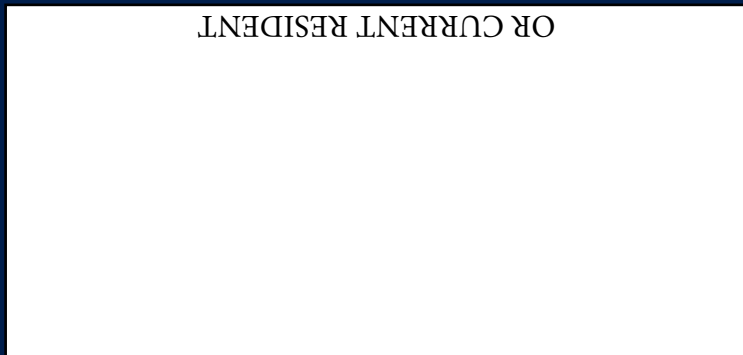


UFM Community Learning Center Spring 2015



www.scottbeanphoto.com

www.tryufm.org • 785.539.8763 • info@tryufm.org



OR CURRENT RESIDENT

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mobile registration site*



Spring 2015
UFM
Catalog

UFM Community Learning Center
1221 Thurston St
Manhattan, KS 66502



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TABLE OF CONTENTS

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PUTS THE
COMMUNITY
IN EDUCATION!

Cover photograph courtesy of Scott Bean

4	AQUATICS
8	CAREER & FINANCE
10	CREATIVE FREE TIME
14	EARTH & NATURE
17	FUN FOODS
18	ONLINE LEARNING
19	HEALTH & WELLNESS
24	LANGUAGE
25	MARTIAL ARTS
26	PERSONAL INTEREST
28	RECREATION & FITNESS
33	YOUTH
35	OSHER
36	KSU CREDIT COURSES
40	REGISTRATION FORM



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 2015 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	Juwon Choi	Sue Hageman	Jonathan McBee	Larry Storer
Marie Amthauer	Dr. Matthew Cobb	Mary Hammel	Keith Miller	Linda Teener
Faris Anwar	Kelly Cook	Kathryn Harth	David Moore	Abby Thrash
Mary Elizabeth Atwood	Leah Cunnick	Jessica Haymaker	Ben Motley	Elsa Toburen
Ginny Barnard	Sarah Cunnick	Nancy Hetzler	Jessica Muñoz	Jenna Tripodi
Carol Barta	Randi Dale	James Hill	Debbie Newton	Laura Vallejo
Scott Bean	Kent Dennis	Palma Holden	Fred Newton	Kelly VanCleave
Konza Beekeepers Association	Bill Dorsett	Dave Hoover	Alana Pfeifer	Likitha Vishnu
Big Poppi Bicycle Co	Pat Embers	Michele Janette	Linda Rae	Thomas Weeks
Betsy Blazer	Joab Esamwata	Kyoshi Pamela Johansen	Art Rathbun	Paul Weidhaas
Basem Boutros	Gregg Eyestone	Amy Jones	Kelly Reed-Harkness	Amy (Nashid) Werner
Dan Boyle	Isaac Falcon	Jim Kiker	Mandy Ridder	Dan Wilcox
Henry Brown	Enell Foerster	Tom Korte	Bill Rust	Stan Wilson
Megan Bryant	Ana Franklin	Liz Krieger	Daniel Schapaugh	
Patricia Casinelli	Jennifer Guilford	Pam Lathrop	Ryan Semmel	
	Jeff Gwartz	Brian Lorenz	Paul Sodamann	

KSU CREDIT COURSES

CREDIT CLASS ENROLLMENT

K-State students enroll through iSIS. If you are not a K-State student, contact Erin at UFM at (785) 539-8763.

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 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. Class fees listed are for full-time resident students.

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://global.k-state.edu/courses/registration/policies-withdrawal> or visit <http://courses.k-state.edu/spring2015/information/deadlines.html>

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/spring2015/information/deadlines.html>

STUDENT ACCESS CENTER

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, <http://www.k-state.edu/accesscenter/>, (785) 532-6441 or accesscenter@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. K-State Global Campus/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.

Limited scholarships for adults and children who qualify for established income guidelines.

UFM STAFF

Executive Director | **LINDA INLOW TEENER**

Education Coordinator | **KAYLA SAVAGE**

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

KSU Credit Coordinator | **ERIN BISHOP**

Program Assistant | **VAL COLTHARP**

Program Assistant | **SAMANTHA LOVITT**

Mentoring Coordinator | **MANDY COLTHARP**

Swim Coordinator | **ROWAN TURNER**

Student Assistant | **SHELBY MORGAN**

Lou Douglas Lecture Coordinator | **OLIVIA COLLINS**

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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 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.*

Parent and Child Aquatics (6 mos-3 yrs)

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skill, such as arm and leg movements and breath control. This level is fun-filled and helps introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy. *Monday & Thursday lessons - 5 lessons/30 min, Saturday lessons - 4 lessons/35 min.

Fee: \$33.00 per session

Monday 6:00 PM to 6:30 PM
15AAQPA1 Feb. 2 to March 2
(No class on 2/23, make up class will be held on 2/27)
15AAQPA2 March 9 to April 13 (No class 3/16)

Thursday 6:00 PM to 6:30 PM
15AAQPD1 Feb. 5 to March 5
15AAQPD2 March 12 to April 16 (No class 3/19)

Saturday 9:30 AM to 10:05 AM
15AAQPE1 Jan. 31 to Feb. 28 (No class 2/7)
15AAQPE2 April 11 to May 2

Tot Transition (3-4 yrs)

Preschool-age children are taught basic aquatic safety and swimming skills, all the while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it's safety first. For the list of skills to be learned in class visit www.tryufm.org. *Tuesday & Wednesday lessons - 5 lessons/30 min, Saturday lessons - 4 lessons/35 min.

Fee: \$33.00 per session

Tuesday 6:00 PM to 6:30 PM
15AAQTB1 Feb. 3 to March 3
15AAQTB2 March 10 to April 14 (No class 3/17)

Wednesday 6:00 PM to 6:30 PM
15AAQTC1 Feb. 4 to March 4
15AAQTC2 March 11 to April 15 (No class 3/18)

Saturday 10:15 AM to 10:50 AM
15AAQTE1 Jan. 31 to Feb. 28 (No class 2/7)
15AAQTE2 April 11 to May 2

BEGINNING & ENDING DATES:

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

Session A: Monday, Feb. 2 to April 20
(No class 2/23, 3/16)

Session B: Tuesday, Feb. 3 to April 14
(No class 3/17)

Session C: Wednesday, Feb. 4 to April 15
(No class 3/18)

Session D: Thursday, Feb. 5 to April 16
(No class 3/19)

Level I: Introduction to Water Skills

Youth lessons. 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. For the list of skills to be learned in class visit www.tryufm.org. Fee: \$57.00 per session (10 lessons/40 min)

15AAQ01A	Monday	6:45 PM to 7:25 PM
15AAQ01AA	Monday	6:00 PM to 6:40 PM
15AAQ01B	Tuesday	6:45 PM to 7:25 PM
15AAQ01C	Wednesday	6:45 PM to 7:25 PM
15AAQ01D	Thursday	6:45 PM to 7:25 PM

Level II: Fundamental Aquatic Skills

Youth lessons. 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. For the list of skills to be learned in class visit www.tryufm.org.

Fee: \$57.00 per session (10 lessons/40 min)

15AAQ02A	Monday	6:45 PM to 7:25 PM
15AAQ02B	Tuesday	6:45 PM to 7:25 PM
15AAQ02C	Wednesday	6:45 PM to 7:25 PM
15AAQ02CC	Wednesday	6:00 PM to 6:40 PM
15AAQ02D	Thursday	6:45 PM to 7:25 PM

**Manhattan
Marlins**

Swim Team



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

Ages: 5 years through adult

www.manhattanmarlins.org

For more information contact:
Coach Rob Putnam at 303.819.8861

AQUATICS

Level III: Stroke Development

Youth lessons. 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. For the list of skills to be learned in class visit www.tryufm.org.

Fee: \$57.00 per session (10 lessons/40 min)

15AAQ03A	Monday	6:45 PM to 7:25 PM
15AAQ03B	Tuesday	6:45 PM to 7:25 PM
15AAQ03BB	Tuesday	6:00 PM to 6:40 PM
15AAQ03C	Wednesday	6:45 PM to 7:25 PM
15AAQ03D	Thursday	6:45 PM to 7:25 PM

Level IV: Stroke Improvement

Youth lessons. 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. For the list of skills to be learned in class visit www.tryufm.org.

Fee: \$57.00 per session (10 lessons/40 min)

15AAQ04A	Monday	6:45 PM to 7:25 PM
15AAQ04B	Tuesday	6:45 PM to 7:25 PM
15AAQ04C	Wednesday	6:45 PM to 7:25 PM
15AAQ04D	Thursday	6:45 PM to 7:25 PM

Level V: Stroke Refinement

Youth lessons. 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. For the list of skills to be learned in class visit www.tryufm.org.

Fee: \$57.00 per session (10 lessons/40 min)

15AAQ05A	Monday	6:45 PM to 7:25 PM
15AAQ05C	Wednesday	6:45 PM to 7:25 PM

Level VI: Swimming and Skill Proficiency

Youth lessons. 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. For the list of skills to be learned in class visit www.tryufm.org.

Fee: \$57.00 per session (10 lessons)

15AAQ06A	Monday	6:45 PM to 7:25 PM
15AAQ06C	Wednesday	6:45 PM to 7:25 PM

Adult Swim Lessons

Are you tired of sitting on the sidelines watching everyone else swim? Well, you don't need to anymore. Now's your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons. Class is held during the same time as youth lessons. Ages 14 up.

Fee: \$57.00 per session (10 lessons/40 min)

15AAQ22A	Monday	6:00 PM to 6:40 PM
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Limited scholarships are available for adults & children who qualify for established income guidelines.



Private Swim Lessons

15AAQ103

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 Saturday 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. Class is held during group lessons and other aquatic classes.

