gravity to become stronger, more powerful and more coordinated, in less time than you ever imagined. QiFORZE is modern, integrated functional strength training at its finest. The only equipment used is the body's own resistance and a 5ft (5.5 inches wide) light resistance band! The resistance band can be purchased at Wal Mart, Target or any fitness store. This class is for female and male, ages 13 and up.
Instructor: Elsa Toburen

Date: 01/17/2013 to 01/31/2013
Time: 5:40 PM to 6:35 PM
Fee: \$31.00
\$46.00 - Individual + Friend/Spouse
Location: K-State Ahearn Room 301

Elsa Toburen was born and raised in Tarapoto, Peru. Elsa has been teaching Zumba® Fitness since 2007 and has recently received her license to teach QiFORZE. She is looking forward to continue sharing her passion for Fitness with the community.

ZUMBA® Fitness

13ARF08A

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: 02/05/2013 to 02/26/2013 (T)
Time: 5:30 PM to 6:30 PM
Fee: \$37.00
\$59.00 - Individual + Friend/Spouse
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

ZUMBA® Fitness

13ARF08B

Date: 04/02/2013 to 04/23/2013 (T)
Time: 5:30 PM to 6:30 PM
Fee: \$37.00
\$59.00 - Individual + Friend/Spouse
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Level I: Basic Belly Dance

13ARF09

Level I Basic will cover the fundamental building blocks of Middle Eastern dance movements, including hip and rib cage isolations, arm and hand movements, turns, traveling steps, percussive body movements, combinations, and choreography. No previous dance experience necessary. You will also be introduced to the music, rhythms, history and costuming, as they apply to the dance. Please wear comfortable clothing that allows for ease of movement.
Instructor: Amy (Nashid) Werner

Date: 03/07/2013 to 05/02/2013 (Th)
(No Class 3/21)
Time: 5:30 PM to 6:30 PM
Fee: \$69.00
Location: K-State Ahearn Room 301

Nashid began studying dance at the age of 6 with Polynesian and Tahitian style dance. Her love of belly dance began at the age of 10 when she saw her very first belly dancer and was mesmerized. She has studied with many well-known artists such as: Ava Fleming, Kaya & Sadie, Aziza, Suhaila Salimpour, Dahlena, Bozenka, Cassandra Shore, Amani Jabril and Sahra Saeeda. She completed her JtE1 Certification training under Sahra Saeeda and is working on completing her JtE2. Nashid is Director of a local performance dance troupe, The Eyes of Bastet. She loves performing and sharing the art with as many people as possible!



Level II:

Modern Traditional Belly Dance 13ARF10

Level II Modern/Traditional will continue to work on basic moves and really focus on the muscles that drive them. We will work on combining and layering the basics to create a whole new world of possibilities for choreographies! Of course there will be lots of shimmy drills as well! You will need a set of zills for this level!

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

Date: 03/04/2013 to 04/29/2013 (M)
(No class 3/18)
Time: 6:45 PM to 7:45 PM
Fee: \$64.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

In Fall 2004 Anola found Belly Dance. Studying under Maya Zahira she was hooked instantly. She joined the Eyes of Bastet troupe in Spring of 2010. In the Spring of 2010, she met Princess Farhana, a large name in the Belly dance and Burlesque world, sparking an obsession with the Art of Burlesque. She is also self taught in a Celtic fusion style she has been working on creating, a beginner dancer in a tribal improv style and is currently taking classes for Highland dance.

We would like to thank all of our sponsors!

*Aha! Manhattan
Beach Museum of Art
Manhattan Arts Center
Strecker-Nelson Gallery
Riley County Historical Museum
KSU School of Leadership Studies
KSU Division of Continuing Education
Yama Bushi Ka - Stan Wilson
Unity Church of Manhattan
Clafin Books and Copies
Stagg Hill Golf Club
Hands on K-State*

Level II:

NEW!

Tribal Fusion Belly Dance **13ARF161**

Tribal Fusion Belly Dance does not represent one style of dance, but instead celebrates the beauty of dance by combining many forms. Its origins stem from American Tribal Style (ATS) Belly Dance, while incorporating other Middle Eastern and African cultures, and moving toward urban or modern primitive styles. "Tribal" speaks to the spirit of this dance form; the aesthetic influence from many tribal cultures and the strong communal bond created by group improvisation. This class will teach dancers how to fuse elements from a large group of styles, including movements learned in Level 1.

Instructor: Kathryn Harth

Date: 03/04/2013 to 05/06/2013 (M)
(No class 3/18, 4/1)
Time: 5:30 PM to 6:30 PM
Fee: \$64.00
Location: K-State International Student Center
Multipurpose Room
Corner of Midcampus Drive & Claflin

Kathryn studied tribal fusion with Elizabeth Osteen for three years before joining the performance troupe Marrakech Express. In 2010 Kathryn turned to a new form of belly dance -- cabaret. After a few classes and a new belly dance vocabulary, the Eyes of Bastet quickly welcomed Kathryn into their performance troupe.

Level III:

Advanced Belly Dance **13ARF11**

In this class, we will not only learn advanced moves, but will also delve into more specialized areas of Belly Dance. Topics may include: Drum solos, advanced zills, double veil, sword balancing, and oh so much more! Be prepared to challenge yourself as we explore the many sides of Belly Dance! Students must have completed both Level II courses.

Instructor: Amy (Nashid) Werner

Date: 03/06/2013 to 05/01/2013 (W)
(No Class 3/20)
Time: 6:45 PM to 7:45 PM
Fee: \$64.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Full Instructor biographies
are available on our website
www.tryufm.org

Power Yoga

13ARF159A

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

Date: 01/24/2013 to 03/07/2013 (Th)
Time: 7:00 PM to 8:00 PM
Fee: \$38.00
\$58.00 - Individual + Friend/Spouse
Location: UFM Banquet Room
1221 Thurston St.

Power Yoga

13ARF159B

Date: 03/14/2013 to 05/02/2013 (Th)
(No Class 3/21)
Time: 7:00 PM to 8:00 PM
Fee: \$38.00
\$58.00 - Individual + Friend/Spouse
Location: UFM Banquet Room
1221 Thurston St.

