Recreation

#7102 A
**Fly Fishing For Fun**

An inexpensive, fun, outdoor experience that anyone of any age can do (for singles or families). First learn what rods, reels and lines to use and how to assemble them. Learn what you need to buy without wasting money. Learn what flies or streamers to use depending on what you want to catch, what the conditions are and how to “read” a body of water. Then we will go outside to learn how to actually cast, to recognize a strike and bring it in with details for both pond and river fishing. $14 material fee includes equipment rental and free copy of “Fly Fishing Tactics.”

**CONVENER:** Eric Christensen  (918-422-8435) E-mail: ELPPBooks@aol.com

**CLASS FEE:** $9

Sec. A: 1 session; Thursday, April 27; 6:00 PM - 9:00 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

#7103 A
**Beginning Golf**

Golf is a great finesse game that can be enjoyed a lot more once you learn a few basics. We’ll discuss golf etiquette and the rules while you practice some short game techniques (putting and chipping). During the second session we’ll focus on long irons and woods. Mike Brown is a member of the Professional Golfers Association and has taught children and adults for 15 years.

**CONVENER:** Mike Brown  (816-513-8949) E-mail: mike_brown@kcmo.org

**CLASS FEE:** $14

Sec. A: 2 sessions; Tuesdays, beginning May 9; 3:00 PM - 4:45 PM; Heart of America Golf Course and Academy, 7501 Blue Trkwy., KCMO; LIMIT: 15

#7105 A
**Introduction to Horsemanship**

Always wanted to learn to ride? Learn about the safe handling of the horse covering grooming, saddling, history and behavior. This is not a trail ride! You will actually learn something about horses in this fun-filled class, located on 300 acres north of the river. Ages 5 years and up, welcome. Participants will be eligible to sign up for additional riding lessons, separate from Communiversity. Call Communiversity for a map to the farm. Please bring carrots for the horses and $15 to class for horse and equipment rental and refreshments. Jeri has an Animal Science and Veterinary Industry degree and has taught horsemanship for over 20 years.

**CONVENER:** Jeri Lee Yagello  (toll free: 1-877-468-5858)

CLASS FEE: $9

Sec. A: 1 session; Saturday, May 6; 1:00 PM - 3:00 PM; Wind in the Willows Farm, near KCI Airport (contact Communiversity for map), KCMO; LIMIT: 15

Martial Arts

#7001 B
**Capoeira—Beribazu**

Capoeira...you’ve seen it! It is an Afro-Brazilian cultural art that is a rhythmic mixture of dancing, singing, acrobatics, martial arts and game play. Awaken your body and your spirit to the fun and pure excitement of Capoeira, straight from Brazil! Professor Sam Good (Sapata) is a graduate of the Curso de Estudos de Capoeira through the Department of Sports and Physical Education at the Federal University of Espirito Santo, Vitoria, Brazil.

**CONVENER:** Professor Sapata  (816-509-7078) E-mail: beribazu06@hotmail.com

**CLASS FEE:** $16

Sec. B: 6 sessions; Wednesdays, beginning April 5; 7:00 PM - 9:00 PM; Penn Valley Community College, Rm. 103, PE 103, 3201 SW Trkwy., KCMO; LIMIT: 10

#7002 A
**Basic Self-Protection**

Physical assaults are all too common today. In this three-hour session you’ll learn the basics of self-protection including avoidance, basic blocks, releases and defensive counterstrikes. We’ll also discuss the use of self-defense sprays. All participants must sign a release in order to participate. Under 18 must be accompanied by parent/guardian. Bring $17.50 for materials including self defense spray and two manuals. Please be punctual, late arrivals will not be admitted. Convenor is a certified instructor in several areas of defensive tactics.

**CONVENER:** Daniel Fecht  (816-436-6118)

**CLASS FEE:** $9

Sec. A: 1 session; Saturday, April 8; 10:00 AM - 1:00 PM; Westport Roanoke Community Center, 3601 Roanoke, KCMO, West on 39th Street, Roanoke is 1 light past SW Trafficway, take a left on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 25

#7003 A
**Southern Kung Fu**

There are many southern styles of Chinese Kung-fu system. This Kung-fu style focuses on strong stances, balance between hard and soft skills, smooth combinations of fist, palm, elbow and kick. It also has great routines. Come and find out for yourself.

**CONVENER:** Chun Man Sit  E-mail: csmit@everestkc.net

**CLASS FEE:** $9

Sec. A: 1 session; Sunday, May 7; 9:30 AM - 11:00 AM; Penn State Community College, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

#7004 A
**Wu's Style Tai Chi and Qi-Gong**

T’ai Chi is an ancient Chinese art. It is movement meditation—Kung Fu in a gentle way. It has a strong emphasis on body and mind harmony—perfect for stress reduction, self-defense and artistic expression.

**CONVENER:** Chun Man Sit  E-mail: csmit@everestkc.net

**CLASS FEE:** $9

Sec. A: 1 session; Sunday, May 7; 11:00 AM - 12:30 PM; Loose Park, 51st & Wornall, West Side of Park Near Tennis Courts, KCMO; LIMIT: 20