Beginning and Ending Dates for Private Lessons:

Session A1: Monday Feb. 2 to March 2
(No class 2/23, make up class will be held on 2/27)

Session A2: Monday March 9 to April 13
(No class on 3/16)

Session B1: Tuesday Feb. 3 to March 3
Session B2: Tuesday March 10 to April 14
(No class on 3/17)

Session C1: Wednesday Feb. 4 to March 4
Session C2: Wednesday March 11 to April 15
(No class on 3/18)

Session D1: Thursday Feb. 5 to March 5
Session D2: Thursday March 12 to April 16
(No class on 3/19)

Session E1: Saturday Jan. 21 to Feb 28
(No class on 2/7)
Session E2: Saturday April 11 to May 2

Times for Monday - Thursday sessions:
6:00 PM to 6:30 PM
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
11:00 AM to 11:35 AM

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

AQUATICS

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)

15AAQLSA	Monday	6:00 PM to 7:30 PM
15AAQLSB	Tuesday	6:00 PM to 7:30 PM
15AAQLSC	Wednesday	6:00 PM to 7:30 PM
15AAQLSD	Thursday	6:00 PM to 7:30 PM
15AAQLSE	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)

15AAQLPA	Monday	6:00 PM to 7:30 PM
15AAQLPB	Tuesday	6:00 PM to 7:30 PM
15AAQLPC	Wednesday	6:00 PM to 7:30 PM
15AAQLPD	Thursday	6:00 PM to 7:30 PM
15AAQLPE1	Saturday	9:30 AM to 11:00 AM
15AAQLPE2	Saturday	9:30 AM to 11:00 AM

Open Swim Appreciation 15AAQ31A

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: 03/8/2015 (Su)
 Time: 5:00 PM to 7:00 PM
 Fee: No charge
 Location: Natatorium, KSU Campus

Sunday Family Swim 15AAQ32

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: 02/15/2015 to 03/08/2015 (Su)
 Time: 5:00 PM to 7:00 PM
 Fee: \$8.00 - Individual
 \$20.00 - Family
 Location: Natatorium, K-State Campus

Shallow/Deep Water Exercise 15AAQSHD

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 M-Th and Deep Water meets only Tues/Thurs.

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

Date: 01/20/2015 to 5/07/2015 (M/T/W/TH)
 (No class 2/23 & 3/16 - 3/19)
 Time: 6:40 PM to 7:30 PM
 Fee: \$20 for 8 classes
 \$28 for 16 classes
 \$40 for 24 classes
 \$52 for 32 classes
 \$68 for 48 classes
 Location: Natatorium, K-State Campus

Intro to Sea Kayaking 15AAQ43A

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

Date: 01/25/2015 (Su)
 Time: 8:00 AM to 12 N
 Fee: \$77.00
 Location: Natatorium, K-State campus

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

Intro to Sea Kayaking 15AAQ43B

Instructor: Larry Storer

Date: 02/22/2015 (Su)
 Time: 8:00 AM to 12 N
 Fee: \$77.00
 Location: Natatorium, K-State campus

Extended Paddle Roll and Beyond 15AAQ44A

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

Date: 02/08/2015 (Su)
 Time: 8:00 AM to 12 N
 Fee: \$77.00
 Location: Natatorium, K-State campus

Extended Paddle Roll and Beyond 15AAQ44B

Instructor: Larry Storer

Date: 03/08/2015 (Su)
 Time: 8:00 AM to 12 N
 Fee: \$77.00
 Location: Natatorium, K-State campus





Scuba Diving 15AAQ105AZ

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

Date: 01/24/2015 to 02/28/2015 (Sa)
 Time: 9:30 AM to 1:30 PM
 Fee: \$257.00
 Location: Natatorium, K-State campus

Scuba Diving 15AAQ105BZ

Instructors: Tray Green & Jeff Freeborn

Date: 01/26/2015 to 03/02/2015 (M)
 Time: 6:00 PM to 10:00 PM
 Fee: \$257.00
 Location: Natatorium, K-State campus

Scuba Diving 15AAQ105CZ

Instructors: Tray Green & Jeff Freeborn

Date: 03/23/2015 to 04/27/2015 (M)
 Time: 6:00 PM to 10:00 PM
 Fee: \$257.00
 Location: Natatorium, K-State campus

Blended Learning: Lifeguard Training 15AAQ07A

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 to complete the online content before the first in-class skills session. **ONLINE COURSEWORK MUST BE COMPLETED BEFORE IN-CLASS SKILLS SESSION.** Please be sure to check your email frequently and ensure it's in working order. Certification requirements are as follows:

Part I: 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: 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 \$85 non-refundable deposit.

**Required CPR mask not included in fee. Purchase one for \$14.00 through UFM or bring your own.

**Prerequisites: candidates must

1) 15 years of age on or before the last scheduled day of class;
 2) Swim 500 yards continuously using these strokes in the following order:

* 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick

* 100 yards of breaststroke using rhythmic breathing and a stabilizing, propellant kick

* 200 yards of front crawl, breaststroke, or combination thereof

3) Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 lb object, return to the surface, and swim 20 yards back to starting point with both hands on the object and face above the water at all times. Certification requirements: demonstrate competency in all required skills, demonstrate competency in the three final skill scenarios, demonstrate level of maturity and responsibility consistent w/Red Cross standards, and correctly answer at least 80% of questions on written exams.

Instructors: Abby Thrash & Megan Bryant

Date: 03/28/2015 to 03/29/2015 (SaSu)
 Time: 9:30 AM to 7:00 PM
 Fee: \$165.00
 Location: Natatorium, K-State campus

Blended Learning: Lifeguard Training 15AAQ07B

Instructors: Abby Thrash & Megan Bryant

Date: 04/11/2015 to 04/12/2015 (SaSu)
 Time: 9:30 AM to 7:00 PM
 Fee: \$165.00
 Location: Natatorium, K-State campus

Blended Learning: Lifeguard Training Recertification 15AAQ35AR

Note: This is a Blended Learning Recertification class. Students will be emailed a link to follow instructions to complete a portion of the content online before the class meets on May 3. Students are required to bring their certificate of completion to the class. The online content is expected to take 4-6 hours to complete.

Pre-reqs:

1) Must be 15 years old on or before the final scheduled session of this course.

2) Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.

3) Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.

4) Complete a timed event within 1 minute, 40 seconds. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. Surface dive, feet first or head first, to a depth of 7 to 10 feet to retrieve a 10 pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

The class is a review for those who are already certified Lifeguards, but their certification is coming due or is within 30 days of expiration. Participants will demonstrate all water rescue skills and the pre-reqs. CPR/AED for the Professional Rescuer is included. plus a prerequisite swim. \$35.00 non-refundable fee. Instructor: Kelly Cook

Date: 05/02/2015 (Sa)
 Time: 9:30 AM to 3:00 PM
 Fee: \$94.00
 Location: Natatorium, K-State campus

CAREER & FINANCE

Get to Know

Your Money Personality **15AFC139**

Stressed out about money? Struggling with how to communicate with your partner about your finances? Learn about your unique money personality and then how to use that information to assist in overcoming conflicts. Receive tips on how to talk effectively about daily money decisions, including spending habits and debt.

Instructor: Nancy Hetzler

Date: 02/09/2015 (M)
Time: 6:30 PM to 8:30 PM
Fee: \$12.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Nancy Hetzler (Five Rings Financial) has 27 years experience in the financial industry.



Women and Wealth **15AFC124**

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.

Instructor: Nancy Hetzler

Date: 03/09/2015 (M)
Time: 6:30 PM to 8:30 PM
Fee: \$12.00
Location: UFM Conference Room
1221 Thurston St.



Accessing eBooks and Digital Magazines with Your iPad

NEW!

15AFC142

An introduction to using an iPad for accessing and reading eBooks and digital magazines. iPads will be provided for this hands-on class. We will explore what is available through your local library's digital collections and survey other apps for reading. Instructor: Mary Hammel, mhammel@ksu.edu

Date: 03/31/2015 (T)
Time: 6:00 PM to 7:30 PM
Fee: \$19.00
Location: Wamego Public Library
431 Lincoln St
Wamego, KS 66547

Mary Hammel is the Associate Director of the Catalyst Technology, Media and Creative Services Center in the College of Education at Kansas State University. She loves to share tools, new gadgets and helpful apps during the iPad Users Group at KSU.

iPads graciously provided by Wamego Technology Center.

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for information and updates
on classes and events.



Connect with UFM on
Facebook.com/UFMCLC



Computer Skills 101 **15AFC119**

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: 04/06/2015 to 04/27/2015 (M)
Time: 7:30 PM to 8:30 PM
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.

think **ANEW**

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CAREER & FINANCE

Presentation Skills Training

NEW!

15AFC141

Throughout history, we have seen the monumental changes that presentation skills have produced through individuals like Abraham Lincoln, Winston Churchill, and Martin Luther King Jr. Conversely, we have also seen the devastating results when these skills have been possessed by dangerous people like Adolf Hitler and Peoples Temple leader Jim Jones of Jonestown, Guyana. The skills to communicate effectively; to present one's ideas and to encourage, enlighten and entertain are some of the most powerful abilities to person can possess. We all have the tools. We need to practice them. We just have to devote the time and effort to develop them. Some people feel they don't have the talent to speak proficiently in front of others. Others are afraid to speak in front of groups. Public speaking is the "Number One" fear. This ability is not something a person has or doesn't have - it is a muscle that can be developed through exercise and practice. In this workshop, we start by talking to one or two people. We learn about the concepts that make our communication more comfortable and help our audiences understand our ideas. We practice with groups of friends to gain a level of comfort in our presentations. And finally, we are ready to share our ideas with larger groups such as in front of a large auditorium of students, church plays or sermons or in front large numbers of employees in a work setting. Instructor: James Hill, james.hill@ctcd.edu

Date: 03/07/2015 to 03/28/2015 (Sa)
*Registration deadline March 4
Time: 9:30 AM to 12 N
Fee: \$23.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Serving as a DOD certified Training Instructor and Corporate Trainer for about 15 years, Mr. Hill has developed proven communication techniques for reaching out to audiences both in formal and informal settings with a variety of topics. He currently serves as a Training Instructor at Fort Riley. In addition, Mr. Hill teaches college courses on an adjunct basis for three local colleges. Mr. Hill has a Master's of Science degree in Adult Education from Kansas State University and a Graduate Certificate in Human Resource Administration from Central Michigan University, Fort Riley Kansas Center. His professional memberships include American Society of Training & Development and Manhattan Toastmasters a non-profit civic organization dedicated to the improvement of public speaking skills.