Alana has a degree in Kinesiology and Physical Education from Fort Hays State University and is pursuing a dance degree at Kansas State University. Alana has received YogaFit Level One training and is planning to become certified in YogaFit Level Two soon. She has been practicing yoga for 10 years and enjoys the many benefits that yoga provides.

SilverSneakers® MSROM **13ARF113A**

Just how beneficial is fitness for older adults? Regular exercise can reduce the risk of heart disease by up to 50%. Muscle strength can be doubled in 3 to 4 months. Balance can be improved, decreasing the risk of falls. And these are just a few examples of what exercise can do for you. SilverSneakers® is the nation's leading fitness program created to provide low-impact exercise for older adults. For more information, check out www.silversneakers.com. Join us for our Muscular Strength & Range of Movement (MSROM) class. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for seated and/or standing support. (All levels welcome)

Instructors: Kari Wallentine & Whitney Lukenbill

Date: 01/14/2013 to 02/15/2013 (MWF)
(No class 01/21)
Time: 1:30 PM to 2:30 PM
Fee: \$100.00
Location: 4201 B Anderson Ave, Suite 1

SilverSneakers® MSROM **13ARF113B**

Date: 01/15/2013 to 02/14/2013 (TTh)
Time: 10:10 AM to 11:10 AM
Fee: \$70.00
Location: Maximum Performance Physical
Therapy and Fitness Center
426A McCall Road

SilverSneakers® MSROM **13ARF113C**

Date: 02/18/2013 to 03/29/2013 (MWF)
(No Class 3/18, 3/20, 3/22)
Time: 1:30 PM to 2:30 PM
Fee: \$100.00
Location: 4201 B Anderson Ave, Suite 1

SilverSneakers® MSROM **13ARF113D**

Date: 02/19/2013 to 03/28/2013 (TTh)
(No class 3/19, 3/21)
Time: 10:10 AM to 11:10 AM
Fee: \$70.00
Location: Maximum Performance Physical
Therapy and Fitness Center
426A McCall Road

SilverSneakers® MSROM **13ARF113E**

Date: 04/01/2013 to 05/03/2013 (MWF)
Time: 1:30 PM to 2:30 PM
Fee: \$100.00
Location: 4201 B Anderson Ave, Suite 1

SilverSneakers® MSROM **13ARF113F**

Date: 04/02/2013 to 05/02/2013 (TTh)
(No class 3/19, 3/21)
Time: 10:10 AM to 11:10 AM
Fee: \$70.00
Location: Maximum Performance Physical
Therapy and Fitness Center
426A McCall Road

Kari Wallentine is a certified SilverSneakers® instructor and the SilverSneakers® Program Advisor at Maximum Performance Physical Therapy and Fitness.

Whitney Lukenbill is a certified SilverSneakers® instructor and certified personal trainer at Maximum Performance Physical Therapy and Fitness.

SilverSneakers®

CardioCircuit

13ARF114A

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

Instructors: Kari Wallentine & Whitney Lukenbill

Date: 01/14/2013 to 02/15/2013 (MWF)
(No class 1/21)
Time: 10:10 AM to 11:10 AM
Fee: \$100.00
Location: Maximum Performance Physical
Therapy and Fitness Center
426A McCall Road

SilverSneakers®

CardioCircuit

13ARF114B

Date: 02/18/2013 to 03/29/2013 (MWF)
(No class 3/18, 3/20, 3/22)
Time: 10:10 AM to 11:10 AM
Fee: \$100.00
Location: Maximum Performance Physical
Therapy and Fitness Center
426A McCall Road

SilverSneakers®

CardioCircuit

13ARF114C

Date: 04/01/2013 to 05/03/2013 (MWF)
Time: 10:10 AM to 11:10 AM
Fee: \$100.00
Location: Maximum Performance Physical
Therapy and Fitness Center
426A McCall Road

Beginning - Intermediate

Ballet for Adults

13ARF157

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

Instructor: Amy Jones

Date: 01/23/2013 to 05/01/2013 (W)
Time: 8:00 PM to 9:30 PM
Fee: \$45.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor



Ballroom, Swing and Salsa

13ARF100A

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.

Instructor: Hannah Parker

Date: 01/22/2013 to 02/26/2013 (T)
Time: 8:00 PM to 9:00 PM
Fee: \$50.00 Individual
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Ballroom, Swing and Salsa

13ARF100B

Date: 03/26/2013 to 04/30/2013 (T)
Time: 8:00 PM to 9:00 PM
Fee: \$50.00 Individual
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Bhangra-Indian Folk Dance

13ARF155

If you are looking for having fun through dance and also a great workout then this class is for you. Bhangra is a joyous and lively folk dance from Punjab, India. The dance is simple in movement, high in energy and is performed in groups on the beat of a two-sided drum. With its vigorous beats, today Bhangra is popular in traditional form and also in other genres such as pop music, film soundtracks, and even talent shows. Students will learn basic moves of Bhangra dance, which will be put together in a choreography using a contemporary song. Beginners, Age 13+

Instructor: Jui Mhatre, confidance78@gmail.com

Date: 02/01/2013 to 04/19/2013 (F)
(No Class 3/8, 3/22)
Time: 5:30 PM to 6:15 PM
Fee: \$29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Bharatanatyam for Adults

13ARF156

Students will learn basic level theory and practice of Bharatanatyam dance including warm up, dance prayer, gestures of hand and feet, and pure dance movements. Bharatanatyam is a beautiful traditional dance originated from south India that exhibits exquisite harmony of expressions, melody, and rhythm. It is presented in two main aspects: pure dance movements and narrative dance choreography. Learning this dance is a great way to experience a significant aspect of Indian culture. Age 13+

Instructor: Jui Mhatre, confidance78@gmail.com

Date: 01/23/2013 to 05/08/2013 (W)
(No Class 3/20)
Time: 5:30 PM to 6:30 PM
Fee: \$29.00
Location: UFM Banquet Room
1221 Thurston St.