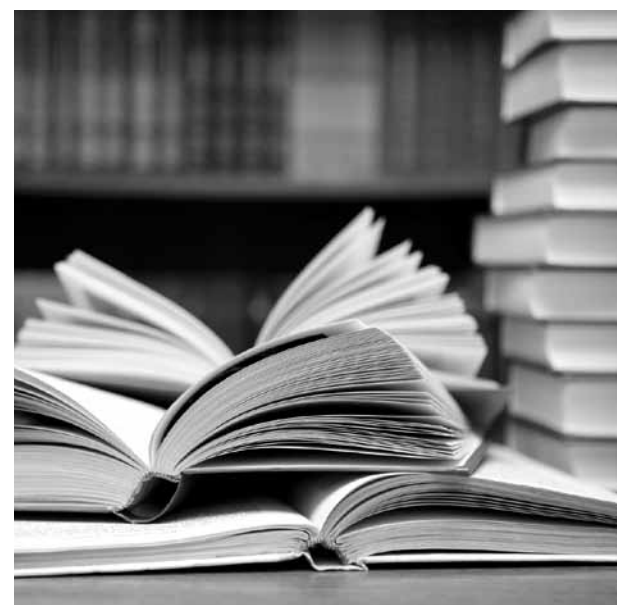
LSAT Prep Course

15AFC24

This is a 6-week LSAT practice and instruction course designed to significantly improve your score and increase your confidence going into the test. The basis of the course revolves around taking multiple actual previously administered LSAT tests in a proctored setting followed by targeted and personalized instruction from a real live person who has taken the test himself and scored consistently within the 99th percentile. A special emphasis will also be placed upon the Analytical Reasoning/Logic Games question, as it is the section where students typically see the most improvement with practice and instruction. This class is perfect for those desiring a structured study regimen and experienced advice before taking the LSAT. Fee includes materials. Deadline to enroll is Noon on March 27th. Instructor: Kent Dennis

Date: 04/06/2015 to 05/13/2015 (M/W)
*Deadline to enroll: March 27
Time: 7:00 PM to 9:30 PM
Fee: \$195.00
Location: Justin Hall Room 256
Kansas State University

Kent Dennis graduated from Kansas State University with a degree in Economics. He attended New York University School of Law on a full ride scholarship in the Fall of 2013 after scoring a 175 (99.5%) on the Law School Admission Test.



GRE Prep Course

15AFC06

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. An additional \$20 fee to order materials after the deadline. Instructor:

Date: TBA
Time: TBA
Fee: \$280.00
Location: TBA



Manhattan Arts Center

Spring 2015

<p style="text-align: center;"><i>Theatre</i></p> <p>Circle Mirror Transformation Jan 23 - 24 *The Fox on the Fairway Feb 27- Mar 1 & 6-8 A Melodrama: The Drunkard Mar 13 - 14 *The Mikado May 1-3 & 7-10 <i>* Main Stage Theatre Events</i></p> <p style="text-align: center;">MACademy Youth Theatre</p> <p>Missoula Children's Theatre: Blackbeard the Pirate Performances Jan 17 Paul Mesner Puppets Mar 28 Experimental Theatre for HS Students May - Jun</p>	<p style="text-align: center;"><i>BirdHouse & other music</i></p> <p>Jazz with Wayne Goins & Friends Jan 30 BH Special: Pokey LaFarge Feb 7 BH: Sally Barris Mar 27 BH: John Reischman & The Jaybirds Apr 18</p> <p style="text-align: center;"><i>Galleries</i></p> <p>Illustrations by Lindsay Yankey Jan 12 - Feb 21 KSU MFA Group Show Feb 8 - Apr 11</p> <p style="text-align: center;"><i>Plus Art & Music Classes, Clay and Painting Studios, & more!</i></p>
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1520 Poyntz Ave, Manhattan, KS 785-537-4420 www.manhattanarts.org

CREATIVE FREE TIME

Introduction to Adobe Lightroom

15ACF140

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, (785) 341-1047,
scott@scottbeanphoto.com

Date: 01/27/2015 to 02/05/2015 (T/Th)
Time: 7:00 PM to 9:00 PM
Fee: \$56.00
Location: UFM Computer Lab &
Conference Room
1221 Thurston St., 2nd floor

Introduction to Adobe Photoshop

15ACF65

The class will cover an introduction to image processing using Photoshop Elements 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, (785) 341-1047,
scott@scottbeanphoto.com

Date: 02/17/2015 to 02/26/2015 (T/Th)
Time: 7:00 PM to 9:00 PM
Fee: \$56.00
Location: UFM Computer Lab &
Conference Room
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.

Featured UFM Instructor

Scott Bean

.....

Growing up in Kansas I had a lot of opportunities to spend time outside, usually hunting or fishing. I hate to admit it, but at the time I didn't pay much attention to the landscapes around me. I did, however, learn to really love being outside. For me, my first forays into photography were an excuse to be outside and that 'excuse' is still a major driving force for me to be behind the camera. I like being outside, I like being out away from it all. I'd like to be able to say something deeper than that about why I choose to make photographs, but "I like to" is the most honest thing I can come up with. I love teaching photography and helping people learn more about their cameras.



Scott Bean Photography

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

Introduction to Digital Photography: The Basics

15ACF190

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 (Wed) 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 evenings a few hours before sunset. Participants will be responsible for their own transportation to the field trips.

Instructor: Scott Bean, (785) 341-1047,
scott@scottbeanphoto.com

Date: 04/09/2015 to 04/30/2015 (Th/Sa)
Time: 7:00 PM to 9:00 PM
Fee: \$68.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

CREATIVE FREE TIME

Guitar Private Instruction 15ACF199

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. 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: 01/20/2015 to 05/15/2015
 Time: TBD
 Fee: \$60.00 for 4 classes
 \$120.00 for 8 classes
 \$180.00 for 12 classes
 \$240.00 for 16 classes
 Location: TBD

Bass Guitar Private Instruction 15ACF200

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. 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: 01/20/2015 to 05/15/2015
 Time: TBD
 Fee: \$60.00 for 4 classes
 \$120.00 for 8 classes
 \$180.00 for 12 classes
 \$240.00 for 16 classes
 Location: TBD

Jonathan has been teaching guitar, bass guitar, vocals and mandolin since 1995. He currently teaches music in Manhattan Kansas.



Sax, Clarinet, Flute Private Instruction NEW! 15ACF232A

This class is designed for individual instruction. Whether you are a beginner or have experience you will learn techniques to improve your level of performance. Each student is responsible for their own instrument, mouthpiece, reeds and music. Please call Betsy Blazer to schedule your private lesson dates and times (dates and times available Monday - Thursday, meeting once a week for four weeks), after registering through UFM. Instructor: Betsy Blazer, (785) 406-0172

Date: 01/05/2015 to 02/02/2015
 Time: TBD
 Fee: \$60.00 for 4 classes
 Location: UFM
 1221 Thurston St.

Betsy Blazer has been teaching since 1986. She earned her master's degree in music from UNLV, is a graduate of Northwestern University and has played professionally around the globe!

Sax, Clarinet, Flute Private Instruction NEW! 15ACF232B

Instructor: Betsy Blazer, (785) 406-0172

Date: 02/02/2015 to 02/23/2015
 Time: TBD
 Fee: \$60.00 for 4 classes
 Location: UFM
 1221 Thurston St.



Sax, Clarinet, Flute Private Instruction NEW! 15ACF232C

Instructor: Betsy Blazer, (785) 406-0172

Date: 03/02/2015 to 03/30/2015
 Time: TBD
 Fee: \$60.00 for 4 classes
 Location: UFM
 1221 Thurston St.

Sax, Clarinet, Flute Private Instruction NEW! 15ACF232D

Instructor: Betsy Blazer, (785) 406-0172

Date: 04/06/2015 to 04/27/2015
 Time: TBD
 Fee: \$60.00 for 4 classes
 Location: UFM
 1221 Thurston St.

Sax, Clarinet, Flute Private Instruction NEW! 15ACF232E

Instructor: Betsy Blazer, (785) 406-0172

Date: 05/04/2015 to 05/28/2015
 Time: TBD
 Fee: \$60.00 for 4 classes
 Location: UFM
 1221 Thurston St.

Piano I 15ACF35AZ

This group keyboard class is designed for beginners with little or no previous keyboard instruction. Basic concepts to be studied include: note and rhythm reading, fundamental theory, basic chord-building, simple improvisation, and group and individual playing. Outside practice is essential for progress in this class. Specific information about course materials will be provided at the first class meeting. For questions and inquiries, please contact the instructor. Enrollment restrictions-- this class is for NON-MUSIC MAJORS only. Available for KSU credit. Instructor: Melinda Pickering

Date: 01/20/2015 to 03/10/2015 (T/Th)
 Time: 9:20 AM to 10:20 AM
 Fee: \$136.00
 Location: K-State McCain Auditorium - Room 127

Piano I 15ACF35BZ

Instructor: Melinda Pickering

Date: 03/12/2015 to 05/07/2015 (T/Th)
 Time: 9:20 AM to 10:20 AM
 Fee: \$136.00
 Location: K-State McCain Auditorium - Room 127

CREATIVE FREE TIME

Mask Work!

15ACF210

Mary Elizabeth Atwood has been making masks for over 20 years. Mask making has become a form of story-telling for her. Each mask is made on her face, then fired and painted to represent a particular intention. In this class, we will mindfully make two masks. One representing how we believe the world sees us and the second mask representing the true self we know ourselves to be. Clay will be provided. Participants need only to bring items that they would like to imprint in the wet clay. The masks will then be fired and a week later be ready to be painted and decorated.