“LIKE”
UFM Community Learning Center
on Facebook
for information and updates
on classes and events.



Connect with UFM on
[Facebook.com/UFMCLC](https://www.facebook.com/UFMCLC)

Irish Dancing

13ARF158

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, hrbetzen@ksu.edu

Date: 01/23/2013 to 04/03/2013 (W)
(No Class 3/20)

Time: 6:45 PM to 7:45 PM

Fee: \$35.00

Location: K-State International Student Center
Multipurpose Room
Corner of Midcampus Drive & Claflin

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

Archery for Adults

13ARF01AZ

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

Instructor: Tom Korte (785) 494-8889

Date: 02/04/2013 to 04/15/2013 (M)
(No class 3/18)

Time: 7:00 PM to 8:20 PM

Fee: \$101.00

Location: Sports Center
11th St #615 A

Archery for Adults

13ARF01BZ

Date: 02/04/2013 to 04/15/2013 (M)
(No class 3/18)

Time: 8:30 PM to 9:50 PM

Fee: \$101.00

Location: Sports Center
11th St #615 A

Beginning Fencing

13ARF21Z

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

Instructor: Jeff Gwartz

Date: 01/28/2013 to 05/06/2013 (M)
(No class 3/18)

Time: 6:00 PM to 7:30 PM

Fee: \$60.00 - Has equipment
\$93.00 - Use instructor's

Location: K-State Ahearn Fieldhouse

Intermediate Fencing

13ARF22Z

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

Instructor: Jeff Gwartz

Date: 01/28/2013 to 05/06/2013 (M)
(No class 3/18)

Time: 7:30 PM to 9:00 PM

Fee: \$60.00 - Has equipment
\$93.00 - Use instructor's

Location: K-State Ahearn Fieldhouse

Tennis

13ARF19AZ

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

Instructor: Ryan Marick, playtennis@bodyfirst.com

Date: 02/05/2013 to 04/23/2013 (T)
(No class 3/19)

Time: 1:30 PM to 3:00 PM

Fee: \$99.00

Location: Body First Tennis & Fitness
3615 Claflin Road

Tennis

13ARF19BZ

Date: 02/06/2013 to 04/24/2013 (W)
(No Class 3/20)

Time: 1:30 PM to 3:00 PM

Fee: \$99.00

Location: Body First Tennis & Fitness
3615 Claflin Road

Marathon Training

13ARF68

If you have ever wanted to finish a marathon or run a personal best, but didn't know how to begin or train, this is the class for you! This class will cover setting a marathon goal, designing a marathon schedule, selecting a marathon, nutrition, hydration, weather, pre-race routines and post-race recovery. The course structure will consist of classroom lectures, discussions and some running. All participants are encouraged to meet outside of class time for organized runs. In addition, there will be opportunities to meet with the instructor at different locations outside of regularly scheduled classes for organized runs. This course is recommended for individuals that have been running at least 30 minutes per day, 4-7 days per week for 6 weeks. You must be able to run at least 6 miles the first week of class. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to train for, complete and survive a marathon. Class will meet Tuesday from 5:30-6:30 pm at UFM, 1221 Thurston and work outs will be Thursday from 5:30-6:30 pm at Memorial Stadium outdoor track meet at south end.

Instructor: Dan L Boyle, dboyle@ksu.edu

Date: 03/26/2013 to 05/16/2013 (TTh)

Time: 5:30 PM to 6:30 PM

Fee: \$140.00

Location: UFM Multipurpose Room
1221 Thurston St.

Full Instructor biographies
are available on our website
www.tryufm.org



Run Happy! Run For Life!

13ARF72

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

Instructor: Dan L Boyle, dboyle@ksu.edu

Date: 03/25/2013 to 05/03/2013 (MWF)
 Time: 6:00 PM to 7:00 PM
 Fee: \$145.00
 Location: K-State Ahearn Field House
 Indoor Track

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach. Since becoming a Masters Runner (40 yrs and older), he has been ranked as one of the best distance runners in the US and since 1992 has completed over 20 marathons.

Triathlons for Beginners **NEW!** 13ARF14

If you love to get outside to run, bike or swim, you will love triathlons. When it comes to doing triathlons, many people just don't where to start. This class will go through the basics of triathlon preparations so that at the completion of the course you will feel comfortable entering a race. It may be that you have competed in races but want to improve. This class will teach how to train, assemble your equipment and gear, and learn the rules, so your racing season will be a success. The first triathlon of the season is April 14 in Emporia. It consists of a 400 M pool swim, a 20 K bike, and a 5 K run. This is a called the Sprint Distance, it is quick and fun.

Instructor: Mark Taussig

Date: 03/04/2013-04/08/2013 (M)
 (No class 03/18)
 Time: 7:00 PM to 8:30 PM
 Fee: \$19.00
 Location: UFM Conference Room
 1221 Thurston

*Registration deadline 2/25/13

Mark Taussig's mostly runs 10k, 10 mile and half marathon races. He has competed in 20 events. This year he did 8 races, getting 7 first place finishes and 1 second place finish in the 60-64 age group.

Golf in Junction City

13ARF30AZ

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

Date: 03/05/2013 to 04/30/2013 (T)
 (No class on 3/19)
 Time: 5:30 PM to 7:30 PM
 Fee: \$146.00
 Location: Rolling Meadows Golf Course
 6514 Old Milford Rd. Junction City

Golf in Junction City

13ARF30BZ

Date: 03/06/2013 to 05/01/2013 (W)
 (No class on 3/20)
 Time: 5:30 PM to 7:30 PM
 Fee: \$146.00
 Location: Rolling Meadows Golf Course
 6514 Old Milford Rd. Junction City

Introduction to Golf

13ARF04A

Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of score card and handicaps. **First class meets from 6:00-7:00 pm, the second and third meet from 6:00-7:30 pm.

Instructor: Jim Gregory

Date: 04/04/2013 to 04/18/2013 (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

13ARF04B

Date: 05/02/2013 to 05/16/2013 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Introduction to Disc Golf

NEW!