Instructor: Mary Elizabeth Atwood, (785) 776-0327

Time: 4:30 PM to 5:30 PM
 Fee: \$57.00 - Materials included
 Location: 1500 N. 9th St.
 Manhattan, KS

Racing Robots

NEW!

15ACF236

Building things is fun. Being able to say "I made that" is one of the coolest things you can do. This class is going to take 1/6 scale R/C electric cars and combine them with Arduino microcontrollers to make very fast robots. The goal of the class is to take these robots, add GPS units, and have them race on a closed circuit at a local farm. Winner gets bragging rights. The instructor has a couple of cars, a bunch of arduinos and GPS units for use or participants can bring their own stuff. So everything is ready to go. An introduction to programming and basic circuit theory is part of the class. Participants will be expected to provide their own laptop.

Instructor: Bill Rust

Date: 01/14/2015 to 02/11/2015 (W)
 Time: 7:00 PM to 9:00 PM
 Fee: \$70.00
 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.

Chevron Quilt

NEW!

15ACF230

Chevron are the "in" design pattern right now. Come spend a day and make your own chevron quilt. We will use a quick cutting and piecing method that allows class participants to finish a chevron quilt top in just one day. The finished quilt will measure 45"x58". After you enroll, you will be email a supply sheet with fabric requirements. Come join us as we make an awesome quilt that you will enjoy for many years to come.

Instructor: Mandy Ridder, (785) 341-2687,
 number10mandy@gmail.com

Date: 01/31/2015 (Sa)
 Time: 8:30 AM to 4:00 PM
 Fee: \$32.00
 Location: First Presbyterian Church
 801 Leavenworth

Mandy made her first quilt at age 9 and has been hooked on quilting since. She loves sharing her passion for quilting and creating with others.

Making a T-Shirt Quilt

15ACF225A

You've seen the cool t-shirt quilts that others have made and now learn how to make one of your own. Come join us to learn the ins and outs of making these treasured quilts. The first class on April 1st (6:00p-7:00p) will go over the supplies and materials you will need to have for the two Saturday classes. The two Saturday classes (April 11 and 18, 8:30a - 4:00p) will involve all day workshops putting your t-shirt quilt together. It's suggested you have a minimum of 9 t-shirts to make your quilt, the maximum number of t-shirts is up to you. You will learn easy ways to put together smaller shirts with bigger shirts to make a one of a kind quilt, how to stabilize your t-shirts so they don't stretch, how to assemble your shirts and what to do when finishing your t-shirt quilt.

Instructor: Mandy Ridder, (785) 341-2687,
 number10mandy@gmail.com

Date: 02/04/2015 to 02/21/2015 (W/Sa)
 *Enrollment deadline 01/28/15
 Time: See class description
 Fee: \$41.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor



Weaving for Wannabes

15ACF215

This class is for people who want to learn about weaving. We will work on small table looms to learn the basics of weaving, and will cover some ways to make patterns in simple weavings. Students will leave with a sampler of weaves, or with usable "mug rugs" in various weavings. We will cover the basics of preparing a loom and there will be information given on where to find looms, yarns, equipment, and classes for further study.

Instructor: Marie Amthauer

Date: 03/07/2015 (Sa)
 Time: 8:30 AM to 12 N
 Fee: \$32.00
 Location: 801 Haid Ct.,
 Manhattan, KS

Marie has been weaving since 1973. In 1985, she was named Kansas Master Weaver and has taught weaving for many years, privately, classes for UFM, for the State of Kansas, and for Kansas Affiliation of Weavers and Spinners. She is a member of Manhattan Area Weavers and Spinners, Kansas Affiliation of Weavers and Spinners, and Handweavers Guild of America.

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CREATIVE FREE TIME

Get Hooked Again! Series

NEW!

Take your crochet projects beyond the basics. The Get Hooked Again! series of classes will explore specialty stitches and techniques to increase your confidence as you become a more skilled crocheter. These classes require a strong mastery of the chain, single and double crochet stitches, not designed for a beginning student. Take one class or all to move your crochet skills to the next level!

Instructor: Linda Teener

Linda taught herself to crochet in college. She has experimented with traditional and 3D crochet, Tunisian crochet and broomstick lace.

Texture and Specialty Stitches

NEW!

15ACF233

This class will introduce you to fun, specialty stitches that add visual interest and texture to your fabric. We will also review pattern reading. We will look at how the hook and yarn affects the product and how the stitches chosen affect the outcome. Bring a size H or J crochet hook and a worsted weight, light colored yarn. We will create swatches of several stitches during class.

Instructor: Linda Teener

Date: 02/17/2015 to 02/24/2015 (T)
 Time: 5:30 PM to 7:00 PM
 Fee: \$16.00
 Location: UFM Multipurpose Room
 1221 Thurston St.



Broomstick Lace

NEW!

15ACF234

This one time class will teach the basics of broomstick lace while creating an infinity scarf. This is a crochet skill that creates an open, often lace-like fabric. Participants need to be comfortable with the basic crochet skills of chain, single and double crochet. Bring a size J crochet hook. The yarn and "broomstick" are included in the class fee.

Instructor: Linda Teener

Date: 03/03/2015 (T)
 Time: 5:30 PM to 7:00 PM
 Fee: \$26.00 - Materials included
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor



Free Form Crochet

NEW!

15ACF235

Use your crochet skills to think outside the traditional pattern. We will look at how to create your own shapes, flat or three dimensional and how to add raised texture to your work. Bring a size H crochet hook and two or three worsted weight, light colored yarns. Caron Simply Soft works well as a learning yarn.

Instructor: Linda Teener

Date: 04/07/2015 to 04/14/2015 (T)
 Time: 5:30 PM to 7:00 PM
 Fee: \$16.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor



Barn Quilt Make & Take

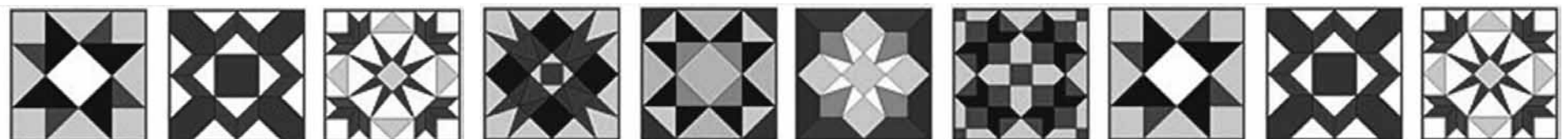
15ACF227

Have you wondered what the quilt blocks are doing hanging on barns, sheds and other outdoor structures? What are they made of? In this class participants will learn the history of Donna Sue Groves, the quilt trail movement and how to make a "barn" quilt block for their outdoor structure. A primed 16 inch x 16 inch board will be supplied, ready for participants to draw their pattern and paint! The "kit" will include a board, tape, foam brushes and paint for \$35. The paint choices will be primary red, blue, yellow, green, black and white. Patterns will be available at the class. This class will include a presentation about the history of barn quilts, the Kansas Flint Hills Quilt Trail, choosing a quilt block pattern and drawing the design on the board. Next participants will be taping and painting the block to take home with them.

Instructor: Sue Hageman

Date: 02/28/2015 (Sa)
 *Enrollment deadline 02/20/15
 Time: 9:00 AM to 3:00 PM
 Fee: \$35.00
 Location: UFM Solar Addition
 1221 Thurston St.

Sue is on the KS Flint Hills Quilt Trail Committee and is the winner of the 2013 Accuquilt Barn Quilt Design contest, making her quilt block design the official logo for the quilt trail. Sue has painted over 100 blocks and her passion is to help get blocks all over in the Flint Hills region. When Sue is not painting quilt blocks or promoting the KS Quilt Block Trail, she is also a quilter (the sewing kind) and has quilted for 15 years. She also enjoys biking and participated in Bike Across Kansas in 2013 and 2014.



EARTH & NATURE

Fly Fishing

15AEN04AZ

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. Class meets in Ahearn Gym (3/3, 3/4)

Paul Sodamann H: (785) 456-5654

Date: 03/02/2015 to 03/12/2015 (MTWTh)
Time: 6:00 PM to 8:00 PM
Fee: \$95.00
Location: K-State Durland/Rathbone Hall 1061

* Class meets in Ahearn Gym (3/3, 3/4)

Home Landscape Design

15AEN08

Property values can be increased by as much as 10-20% by smart landscape design. Learn the basics of landscaping your home and create your own design on paper to get one step closer to creating the look you want! Locally available resources will be presented. Edible landscaping will be discussed. 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: 02/10/2015 to 02/24/2015 (T)
Time: 7:00 PM to 9:00 PM
Fee: \$21.00 - Individual
\$30.00 - Couple
Location: Riley County Extension Office,
110 Courthouse Plaza
2nd Floor Meeting 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.

Photovoltaics 101

15AEN114

Solar electricity is not the solar you remember. New technologies and understanding of how it all fits into everyone's lives have completely changed the game. It is no longer out of reach either cost wise or kept in the hands of a small group of techno geeks. This is available to nearly anyone. We'll be talking about today's solar panels, the inverters which change the power coming off your roof into garden variety AC electricity coming out of your home's wall outlets. Working together as a cooperative, we cut the costs so the myth of "too expensive" fades into a pretty good investment for most people.

Instructor: Bill Dorsett, (785) 539-1956,
wmdorsett@sbcglobal.net

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

Date: 02/07/2015 (Sa)
Time: 9:30 AM to 10:45 AM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

Off Grid Solar

NEW!

15AEN126

It's funny how solar started in the backwoods and is now evolving in suburbia to use similar hardware to store the electricity for peak load periods and for power outages. Every family will define the level of storage they want, from none to completely disconnected. There are new storage choices: lithium ion batteries, industrial lead-acid, flywheels, compressed air, pumped water or thermal storage. To limit the size and cost of your storage bank, we'll talk about prioritizing uses and discuss which appliances make sense and which don't. These appliances too are changing as the cost of solar panels continues to plummet. We'll also discuss which inverters will operate with both grid and batteries or independently. Bring your thoughts to this ever changing topic.

Instructor: Bill Dorsett

Date: 02/07/2015 (Sa)
Time: 10:45 AM to Noon
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

The Causes and Record of Global Climate Change

15AEN120

Do you have trouble sorting out the various claims and counter-claims concerning global climate change? Are you just curious about what, how and why the Earth's climate changes? This class will provide an opportunity to learn about the various driving and feedback mechanisms that control global climate. We will look at the record of climate change through Earth history, which reveals times during which the climate was dramatically different from today. We will also see how it is possible for human activities to alter the climate today. There will be plenty of time for questions, so please bring yours.

Instructor: Keith Miller, (785) 537-5066,
keithbmill@gmail.com

Date: 02/14/2015 to 02/28/2015 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: No Charge
Location: Justin Hall Room 256
Kansas State University

How to Grow a Rainbow

15AEN127

A rainbow is an arch of spectral colors that appears in the sky, opposite of the sun as the result of refractive dispersion of sunlight in drops of water or mist. We'll create our own rainbow using the water glass method, the CD method and the water hose mist method. Or watch for a rainbow at the end of a Spring thunderstorm.

Instructor: Dorothy Gale

Date: 04/30/2015 (Th)
Time: 2:00 PM to 4:00 PM
Fee: - \$1.00
Location: UFM House
1221 Thurston St.



EARTH & NATURE

Intro to Geocaching 15AEN103

Geo is a prefix for earth. Cache is a hiding place used to store items. Today there are over 2.5 million geocaches hidden around the world. They can be found deep in the woods, under water and even stuck to the underside of park benches and the containers are getting increasingly clever. Geocaching has become a hobby for many individuals, friends and families. Has your interest been piqued? Here's your chance to find out more. The first hour of the class will cover the terms, basic information and how-to for geocaching. After that, the class will be hands-on and geocaching will take place on the KSU campus and close to UFM. If you already have a handheld GPS unit or smart phone or tablet, bring it to the class with you. We will download one of the free apps for geocaching. Some handheld GPS units will be available to borrow.

Instructor: Ryan Semmel,
flinthillsgeocaching@gmail.com

Date: 04/04/2014 (Sa)
Time: 1:00 PM to 4:00 PM
Fee: \$5.00 - Class fee - Family
\$2.00 - Class fee - Individual
Location: UFM Fireplace Room
1221 Thurston St.

Backcountry Skills 15AEN117AZ

The Backcountry Skills course is designed to give students detailed instruction and hands on experience with several outdoor skill groups including, Fire Making, Camp Craft, and Backcountry Navigation. The course will include four independent sessions each lasting 5 hours in length. Each session will include instruction, debrief, individual student demonstration and group exercise. Class will meet at the UFM house 1221 Thurston and then travel to outdoor class locations a short distance out of town. Students will provide transportation from the UFM house to outdoor classroom locations. Students need to be prepared to spend extended periods of time outdoors in a variety of weather conditions. Participants should also be prepared to hike up to 6 miles across uneven terrain. Ages 14+.

Instructor: Daniel Schapaugh, dts9765@ksu.edu

Date: 02/28/2015 to 03/08/2015 (Sa/Su)
Time: 12:30 PM to 6:00 PM
Fee: \$90.00
Location: UFM Fireplace Room
1221 Thurston St.

Daniel Schapaugh has been intensely involved with a variety of backcountry experiences for over 20 years.

Backcountry Skills 15AEN117BZ

Instructor: Daniel Schapaugh, dts9765@ksu.edu

Date: 04/11/2015 to 04/19/2015 (Sa/Su)
Time: 12:30 PM to 6:00 PM
Fee: \$90.00
Location: UFM Fireplace Room
1221 Thurston St.

Early Gardening Class **NEW!** 15AEN125

Want a garden but don't have space? Want early garden greens and veggie's but don't want to spend a lot for raised beds? In this workshop we will learn how to make a simple pallet garden from inexpensive materials that can be vertical or horizontal, in your garden, or on your patio, that will have you enjoying homegrown salads before any of your neighbors. People's Grocery and UFM have collaborated to bring you this class.

Instructor: Jennifer Guilford,
wellness@peoplesgrocerycoop.com

Date: 03/07/2015 (Sa)
Time: 2:00 PM to 4:00 PM
Fee: No Charge
Location: Community Garden - Riley Lane
Manhattan, KS

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

Wildflower Walk at Tuttle Creek Lake 15AEN69

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

*Rain date the following Sunday.

Instructor: Paul Weidhaas, (785) 539-8511

Date: 05/16/2015 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: Tuttle Creek Lake Visitor Center
5020 Tuttle Creek Blvd



Introduction to Beekeeping **NEW!** 15AEN124

Discover the importance of honeybees in our lives and the challenges they face. Learn about the beekeeping year, from buying equipment, to introducing your new bees, to honey extraction, to helping your bee colony survive the winter. Visit hives at the zoo, weather permitting.

Instructor: Konza Beekeepers Association

Date: 01/31/2015 (Sa)
Time: 9:00 AM to 12 N
Fee: \$15.00
Location: 2333 Oak St
Sunset Zoo -
Nature Exploration Center Classroom
Manhattan, KS

Food Forests and Plant Guilds: Not Just Another Gardening Class 15AEN74

Explore the ethics and core principles that define the permaculture method of designing sustainable environments and resilient communities. Learn why a hammock just might be your most valuable tool. Sponsored by the Flint Hills Resilience Coalition www.fhrconline.org

Instructor: Carol Barta, (785) 410-8608

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

Date: 01/25/2015 (Su)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor



EARTH & NATURE

Bicycle Ed 101 - For Women Only

15AEN75B

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: 03/20/2015 (F)
Time: 7:00 PM to 8:00 PM
Fee: \$10.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Core Concepts -- Drive-train Mechanics

15AEN76

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

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

Date: 03/08/2015 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$60.00
Location: Big Poppi Bicycle Co
1126 Moro St.



Bicycle Core Concepts -- Brake System Mechanics

15AEN77

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: 03/15/2015 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$60.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Major Bearing Systems

15AEN78

Four areas on the bike are key to smooth, efficient forward movement. Without good bearing adjustment you will not go anywhere 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: 03/22/2015 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$100.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Wheel Systems

15AEN79

Bicycle wheel building is a beautiful combination of science and art reserved for the patient. This class will explain the amazing amalgamation of parts and techniques 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!

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

Topics covered: wheel lacing 2-cross, 3-cross, 4-cross, radial, spoke tensioning, dishing, radial truing, lateral truing.

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

Date: 03/29/2015 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$10.00 or \$125.00
Location: Big Poppi Bicycle Co
1126 Moro St.



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

FUN FOODS



Asian Snack at Home

NEW!

15AFF127

More and more, people are sampling Asian foods. Explore new ingredients and culinary techniques unique to the Eastern world. This 2 hour session consists of a demonstration of 2 dishes, including okonomiyaki (Japanese pancake) and mattang (Korean crisp sweet potato).

Instructor: Juwon Choi

Date: 02/05/2015 (Th)
 Time: 6:00 PM to 8:30 PM
 Fee: \$20.00
 Location: Box Lab Kitchen
 407 Poyntz Avenue

Juowon is originally from South Korea and is currently seeking her doctorate in Hospitality Management & Dietetics at KSU. As an epicure, she has taught food-related classes at universities in her home country and has a culinary certificate as well. Juowon hopes you will explore Korea through its foods and foodways.



Easy Indian Cooking

15AFF121

Learn to make a traditional Indian meal using ingredients that can be found locally. We will be learning how to prepare a three course Indian meal: Appetizer: Sago Balls (crispy balls made out of sago, rice flour and spices). Entree: Biryani (rice cooked in spices and vegetables). Dessert: Seviya kheer (vermicelli cooked in milk and nuts).

Instructor: Likitha Vishnu,
 likithavishnu.1986@gmail.com

Date: TBA
 Time: TBA
 Fee: \$24.00
 Location: Box Lab Kitchen
 407 Poyntz Avenue

Junior Chefs: Herbs & Spices

NEW!

15AY091

Cooking with herbs and spices can be a ton of fun! Junior Chefs will make their own taco seasoning mix, try a tasty parsley-lemon pesto and make a refreshing basil orangeade drink. Ages 6 to 12 yrs.
 Instructor: Ginny Barnard

Date: 02/01/2015 (Su)
 Time: 1:30 PM to 3:30 PM
 Fee: \$10.00
 Location: Pottorf Hall at Cico Park -
 Clover Room

Junior Chefs: Eggs Unscrambled

NEW!

15AY092

Put on your detective hats Junior Chefs! We are going to discover some of the amazing cooking tasks eggs can perform and solve a few mysteries along the way. We will be making hardcooked eggs, scrambled eggs, and cocoa lava kisses. Ages 6 to 12 yrs.
 Instructor: Ginny Barnard

Date: 03/01/2015 (Su)
 Time: 1:30 PM to 3:30 PM
 Fee: \$10.00
 Location: Pottorf Hall at Cico Park -
 Clover Room

Ginny Barnard is the Riley County Extension Agent for Family and Consumer Sciences. She works with community partners to provide educational programs and skill-based workshops for people of all ages to improve their health.

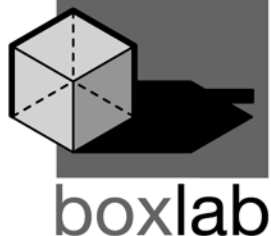
Junior Chefs: Muffin Mania

NEW!