13ARF115

Disc golf is one of the fastest growing sports in the world, enjoyed by people of all ages and skill levels. Instead of using clubs to hit a ball into a hole, disc golfers throw special plastic discs into baskets. Otherwise, the sports are very similar. Compared to ball golf, however, disc golf is very inexpensive and easy to begin. This class will meet once for 90 minutes. Participants will learn the basic rules of disc golf, the different types of discs used, where to buy golf discs, where to play disc golf locally, and the basic techniques and strategies of disc golf. We will practice the basics and then try a few holes on an actual course. Class members do not need to buy or bring any discs to the class. In case of bad weather, call the lead instructor (Jon Tveite: 785.313.0345) to confirm where and whether the class will take place.
 Instructors: Jon Tveite, Rick Petrie, & Mark Kewley

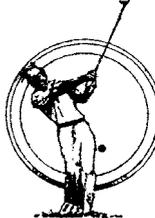
Date: 04/25/2013 (Th)
 Time: 6:30 PM to 8:00 PM
 Fee: \$12.00
 Location: Fairmont Park Disc Golf Course
 Take 177 across the river from Town Center Mall to Zeandale Road, and then a left on Messenger Road

All together, JonTveite, Rick Petrie, and Mark Kewley, have over two decades of experience playing disc golf and organizing disc golf leagues in the Manhattan area.

Introduction to Disc Golf

13ARF115B

Date: 05/04/2013 (Sa)
 Time: 10:00 AM to 11:30 AM
 Fee: \$12.00
 Location: Fairmont Park Disc Golf Course
 Take 177 across the river from Town Center Mall to Zeandale Road and then a left on Messenger Road



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K-18 West

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 Club regripping & repair

539-1041
 Jim Gregory, PGA Professional



YOUTH

Archery for Youth

13AYO01

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. Tom Korte, (785) 494-8889

Date: 02/05/2013 to 02/26/2013 (T)
Time: 7:00 PM to 8:00 PM
Fee: \$35.00
Location: UFM Solar Addition
1221 Thurston St.

Archery for Youth

13AYO01B

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. Tom Korte, (785) 494-8889

Date: 04/02/2013 to 04/23/2013 (T)
Time: 7:00 PM to 8:00 PM
Fee: \$35.00
Location: UFM Solar Addition
1221 Thurston St.



Ask us about our scholarship opportunities!

American Red Cross

Babysitter's Clinic

13AYO23A

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

- *Care for children and infants.
- *Be good leaders and role models.
- *Make good decisions and solve problems.
- *Keep the children they babysit and themselves safe.
- *Handle emergencies such as injuries, illnesses and household accidents.
- *Write resumes and interview for jobs.
- **Materials included in fee and students will have lunch from 12-1 pm. Please bring a light lunch with you.**

Kelly Reed-Harkness

Date: 03/30/2013 (Sa)
Time: 9:00 AM to 4:00 PM
Fee: \$46.00
Location: UFM Conference Room
1221 Thurston St.,
2nd floor

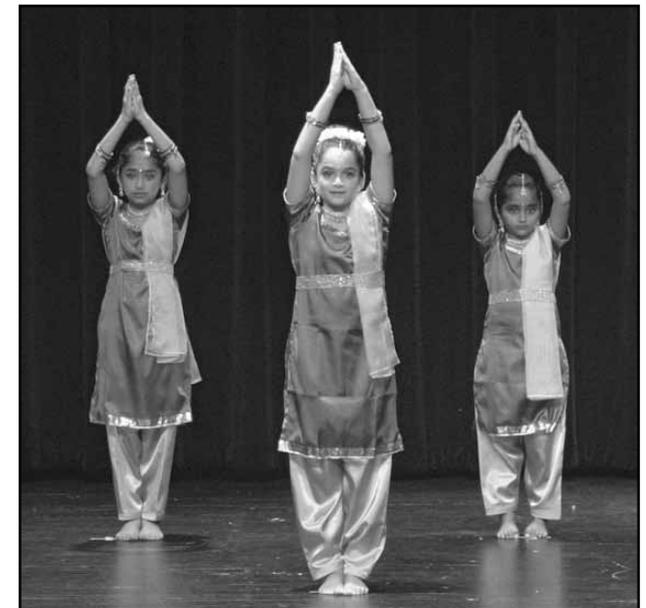
American Red Cross

Babysitter's Clinic

13AYO23B

Instructor: Kelly Reed-Harkness

Date: 04/27/2013 (Sa)
Time: 9:00 AM to 4:00 PM
Fee: \$46.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Bharatanatyam for Children

13AYO66

Students will learn basic level theory and practice of Bharatanatyam dance including warm up, dance prayer, gestures of hand and feet, and pure dance movements. Bharatanatyam is a traditional classical dance originated from south India that exhibits exquisite harmony of expressions, melody, and rhythm. It is presented in two main aspects: pure dance movements and narrative dance choreography. Learning this dance is a great way to experience a significant aspect of Indian culture. Ages 8-12
Instructor: Jui Mhatre, confidance78@gmail.com

Date: 01/13/2013 to 05/05/2013 (Su)
(No class 3/10, 3/17)
Time: 5:15 PM to 6:30 PM
Fee: \$29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Jui Mhatre has been practicing classical Indian dance "Bharatanatyam" for past fifteen years, and teaching classical as well as folk dances for ten years. She received her formal training in dance in Mumbai, India where she taught dance and performed professionally before coming to United States in 2008. She has also appeared in several solo performances in United States and Canada. Apart from practicing classical Indian dance, she enjoys working as an interdisciplinary artist mixing performance with other media such as clay and video.

Teach a class at UFM!

*Share a hobby or skill

*Meet new people

*Enhance your business



Pre-School Dance **13AYO63A**

This class is designed for boys and girls ages 3-6. Basic dance movements like marching, hopping, skipping, leaping and jumping will be blended with ballet, peppy music and pre-tap techniques. Dance games and creative dance will make this class fun and exciting. More dance classes can be taken. No dance attire is needed. Call Randi Dale for more information 785.539.5767.