15AY093

Do you know the Muffin Man? Junior Chefs will have fun in the kitchen as we whisk together some amazing blueberry muffins, corn muffins, and pumpkin chocolate chip muffins. Ages 6 to 12 yrs.
 Instructor: Ginny Barnard

Date: 03/29/2015 (Su)
 Time: 1:30 PM to 3:30 PM
 Fee: \$10.00
 Location: Pottorf Hall at Cico Park -
 Clover Room



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ONLINE LEARNING

Blended Learning: First Aid/CPR/AED

15AHW70A

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 be sure to check your email frequently and that it's in working order. Certification requirements are as follows:

Part I: 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: 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 \$35 non-refundable deposit.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/31/2015 (Sa)
* DIRECTIONS WILL BE EMAILED TO STUDENT
Time: 10:00 AM to 11:00 AM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED

15AHW70B

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/31/2015 (Sa)
* DIRECTIONS WILL BE EMAILED TO STUDENT
Time: 11:00 AM to 12 N
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Blended Learning: First Aid/CPR/AED

15AHW70C

Instructor: Kelly Reed-Harkness

Date: 02/07/2015 (Sa)
* DIRECTIONS WILL BE EMAILED TO STUDENT
Time: 9:30 AM to 11:00 AM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED

15AHW70D

Instructor: Kelly Reed-Harkness

Date: 04/17/2015 (F)
* DIRECTIONS WILL BE EMAILED TO STUDENT
Time: 5:30 PM to 7:00 PM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

See Page 7 for class descriptions and additional information for Blended Learning classes below:

Blended Learning: Lifeguard Training

15AAQ07A

Instructors: Abby Thrash & Megan Bryant

Date: 03/28/2015 to 03/29/2015 (SaSu)
Time: 9:30 AM to 7:00 PM
Fee: \$165.00
Location: Natatorium, K-State campus

Blended Learning: Lifeguard Training

15AAQ07B

Instructors: Abby Thrash & Megan Bryant

Date: 04/11/2015 to 04/12/2015 (SaSu)
Time: 9:30 AM to 7:00 PM
Fee: \$165.00
Location: Natatorium, K-State campus

Blended Learning: Lifeguard Training Recertification

15AAQ35AR

Instructor: Kelly Cook

Date: 05/02/2015 (Sa)
Time: 9:30 AM to 3:00 PM
Fee: \$94.00
Location: Natatorium, K-State campus



A One on One Introduction to Voiceovers

15ACF129

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/ooo> 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 01/20/15 and 05/01/15. Enroll before February 10th for \$24 or after for \$30. Once registered, or for any questions concerning the course, please contact Voices For All at support@voicesforall.com, or call 518-261-1664.

Instructor: Voices For All, LLC

Date: 01/20/2015 to 01/20/2015
Time: See class description
Fee: \$24.00 (Before February 10)
\$30.00 (After February 10)
Location: Online

HEALTH & WELLNESS

Past, Present & Future Uses of Essential Oils

14CHW160

First session - Introduction to the company and to the therapeutic Essential oils: These concentrated, natural aromatic liquids are extracted from shrubs, flowers, trees, roots, bushes, and seeds. Pure, unadulterated Essential oils have many potential benefits and are used daily to enhance the lives of millions. You will receive a CD, The Missing Link. Instructor: Enell Foerster, (785) 537-0977, foerbande@gmail.com

Date: 03/28/2015 (Sa)
Time: 10:00 AM to 12 N
Fee: \$22.00
Location: UFM Multipurpose Room
1221 Thurston St.

Nine Everyday Young Living Essential Oils

14CHW161

Second Session - Building a Natural Medicine Cabinet for First Aid: How to use the different oils in small emergencies like a headache or a bee sting. This session will include a CD presentation, discussion, hand out materials and Essential Oil samples.

*Prerequisite - Session 1 - 14CHW160
Instructor: Enell Foerster, (785) 537-0977, foerbande@gmail.com

Date: 04/25/2015 (Sa)
Time: 10:00 AM to 12 N
Fee: \$14.00
Location: UFM Multipurpose Room
1221 Thurston St.

Essential Oils for a Healthy Home and Environment

14CHW162

Thirds session - Using the Essential Oils for mold and helping keep our bodies healthy and our home clean. This session will include a CD presentation, discussion, hand out materials and Essential Oil samples. *Prerequisite - Session 1 - 14CHW160
Instructor: Enell Foerster, (785) 537-0977, foerbande@gmail.com

Date: 05/02/2015 (Sa)
Time: 10:00 AM to 12 N
Fee: \$14.00
\$12.00 - completed sessions 1 & 2
Location: UFM Multipurpose Room
1221 Thurston St.

Raindrop Technique and Essential Oils Demonstration

14CHW171

"Raindrop Technique is one of the safest, most noninvasive regimens for spinal health. It is also an invaluable method to promote healing from within using topically applied essential oils" (quote from the Essential Oils Desk Reference Book). Use of 9 difference Essential Oils. Name will be drawn from the group on their approval for the demonstration. Instructor: Patrica Casinelli & Enell Foerster, (785) 537-0977,

Date: 04/18/2015 (Sa)
Time: 10:00 AM to 12 N
Fee: \$32.00
Location: 513 Leavenworth
Body, Mind, and Spirit
(across from the Manhattan Post Office)

Women's Self Defense

15AHW118AZ

This course takes a holistic approach to self-defense, emphasizing both physical and psychological strategies. This class is designed to improve your awareness, personal safety, and self-confidence. Each class designed to deal with a different setting such as dating issues, walking alone, car crimes and home protection. Students will learn basic martial arts skills including jujitsu. No prior martial arts experiences required. Wear comfortable clothing and athletic shoes. Available for KSU credit. Instructor: Kyoshi Pamela Johansen, pam@midamerica-karate.com

Date: 01/24/2015 to 02/07/2015 (Sa/Su)
Time: 1:00 PM to 4:00 PM
Fee: \$70.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Visit www.tryufm.org for additional Women's Self Defense class offering dates and times.



Self-Awareness is Your First Self-Defense

NEW!

15AHW204

In this four-week class, topics of security and self-awareness will be covered, including the areas of: the phone, your living space, romance and money. The goal of the class is to learn about self-awareness in each of these areas and ways to stay safe. Instructor, Stan Wilson, has been studying self-defense and martial arts since 1970 and has experience handling many of the issues that will be discussed in the class. The class fee includes a copy of Stan's book, Theory of Self-Defense.

Instructor: Stan Wilson, (785) 313-5488, stan3804@att.net

Date: 04/06/2015 to 04/27/2015 (M)
Time: 7:00 PM to 8:30 PM
Fee: \$35.00
Location: UFM Fireplace Room
1221 Thurston St.

Stan Wilson has studied martial arts since 1970 and has a black belt in Hakkoryu Jujutsu and a black sash in Pai Lum Kung Fu.

Yes Means Yes

NEW!

15AHW181

Yes Means Yes is a six-week positive sexuality seminar led by student, faculty, and staff facilitators. Yes Means Yes gives students the unique opportunity to gather with people from across campus to engage in honest discussion. The seminar covers topics of positive sexuality in an attempt to destigmatize and encourage conversation about sex, pleasure, a healthy sexual climate on campus, bystander intervention, consent, combating sexual violence, and the way different identities interact with sex and sexuality.

Instructors: Jessica Haymaker, Jenna Tripodi & Jessica Munoz

Date: 03/24/2015 to 04/28/2015 (T)
Time: 4:00 PM to 5:30 PM
Fee: No Charge
Location: Justin Hall Room 256
Kansas State University

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[Facebook.com/UFMCLC](https://www.facebook.com/UFMCLC)

HEALTH & WELLNESS

Mindfulness-based Stress Reduction **NEW!** 15AHW126A

Mindfulness-based Stress Reduction (MBSR) is a non-sectarian, empirical investigation of the field of mind and matter. All participants will learn how to self-regulate the fight or flight response. All participants will learn how feelings are mental stressors that may be observed and controlled. Sitting and walking meditation along with Mindfulness Movements will be the feature techniques offered. Mental Health Professionals and Health Care Providers are especially encouraged to participate in this course and are being offered a deep discount of 30% on the base price. CME's and CEU's are pending final approval. The Saturday practice intensive session will be June 14 from 10:15 to 4:15 pm.
Instructor: Dr. Matthew Cobb

Date: 01/22/2015 to 03/12/2015 (Th)
Time: 5:15 PM to 7:00 PM
Fee: \$175.00
Location: UFM Solar Addition
1221 Thurston St.

Mindfulness-based Stress Reduction **NEW!** 15AHW126B

Instructor: Dr. Matthew Cobb

Date: 03/26/2015 to 05/14/2015 (Th)
Time: 5:15 PM to 7:00 PM
Fee: \$175.00
Location: UFM Solar Addition
1221 Thurston St.

Series of Three: Bright Life Strategies 15AHW146

Register for this class and participate in any combination of three classes. See class descriptions listed below Fee \$98.00 - savings of \$10.00.
Instructor: Palma Holden (785) 341-9072

Bright Life Strategies: Peeling the Layers 15AHW145

Are you curious to know what's under the negative gunk we pile on ourselves? Would you like to let go of unproductive thoughts, feelings or stories? Then you're ready for Palma's "bright light" work! You'll be guided to peel the layers that have been getting in the way of greater happiness and success and connect to a place of strength, peace and light.
Instructor: Palma Holden, (785) 341-9072, palma@brightlifeconsulting.com

Date: 02/17/2015 (T)
Time: 6:00 PM to 7:30 PM
Fee: \$36.00
Location: UFM Solar Addition
1221 Thurston St.

Bright Life Strategies: Empowering Questions 15AHW177

Do you ever wonder why it seems so hard to move forward? Sometimes, how we speak is counterproductive to what we actually want for ourselves and others. Often, that's due to the old tapes we are playing that we learned from others. If you'd like to begin shifting negative self talk and create positive, empowering questions for yourself and your life, this workshop is for you.
Instructor: Palma Holden, (785) 341-9072, palma@brightlifeconsulting.com

Date: 03/11/2015 (W)
Time: 6:00 PM to 7:30 PM
Fee: \$36.00
Location: UFM Solar Addition
1221 Thurston St.

Bright Life Strategies: Shifting Into Compassion 15AHW143

Are you feeling the need to bring more compassion to the planet and those you love? Would you like to learn ways to do this? Together, we'll focus on heart-centered meditations to promote peace within and globally. (785) 341-9072
Instructor: Palma Holden (785) 341-9072, palma@brightlifeconsulting.com

Date: 04/07/2015 (T)
Time: 6:00 PM to 7:30 PM
Fee: \$36.00
Location: UFM Solar Addition
1221 Thurston St.