Instructor: Randi Dale

Date: 01/24/2013 to 01/31/2013 (Th)
 Time: 5:00 PM to 5:30 PM
 Fee: \$12.00
 Location: 2416 Rogers Blvd.

Pre-School Dance **13AYO63B**

Date: 01/24/2013 to 01/31/2013 (Th)
 Time: 6:20 PM to 6:50 PM
 Fee: \$12.00
 Location: 2416 Rogers Blvd.



Introduction to Ballet and Tap Dancing **13AYO73**

This class introduces ballet and tap techniques to boys and girls ages 5-10. A ballet routine from the classical story ballet Coppelia, about a toymaker and a doll will be introduced as well as a fun tap dance. Students with little experience as well as first time dancers are welcome. No formal dance wear is needed. Tennis shoes can be used for tap shoes. Students can continue the class.

Instructor: Randi Dale, (785) 539-5767

Date: 01/23/2013 to 01/30/2013 (W)
 Time: 6:00 PM to 6:30 PM
 Fee: \$12.00
 Location: 2416 Rogers Blvd.

Randi Dale has taught dance for many years as well as being a public school teacher. Her dance choir toured the Midwest and Europe. She is a certified teacher for K-12 with a Master's degree in Education.

Junior Chefs:

Taste of Italy

NEW!

13AFF102

Ciao! Kids will learn about some of the tastes and sounds of Italy in this hands-on cooking class. Junior Chefs will make Stovetop Pizza with Tri-Color Salad, play noodle games, and much more!

Instructor: Ginny Barnard

Date: 02/24/2013 (Su)
 Time: 2:30 PM to 4:30 PM
 Fee: \$8.00
 Location: Cico Park-Pottorf Hall

Junior Chefs:

Taste of Mexico

NEW!

13AFF103

Mexican Native Americans grew many of the foods that are now eaten around the world. Kids will learn about beans, corn, and chilies, play bean bingo, and make Black Bean Tostadas with Salsa Fresca.

Instructor: Ginny Barnard

Date: 03/17/2013 (Su)
 Time: 2:30 PM to 4:30 PM
 Fee: \$8.00
 Location: Cico Park-Pottorf Hall

Junior Chefs:

Taste of China

NEW!

13AFF104

What's a wok? Kids will learn how to use this traditional Chinese pan as they make Vegetable Fried Rice and Asian Noodles with Coconut Rice Balls. Junior Chefs will also get to play chopstick relay and practice Chinese calligraphy.

Instructor: Ginny Barnard

Date: 04/28/2013 (Su)
 Time: 2:30 PM to 4:30 PM
 Fee: \$8.00
 Location: Cico Park-Pottorf Hall

Cooking for Caterpillars

13AYO74

Learn to create small dishes to help your tiny friends maintain a healthy diet. These picky eaters will only eat one kind of leaf, so learn to jazz up these yummy leaf dishes and expand their horizons on different types of leaves!

Date: 03/06/2013
 Time: 1:00 PM to 3:00 PM
 Fee: \$ -1.00
 Location: UFM
 1221 Thurston St.

Paper Beads for Children

13AYO68

Celebrate Earth Day by learning how to make recycled 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 with ideas and assistance. You can create a necklace, bracelet, or other project from the paper beads that you make. Please bring to class: scissors, glue stick or white glue, paper (magazine, wrapping paper, or other thin paper), and wash rag. Straws, yarn, cord, beads, and magazines will be provided by the instructor.

Instructor: Charlene M Brownson

Date: 04/22/2013 (M)
 Time: 4:30 PM to 5:30 PM
 Fee: \$9.00
 Location: UFM Banquet Room
 1221 Thurston St.

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

TEEN MENTORING!

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

Activities!

- Games
- Recreation
- Creative Arts
- Field Trips

Middle school — Tuesday & Wednesday

Starting January 29

High school — Thursday

Starting January 31

3:00 PM to 5:00 PM

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

OSHER



Behind the Iron Curtain: Cold War Stories

Presented by Waldemar Biniacki

Wednesdays, February 6, 13, & 20 - 1:00pm - 3:00pm
Meadowlark Hills Community Room
2121 Meadowlark Road, Manhattan
\$40.00

This course presents an insider's view of the Cold War era. Learn about everyday life under the communist system, the revolutions of 1989, the dissolution of the Soviet Union, and life in Central and Eastern Europe today from someone who experienced it first hand.

The History of Native Americans in Kansas

Presented by Doug Tippin

Tuesdays, February 26, March 5 & 12 - 2:00pm to 4:00pm
College Avenue United Methodist Church,
Fellowship Hall
1609 College Avenue, Manhattan
\$40.00

In this course, we will learn the history of the Native American tribes that once lived in Kansas as well as those who still make Kansas their home. We will also examine their cultures and traditions, tools and artifacts.

Experiencing the Magic of Baseball

Presented by Roger Johnson

Tuesdays, April 2, 9 & 16
5:00pm to 7:00pm
Leadership Studies Building, Room 123
Kansas State University, Manhattan
\$40.00

Explore the unique experience of baseball. This will not be your typical lecture class. Instead we will feature histories, reminiscences and discussions based on American's fading "national pastime".

Textile Rescue 101: Saving Your Heirloom Clothing

Presented by Marla Day

Mondays, February 18, 25 & March 4
5:30pm - 7:30pm
Justin Hall, Room 167
Kansas State University, Manhattan
\$40.00

Documenting the historical provenance of your heirlooms ensures that your family's history is available for future generations. This course will provide you with the basic knowledge to record and learn about your objects using a material culture analysis, as well as methods for conservation, storage and display.

Life Writing: Discovering Slice-of-life Stories Contained in Your Treasured Objects

Presented by Deborah Murray

Mondays, March 25, April 1 & 8 - 5:00pm to 7:00pm
Area Agency on Aging, Conference Room
401 Houston, Manhattan
\$40.00

Daunted by the prospect of where to get started, too many of us fail to record important family stories. This course invites you to try a new approach. Rather than focusing on a strict chronological retelling, consider family mementos, treasured photographs, vintage clothing, wartime letters or family recipes as a starting place for writing slice-of-life stories.

Exploring the Northern Isles of Scotland

Presented by Tom Schmiedeler

Wednesdays, April 17, 24, & May 1
6:00pm to 8:00pm
Leadership Studies Building, Room 123
Kansas State University, Manhattan
\$40.00

Come aboard the Osher "ferry" departing from the Scottish mainland for Shetland, Orkney and the Outer Hebrides. After an introduction to the geography of Highland Scotland, we'll explore the physical, economic and cultural geography of these three fantastic island groups.



Special Event:

Cabaret: Behind the Scenes

Presented by Penny Cullers & Brent Maner

Sunday April 28, 12:00pm to 4:30pm
Manhattan Arts Center
1520 Poyntz Avenue, Manhattan
\$28 (includes lunch, lecture and show)

Berlin in the 1930s saw the Nazi regime rising to power. It is in this atmosphere that the acclaimed Cabaret story takes place. Come hear from Cabaret Director, Penny Cullers, as she discusses the behind-the-scenes operations and Brent Maner, as he covers the history of the period at 12:30 pm. Enjoy a light lunch during the discussion and then attend the 2 p.m. matinee.

Special Event:

A Poetic Tribute to Kansas' First 150 Years

Presented by Caryn Mirriam-Goldberg

Tuesday May 7, 7:00pm to 9:00pm
Meadowlark Hills Community Room
2121 Meadowlark Road, Manhattan
\$10.00, Students \$5.00

Kansas Poet Laureate Caryn Mirriam-Goldberg will lead a reading and discussion of the book *To the Stars Through Difficulties: A Kansas Renga in 150 Voices*. Based on the Kansas state motto, *Ad Astra Per Aspera* (To the stars, through difficulties), 150 Kansas poets contributed to this Renga, a form of collaborative poetry.

Special Event:

Flint Hills Discovery Center Tour & Lunch

Friday May 3 - 10:00am - 1:30pm
Flint Hills Discovery Center
315 S. Third St., Manhattan
\$20.00

Visit the Flint Hills Discovery Center. The group will enjoy a leisurely self-guided tour through the Center with its unique "Immersion Experience" theater and interactive displays celebrating the history, culture and heritage of the Tallgrass Prairie. Then we'll have lunch together at Local Foods & Friends, a restaurant on Manhattan's west side that donates 100% of its profits to local Manhattan charities.

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

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

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

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<u>DANCE 599</u>				
16945 - Ballroom Dance I	7:00 to 8:00 PM	1/22/2013 to 5/7/2013 (T)	\$ 297.90	Ahearn 301
17051 - Beg. Middle Eastern Dance	6:45 to 7:45 PM	1/24/2013 to 5/9/2013 (TH)	\$ 315.90	Ahearn 301
17057 - Yoga I	10:30 to 11:30 AM	1/22/2013 to 3/12/2013 (T/TH)	\$ 315.90	Ahearn 301
17000 - Yoga I	10:30 to 11:30 AM	1/23/2013 to 3/13/2013 (M/W)	\$ 315.90	Ahearn 301
17001 - Yoga I	5:30 to 6:30 PM	1/23/2013 to 3/13/2013 (M/W)	\$ 315.90	Ahearn 301
17068 - Yoga I	10:30 to 11:30 AM	3/25/2013 to 5/8/2013 (M/W)	\$ 315.90	Ahearn 301
17002 - Yoga I	5:30 to 6:30 PM	3/25/2013 to 5/8/2013 (M/W)	\$ 315.90	Ahearn 301
17069 - Yoga II	10:30 to 11:30 AM	3/14/2013 to 5/9/2013 (T/TH)	\$ 315.90	Ahearn 301
17076 - ZUMBA Dance	1:00 to 2:00 PM	1/22/2013 to 3/12/2013 (T/TH)	\$ 388.30	Max Fitness
17130 - ZUMBA Dance	10:00 to 11:00 AM	1/23/2013 to 3/13/2013 (M/W)	\$ 388.30	Max Fitness
17072 - ZUMBA Dance	1:00 to 2:00 PM	1/23/2013 to 3/13/2013 (M/W)	\$ 388.30	Max Fitness
17081 - ZUMBA Dance	1:00 to 2:00 PM	3/14/2013 to 5/9/2013 (T/TH)	\$ 388.30	Max Fitness
17056 - ZUMBA Dance	10:00 to 11:00 AM	3/25/2013 to 5/8/2013 (M/W)	\$ 388.30	Max Fitness
17046 - ZUMBA Dance	1:00 to 2:00 PM	3/25/2013 to 5/8/2013 (M/W)	\$ 388.30	Max Fitness
17074 - Hip Hop Hustle	4:00 to 5:00 PM	1/22/2013 to 3/12/2013 (T/TH)	\$ 388.30	Max Fitness
17079 - Hip Hop Hustle	4:00 to 5:00 PM	3/14/2013 to 5/9/2013 (T/TH)	\$ 388.30	Max Fitness
<u>KIN 101</u>				
17143 - Cross Fit	3:30 to 4:45 PM	1/22/2013 to 3/12/2013(T/TH)	\$ 315.90	Natatorium Room 4
17154 - Cross Fit	3:30 to 4:45 PM	3/14/2013 to 5/9/2013 (T/TH)	\$ 315.90	Natatorium Room 4
17151 - Yogilates	9:00 to 10:00 AM	1/23/2013 to 3/13/2013 (M/W)	\$ 388.30	Pro Fitness
17144 - Yogilates	1:30 to 2:30 PM	1/23/2013 to 3/13/2013 (M/W)	\$ 388.30	Pro Fitness
17168 - Yogilates	9:00 to 10:00 AM	3/25/2013 to 5/8/2013 (M/W)	\$ 388.30	Pro Fitness
17169 - Yogilates	1:30 to 2:30 PM	3/25/2013 to 5/8/2013 (M/W)	\$ 388.30	Pro Fitness
17153 - Bootcamp Fitness	9:30 to 10:30 AM	1/22/2013 to 3/12/2013 (T/TH)	\$ 388.30	Pro Fitness
17166 - Bootcamp Fitness	4:00 to 5:00 PM	1/22/2013 to 3/12/2013 (T/TH)	\$ 388.30	Pro Fitness
17167 - Bootcamp Fitness	Noon to 1:00 PM	1/23/2013 to 3/13/2013 (M/W)	\$ 388.30	Pro Fitness
17170 - Bootcamp Fitness	9:30 to 10:30 AM	3/14/2013 to 5/9/2013 (T/TH)	\$ 388.30	Pro Fitness