Bright Life Strategies: Meditative Song and Dance **NEW!** 15AHW182

Sitting in silence has its own rewards, and so does dancing and singing. In this workshop, we'll focus on the latter, connecting to the spirit within through the use of chanting music and gentle movement.
Instructor: Palma Holden, (785) 341-9072, palma@brightlifeconsulting.com

Date: 04/29/2015 (W)
Time: 6:00 PM to 7:30 PM
Fee: \$36.00
Location: UFM Solar Addition
1221 Thurston St.

Home Brewing Kombucha **NEW!** 15AHW129

With this class you'll discover the ease of becoming a confident home brewer! We'll go over a brief history of this tasty fermented beverage and its many health benefits, and teach several flavoring methods. SCOBYs will be provided for all class participants.
Be Sure to Bring:

- * Glass container (no larger than 1 Liter)
- * Rubber band (to fit the mouth of your jar)
- * Dish Towel (to fit over the mouth)

People's Grocery and UFM have collaborated to bring you this class.

Instructor: Faris Anwar

Date: 04/18/2015 (Sa)
Time: 2:00 PM to 3:30 PM
Fee: No Charge
Location: People's Grocery
1620 Fort Riley Blvd

Spring Cleanse 15AHW139

When the seasons are changing our bodies are under stress because of changing temperatures and longer or shorter days/nights. February or March and 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 your body 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 may want to bring a note book, and there will be scrap paper and pens to make notes about anything you want to remember. It's a good idea to come to class with an empty stomach so that you can enjoy the fresh juices and salads we'll be making.
People's Grocery and UFM have collaborated to bring you this class.

Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 03/28/2015 (Sa)
Time: 11:15 AM to 1:15 PM
Fee: No Charge
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

Ana is a certified Natural Health Consultant.

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

HEALTH & WELLNESS

Meditation:

NEW!

Taking Time for Yourself! **15AHW183**

We'll cover meditation basics in this conversational and experiential class: setting sacred space, relaxing, grounding, and mindfulness. People's Grocery and UFM have collaborated to bring you this class.

Instructor: Palma Holden, (785) 341-9072, palma@brightlifeconsulting.com

Date: 02/04/2015 (W)
Time: 6:00 PM to 7:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

Ayurveda

NEW!

15AHW184

Abhyanga, self-massage practice: One of the traditions associated with Ayurveda and Vedic healing techniques is oil massage. This is often done on oneself as part of a preventive daily practice to cleanse the body and help its immune and other systems to function as they should. There are many kinds of oils, many reasons to use this self-massage on a daily basis. We'll explore this topic and learn how it's done, and why, from someone who has been using it for years. People's Grocery and UFM have collaborated to bring you this class. Ana is a certified Natural Health Consultant.

Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 01/31/2015 (Sa)
Time: 11:15 AM to 12:15 AM
Fee: No Charge
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

I'd like to try yoga, but I don't know how to do it workshop

15AHW174

Many people would like to experience yoga, but think they need to know how in order to come to a class. This workshop will teach you basic terms, breathing and fundamental poses in Yoga. You will learn a simple yoga practice you can do at home and you can take other classes knowing that you can do yoga! Instructor: Debbie Newton, dnewton@flinthills.com

Date: 01/25/2015 (Su)
Time: 4:30 PM to 6:00 PM
Fee: No Charge
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Debbie has been a certified yoga teacher (CYT) since 2007.

Evening Yoga

15AHW88A

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

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 01/27/2015 to 02/24/2015 (T)
Time: 5:30 PM to 7:00 PM
Fee: \$29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Evening Yoga

15AHW88B

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 03/03/2015 to 03/31/2015 (T)
Time: 5:30 PM to 7:00 PM
Fee: \$29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Evening Yoga

15AHW88C

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 04/07/2015 to 05/05/2015 (T)
Time: 5:30 PM to 7:00 PM
Fee: \$29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Morning Yoga

15AHW89A

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

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 01/31/2015 to 03/07/2015 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Morning Yoga

15AHW89B

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 03/28/2015 to 05/02/2015 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Restorative Yoga

15AHW140A

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, dnewton@flinthills.com

Date: 02/08/2015 to 03/08/2015 (Su)
Time: 6:30 PM to 7:30 PM
Fee: \$29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Restorative Yoga

15AHW140B

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 03/15/2015 to 04/19/2015 (Su)
(No class 4/5)
Time: 6:30 PM to 7:30 PM
Fee: \$29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Chair Yoga

15AHW156A

Chair Yoga 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, & range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction. (All levels welcome)

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 02/10/2015 to 03/10/2015 (T)
Time: 1:30 PM to 2:30 PM
Fee: \$29.00
Location: UFM Solar Addition
1221 Thurston St.

Chair Yoga

15AHW156B

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 03/24/2015 to 04/21/2015 (T)
Time: 1:30 PM to 2:30 PM
Fee: \$29.00
Location: UFM Solar Addition
1221 Thurston St.

Relax and Focus

15AHW175B

Learn how to relax and let go of stressful feelings. We'll be practicing time-tested yoga techniques, using the breath, body and conscious awareness to manage the fast pace of our lives by slowing down and enjoying the present moment. These skills, once learned, can make for a happier life.

Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 04/03/2015 to 05/22/2015 (F)
 Time: 11:00 AM to 12 N
 Fee: \$89.00
 Location: Heart Space Yoga
 321 Poyntz Ave, Ste A

Move and Energize

15AHW176B

Our bodies were made to move. This dynamic yoga class teaches the art of moving your body effortlessly in ways that create a flow of energy without tiring you. Expect to feel refreshed and energized when you leave this class.

Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 04/03/2015 to 05/22/2015 (F)
 Time: Noon to 12:45 PM
 Fee: \$89.00
 Location: Heart Space Yoga
 321 Poyntz Ave, Ste A

Gentle Yoga for All

15AHW99C

(Was Yoga Over Forty) This class will help to 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, (785) 537-8224, yogaconnection@gmail.com

Date: 04/07/2015 to 05/26/2015 (T)
 Time: 5:30 PM to 6:45 PM
 Fee: \$89.00
 Location: Heart Space Yoga
 321 Poyntz Ave, Ste A

Gentle Yoga for All

15AHW99D

Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 04/09/2015 to 05/28/2015 (Th)
 Time: 5:30 PM to 6:45 PM
 Fee: \$89.00
 Location: Heart Space Yoga
 321 Poyntz Ave, Ste A

Ana Franklin is a certified Yoga teacher who began her own practice forty years ago. Her teaching is detail oriented with personal attention given to individual students. Ana says, "I am devoted to communicating the ancient wisdom of yoga in a way that everyone will understand and benefit from this healing tradition".

Yoga 1

15AHW15AZ

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. Available for KSU credit.

Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 01/20/2015 to 03/10/2015 (T/Th)
 (No class 3/17, 3/19)
 Time: 10:30 AM to 11:30 AM
 Fee: \$99.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Yoga 1

15AHW15BZ

Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 01/21/2015 to 03/11/2015 (W/M)
 (No class 3/16, 3/18)
 Time: 10:30 AM to 11:30 AM
 Fee: \$99.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Yoga 1

15AHW15CZ

Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 01/21/2015 to 03/11/2015 (W/M)
 (No class 3/16, 3/18)
 Time: 5:30 PM to 6:30 PM
 Fee: \$99.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Yoga 1

15AHW15DZ

Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 03/12/2015 to 05/07/2015 (Th/T)
 (No class 3/17, 3/19)
 Time: 10:30 AM to 11:30 AM
 Fee: \$99.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Yoga 1

15AHW15EZ

Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 03/23/2015 to 05/06/2015 (M/W)
 Time: 10:30 AM to 11:30 AM
 Fee: \$99.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Yoga 1

15AHW15FZ

Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 03/23/2015 to 05/06/2015 (M/W)
 Time: 5:30 PM to 6:30 PM
 Fee: \$99.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor



Heart Space
yoga

Ana Franklin

321 Poyntz Avenue
 Suite A
 Manhattan, KS 66505

785-341-9908

www.yogaconnection.byregion.net

INTERESTED IN TEACHING
 A CLASS FOR UFM?

SUMMER 2015 SUBMISSION DEADLINE IS
 MARCH 13, 2015.

FOR MORE INFORMATION EMAIL
[KAYLA@TRYUFM.ORG](mailto:kayla@tryufm.org)

HEALTH & WELLNESS

Your Divine Self: Celebrating Who You Really Are

15AHW180

Come join us for a celebration of your Divinity. Explore your divine body, divine spirit, your perception of God/Source/Universal Love, and the One Consciousness. Get the e-book for free with class registration, do the creative art and writing exercises on your own, then come join us to share your experiences and expressions in a party at Radina's in Aggieville. No artistic experience is required as we will be creating for self-expression and exploration rather than learning art techniques. This is a party for anyone who wants to feel really good about themselves, their life and their relationships. This is a celebration of the magnificent beauty and preciousness that you are. Prepare to expand, unfold, and be joyful.

Instructor: Linda Rae Email: lindarae@lindarae.org

Date: 05/02/2015 (Sa)
Time: 11:30 AM to 2:30 PM
Fee: \$72.00
Location: Radina's Coffeehouse, Aggieville
616 N. Manhattan

Linda Rae is an artist, registered art therapist, and author. Her abstract paintings express the profound joy she experiences in life and her digital art prints depict the One Consciousness. You can find information about her work at www.lindarae.org.