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<u>KIN 101 (continued)</u>				
17182 - Bootcamp	4:00 to 5:00 PM	3/14/2013 to 5/9/2013 (T/TH)	\$ 388.30	Pro Fitness
17145 - Bootcamp	Noon to 1:00 PM	3/25/2013 to 5/8/2013 (M/W)	\$ 388.30	Pro Fitness
17152 - Total Body Toning	1:30 to 2:30 PM	1/22/2013 to 3/12/2013 (T/TH)	\$ 388.30	Pro Fitness
17149 - Total Body Toning	10:30 to 11:30 AM	1/23/2013 to 3/13/2013 (M/W)	\$ 388.30	Pro Fitness
17148 - Total Body Toning	1:30 to 2:30 PM	3/14/2013 to 5/9/2013 (T/TH)	\$ 388.30	Pro Fitness
17150 - Total Body Toning	10:30 to 11:30 AM	3/25/2013 to 5/8/2013 (M/W)	\$ 388.30	Pro Fitness
<u>KIN 102</u>				
17165 - Fitness Swimming	6:00 to 7:30 PM	1/22/2013 to 3/12/2013 (T/TH)	\$ 301.90	Natatorium
17164 - Fitness Swimming	6:00 to 7:30 PM	3/14/2013 to 5/9/2013 (T/TH)	\$ 301.90	Natatorium
17334 - LGI Pre-Course	4:00 to 7:30 PM (TH), 8:00 to 9:00 AM (Sa)	2/14/2013 to 2/16/2013	\$ 265.90	Natatorium
17335 - Lifeguard Instructor Training Course (LGI)	4:00 to 7:30 PM (TH), 4:00 to 9:00 PM (F), 8:00 AM to 9:00 AM (Sa), 8:00 AM to 7:00 PM (Su)	2/21/2013 to 2/24/2013	\$ 265.90	Natatorium
17333 - Lifeguard Training (LGT)	6:00 to 7:30 PM Pre-Course (TH) 4:00 to 9:00 PM (F), 8:00 AM to 9:00 PM (Sa), 8:00 AM to 7:00 PM (Su)	2/21/2013 to 2/24/2013	\$ 301.90	Natatorium
<u>RRES 200</u>				
17003 - First Aid/CPR/AED	Noon to 7:30 PM	1/26/2013 to 1/27/2013 (Sa/Su)	\$ 364.30	UFM
17004 - First Aid/CPR/AED	Noon to 7:30 PM	2/23/2013 to 2/24/2013 (Sa/Su)	\$ 364.30	UFM
17085 - First Aid/CPR/AED	Noon to 7:30 PM	3/2/2013 to 3/3/2013 (Sa/Su)	\$ 364.30	UFM
17005 - First Aid/CPR/AED	Noon to 7:30 PM	3/9/2013 to 3/10/2013 (Sa/Su)	\$ 364.30	UFM
17006 - First Aid/CPR/AED	Noon to 7:30 PM	4/6/2013 to 4/7/2013 (Sa/Su)	\$ 364.30	UFM
17086 - First Aid/CPR/AED	Noon to 7:30 PM	4/13/2013 to 4/14/2013 (Sa/Su)	\$ 364.30	UFM
17009 - First Aid/CPR/AED	Noon to 7:30 PM	4/20/2013 to 4/21/2013 (Sa/Su)	\$ 364.30	UFM
17010 - First Aid/CPR/AED	Noon to 7:30 PM	4/27/2013 to 4/28/2013 (Sa/Su)	\$ 364.30	UFM
17011 - First Aid/CPR/AED	Noon to 7:30 PM	5/4/2013 to 5/5/2013 (Sa/Su)	\$ 364.30	UFM
17337 - Archery	7:00 to 8:20 PM	2/4/2013 to 4/15/2013 (M)	\$ 389.30	Sport Center
17324 - Archery	8:30 to 9:50 PM	2/4/2013 to 4/15/2013 (M)	\$ 389.30	Sport Center
17087 - Bowling	10:30 to 11:20 AM	1/22/2013 to 5/7/2013 (T)	\$ 295.90	K-State Union
17157 - Bowling	2:30 to 3:20 PM	1/22/2013 to 5/7/2013 (T)	\$ 295.90	K-State Union
17014 - Bowling	2:30 to 3:20 PM	1/23/2013 to 5/8/2013 (W)	\$ 295.90	K-State Union

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<u>RRES 200 (continued)</u>				
17013 - Bowling	10:30 to 11:25 AM	1/28/2013 to 5/6/2013 (M)	\$ 295.90	K-State Union
17012 - Beg. Fencing	6:00 to 7:30 PM	1/28/2013 to 5/6/2013 (M)	\$ 297.90	K-State Union
17015 - Inter. Fencing	7:30 to 9:00 PM	1/28/2013 to 5/6/2013 (M)	\$ 297.90	K-State Union
17039 - Boxing I	2:00 to 3:00 PM	1/22/2013 to 3/12/2013 (T/TH)	\$ 394.30	K.O. Boxing
17031 - Boxing I	6:30 to 7:30 PM	1/22/2013 to 3/12/2013 (T/TH)	\$ 394.30	K.O. Boxing
17088 - Boxing I	2:00 to 3:00 PM	1/23/2013 to 3/13/2013 (M/W)	\$ 394.30	K.O. Boxing
17082 - Boxing I	6:30 to 7:30 PM	1/23/2013 to 3/13/2013 (M/W)	\$ 394.30	K.O. Boxing
17040 - Boxing I	2:00 to 3:00 PM	3/14/2013 to 5/9/2013 (T/TH)	\$ 394.30	K.O. Boxing
17035 - Boxing I	6:30 to 7:30 PM	3/14/2013 to 5/9/2013 (T/TH)	\$ 394.30	K.O. Boxing
17026 - Boxing I	2:00 to 3:00 PM	3/25/2013 to 5/8/2013 (M/W)	\$ 394.30	K.O. Boxing
17084 - Boxing I	6:30 to 7:30 PM	3/25/2013 to 5/8/2013 (M/W)	\$ 394.30	K.O. Boxing
17041 - Boxing 2	Noon to 1:00 PM	1/23/2013 to 3/13/2013 (M/W)	\$ 394.30	K.O. Boxing
17029 - Boxing 2	Noon to 1:00 PM	3/25/2013 to 5/8/2013 (M/W)	\$ 394.30	K.O. Boxing
17038 - Boxing 3	Noon to 1:00 PM	1/22/2013 to 3/12/2013 (T/TH)	\$ 394.30	K.O. Boxing
17033 - Boxing 3	Noon to 1:00 PM	3/14/2013 to 5/9/2013 (T/TH)	\$ 394.30	K.O. Boxing
17034 - Boxing 4	7:30 to 8:30 PM	1/22/2013 to 3/12/2013 (T/TH)	\$ 394.30	K.O. Boxing
17030 - Boxing 4	7:30 to 8:30 PM	1/23/2013 to 3/13/2013 (M/W)	\$ 394.30	K.O. Boxing
17052 - Boxing 4	7:30 to 8:30 PM	3/14/2013 to 5/9/2013 (T/TH)	\$ 394.30	K.O. Boxing
17032 - Boxing 4	7:30 to 8:30 PM	3/25/2013 to 5/8/2013 (M/W)	\$ 394.30	K.O. Boxing
17043 - Fly Fishing	6:00 to 8:00 PM	3/4/2013 to 3/14/2013 (M,T,W,TH)	\$ 305.90	Durland Hall
17306 - Fundamentals of Canoeing	8:30 AM to 4:30 PM	3/30/2013 to 3/31/2013 (Sa/Su)	\$ 396.30	UFM
17289 - Introduction to River Canoeing	8:30 AM to 4:30 PM	4/6/2013 to 4/7/2013 (Sa/Su)	\$ 396.30	UFM
17161 - Golf	2:30 to 4:30 PM	3/5/2013 to 4/30/2013 (T)	\$ 404.30	Stagg Hill Golf Club
17159 - Golf	1:30 to 3:30 PM	3/6/2013 to 5/1/2013 (W)	\$ 404.30	Stagg Hill Golf Club
17162 - Golf	5:30 to 7:30 PM	3/6/2013 to 5/1/2013 (W)	\$ 404.30	Stagg Hill Golf Club
17160 - Golf	9:30 to 11:30 AM	3/7/2013 to 5/2/2013 (TH)	\$ 404.30	Stagg Hill Golf Club
17044 - Golf in Junction City	5:30 to 7:30 PM	3/5/2013 to 4/30/2013 (T)	\$ 404.30	Junction City
17045 - Golf in Junction City	5:30 to 7:30 PM	3/6/2013 to 5/1/2013 (W)	\$ 404.30	Junction City
17042 - Judo I	8:00 to 9:00 PM	1/24/2013 to 5/9/2013 (M/TH)	\$ 276.90	Ahearn 301
17028 - Judo II	8:00 to 9:30 PM	1/24/2013 to 5/9/2013 (M/TH)	\$ 276.90	Ahearn 301
17024 - RTE	Noon to 6:30 PM	2/2/2013 to 2/16/2013 (Sa/Su)	\$ 728.60	UFM
17178 - Scuba Diving	9:30 AM to 1:30 PM	1/26/2013 to 3/2/2013 (SAT)	\$ 453.90	Natatorium
17176 - Scuba Diving	6:00 to 10:00 PM	1/28/2013 to 3/4/2013 (M)	\$ 453.90	Natatorium
17177 - Scuba Diving	6:00 to 10:00 PM	3/25/2013 to 4/29/2013 (M)	\$ 453.90	Natatorium
17158 - Tae Kwon Do I	5:00 to 6:00 PM	1/22/2013 to 5/9/2013 (T/H)	\$ 364.30	Sun Yi's Academy

Reference # - TITLE	TIME	DATE	FEE	LOCATION
RRES 200 (continued)				
17175 - Tennis	1:30 to 3:00 PM	2/5/2013 to 4/23/2013 (T)	\$ 372.30	Body First Tennis
17179 - Tennis	1:30 to 3:00 PM	2/6/2013 to 4/24/2013 (W)	\$ 372.30	Body First Tennis
17180 - Women's Self Defense	1:00 to 4:00 PM	1/26/2013 to 2/23/2013 (Sa)	\$ 315.90	Ahearn 301
17163 - Women's Self Defense	1:00 to 4:00 PM	4/21/2013 to 5/5/2013 (Sa/Su)	\$ 315.90	Ahearn 301

Locations:

Ahearn 301, Ahearn Complex, 3rd floor, Gymnasium door entry, College Heights Road
 Body First Tennis, 3615 Claflin Rd.
 Durland Hall, Room 1061
 JC Golf Course Rolling Meadows Golf Course, 7550 Old Milford Rd
 K.O. Boxing, 2303 Tuttle Creek Blvd.
 Max Fitness , 3011 Anderson
 Natatorium, K-State pools in Ahearn Complex
 ProFitness, 1125 Laramie St.
 Sport Center 11th St #615 A
 Stagg Hill Golf, 4441 Ft. Riley Blvd
 Sun Yi's Academy, 1650 Hayes Dr.
 UFM, 1221 Thurston St.

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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+ _____

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Example: 12AAQ01	A	Level I: Introduction to Water Skills	54.00

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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 _____

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