**OPEN SEVEN DAYS A WEEK:
9AM-8PM**

**People's Grocery Co-op has a wide variety
of healthy and nutritious food
and home products.**



Blended Learning: First Aid/CPR/AED

15AHW70A

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 be sure to check your email frequently and that it's in working order. Certification requirements are as follows:

Part I: 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: 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 \$35 non-refundable deposit.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/31/2015 (Sa)
* DIRECTIONS WILL BE EMAILED TO STUDENT
Time: 10:00 AM to 11:00 AM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED

15AHW70B

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/31/2015 (Sa)
* DIRECTIONS WILL BE EMAILED TO STUDENT
Time: 11:00 AM to 12 N
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED

15AHW70C

Instructor: Kelly Reed-Harkness

Date: 02/07/2015 (Sa)
* DIRECTIONS WILL BE EMAILED TO STUDENT
Time: 9:30 AM to 11:00 AM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Blended Learning: First Aid/CPR/AED

15AHW70D

Instructor: Kelly Reed-Harkness

Date: 04/17/2015 (F)
* DIRECTIONS WILL BE EMAILED TO STUDENT
Time: 5:30 PM to 7:00 PM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Responding to Emergencies 15AHW19Z

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life, minimize pain, and reduce 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. Available for KSU credit.
Instructor: Henry Brown

Date: 02/07/2015 to 02/21/2015 (Sa/Su)
Time: Noon to 6:30 PM
Fee: \$154.00
Location: UFM Banquet Room
1221 Thurston St.

LANGUAGE

Swahili Language and Cultures of Africa

15ALA53

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

Date: 03/28/2015 to 04/25/2015 (Sa)
Time: 10:30 AM to 12 N
Fee: \$50.00
Location: UFM Fireplace Room
1221 Thurston St.

Joab is originally from Kenya and is currently seeking his doctorate of sociology from KSU. He has taught the Swahili language to students for nearly 25 years in multiple countries throughout the world. Joab looks forward to sharing his culture and his language with you.



Coptic Culture & Language

NEW!

15ALA57A

The Coptic Culture refers to the Egyptian Christians who were evangelized by St. Mark the Apostle in the 1st century, A.D. The class will include customs and traditions, monks and monasticism, music and coptic language that is considered a dialect of the ancient Egyptian language (Hieroglyphic).
Instructor: Basem Boutros

Date: 01/31/2015 (Sa)
Time: 4:00 PM to 6:00 PM
Fee: \$19.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Basem is a visiting scholar from Egypt and is a student at Kansas State University, completing research in food safety. He is happy to share Egyptian history, culture, food and more.

Coptic Culture & Language

NEW!

15ALA57B

Instructor: Basem Boutros

Date: 02/01/2015 (Su)
Time: 2:00 PM to 4:00 PM
Fee: \$19.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Beginning Conversational Sign Language

15ALA23

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

Date: TBA
Time: TBA
Fee: \$59.00
Location: TBA

Introduction to Spanish

15ALA33

In this course, students will receive a basic introduction to the exciting world of the Spanish Language. While this opportunity may seem like one big fiesta, the class will cover topics useful in real life situations such as basic vocabulary, numbers, grammar and sentence structure. Students are encouraged to bring a notebook and writing utensil to class. Ages 13 and up are welcome
Instructor:

Date: TBA
Time: TBA
Fee: \$46.00
Location: TBA

Discover the Past!

Riley County Historical Museum
2309 Claflin Road
Tues. – Fri. 8:30 – 5:00
Sat. & Sun. 2:00 – 5:00
Research Library by appointment
785.565.6490

Goodnow House Museum
State Historic Site
2301 Claflin Road
Ask for a tour at the Riley Co.
Historical Museum

Wolf House Museum
630 Fremont Street
Sat. & Sun. 2:00 – 5:00
Also by appointment

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

www.rileychs.com

MARTIAL ARTS

ProTek Key Self-Defense

NEW!

15AMA20A

ProTek Key is a modern, easy to use and easy to learn self-defense tool that can be taken anywhere. It's safe to carry and more reliable than some other products. We offer a short 1 and a half to 2 hour fun filled safe class where we will teach you everything you need to know to take full advantage of this simple yet easy to use self-defense tool. No experience needed. ProTek Key your key to self-defense. Instructor: David Moore

Date: 01/28/2015 (W)
Time: 7:00 PM to 9:00 PM
Fee: \$39.00
Location: Sun Yi's Academy
1650 Hayes Dr.

ProTek Key Self-Defense

NEW!

15AMA20B

Instructor: David Moore

Date: 03/04/2015 (W)
Time: 7:00 PM to 9:00 PM
Fee: \$39.00
Location: Sun Yi's Academy
1650 Hayes Dr.

ProTek Key Self-Defense

NEW!

15AMA20C

Instructor: David Moore

Date: 04/08/2015 (W)
Time: 7:00 PM to 9:00 PM
Fee: \$39.00
Location: Sun Yi's Academy
1650 Hayes Dr.

White Phoenix (Pai Lum) Kung Fu

NEW!

15AMA21

White Phoenix Kung Fu is a style that combines hard, soft and internal methods in one system. The class will include "bows", stances, blocks, punches, kicks, strikes, and one step sparring. Instructor: Stan Wilson, (785) 313-5488, stan3804@att.net

Date: 01/28/2015 to 04/29/2015 (W)
Time: 7:00 PM to 8:00 PM
Fee: \$66.00
Location: K-State Ahearn Fieldhouse

Stan Wilson has an eight degree black sash in Kanasa Pai Lum and a first degree black sash in 18 Taoist Palms Kung Fu. He has been practicing martial arts since 1970.

Tae Kwon Do I

15AMA01Z

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+. Available for KSU credit. Instructor: David Moore

Date: 01/20/2015 to 05/07/2015 (T/Th)
(No class 3/17, 3/19)
Time: 5:00 PM to 6:00 PM
Fee: \$72.00
Location: Sun Yi's Academy
1650 Hayes Dr.

Karate & Self-Defense

15AMA10

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: Kyoshi Pamela Johansen, pam@midamerica-karate.com

Date: 01/24/2015 to 03/07/2015 (Sa)
(No class 2/14)
Time: 11:30 AM to 12:30 PM
Fee: \$72.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Kyoshi 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.

Judo I

15ARF08Z

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. Available for KSU credit. Instructor: Jim Kiker

Date: 01/22/2015 to 05/07/2015 (Th/M)
(No classes 3/16, 3/19)
Time: 8:00 PM to 9:00 PM
Fee: \$75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Judo II

15AMA09Z

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. Available for KSU credit. Instructor: Jim Kiker

Date: 01/22/2015 to 05/07/2015 (Th/M)
(No class 3/16, 3/19)
Time: 8:00 PM to 9:30 PM
Fee: \$75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor



Teach a class at UFM!

*Share a hobby or skill

*Meet new people

*Enhance your business



PERSONAL INTEREST

Finding a Faith for Today **NEW!** 15API136

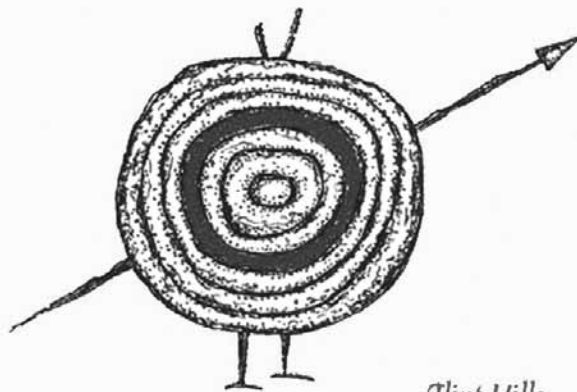
This is a discussion-style class to critically look at Christian beliefs and question what you know. There are only two required beliefs to participate in the class. First, God exists independent of man or woman. Second, our spirit is a piece of God injected into our body before we are born and returning to God after we die. That's it. The first question in the class will be, "Tell me why this is wrong". This class is intended to make you think, in fact make you think unthinkable thoughts. Topics to be covered include DeCartes' "Cogito ergo sum", the role of constructivism, both radical (individual) and social (group), in what we know as individuals and society, the role of language in obfuscating our thoughts, alternative logical systems, i.e. Piaget's trinary logic, etc. The goal of this class is to get thinking people together who are open to new ideas about things, faith and religion, that most people have strong beliefs about but little idea of where those beliefs came from.

Instructor: Bill Rust

Date: 02/18/2015 to 03/11/2015 (W)
Time: 7:00 PM to 9:00 PM
Fee: \$15.00
Location: UFM Multipurpose Room
1221 Thurston St.



Limited scholarships are available for adults & children who qualify for established income guidelines.



Flint Hills
Wisdom Keepers

Make a Medicine Wheel **NEW!** 15API137

In this class you will both visit an outdoor medicine wheel constructed by the leader and make your own medicine wheel on cardboard using a paper chart for the year. Small stones will be glued on top for each stone of the medicine wheel. This medicine wheel teaches you the significance in native tradition of the circle, the four directions, the animal totem at your birth stone, and other aspects of the quadrants, plants, and pathways of the wheel. There are many different meanings for medicine wheel circles in various native traditions. You will learn two traditions in this class: 1) The Medicine Wheel of Sun Bear from the book of the same title and author; 2) The Big Horn Medicine Wheel, an ancient stone circle in Wyoming 300-800 years old that can be searched on the internet. Books on both medicine wheels are in the Manhattan Public Library. Sun Bear's medicine wheel helps one as a life journey guide for the year traveling sunwise around the wheel. The Big Horn medicine wheel is fascinating to observe how ancient, indigenous people aligned the rocks with certain stars to help them with planting and harvesting times. You are welcome to bring small dime-to-quarter size stones special to you for constructing your medicine wheel although all supplies will be provided.

Instructor: Pat Embers

Date: 03/07/2015 (Sa)
Time: 10:00 AM to 12 N
Fee: \$15.00
Location: 733 Galaxy Drive
Manhattan, KS 66502

Pat is vice-president of the Flint Hills Wisdom Keepers Foundation that sponsors the annual Flint Hills Wisdom Keepers Gathering hosting 5 invited American Indian elders and presenters near Council Grove, KS. Visit website: www.fhwisdomkeepers.org to learn about the next gathering, April 24-27, 2015.

Making the Most of Our Senior Years 15API84

The truth is as people enter their senior years, we are presented with realities and choices that can present exciting new experiences and expanded opportunities. At the same time, we are confronted with some of the challenges of potential decline in health, limits of physical prowess, retirement from long-term work, and the reality that life has an ultimate ending. This four session workshop will seek out the following outcomes: (a) reflective planning for developing meaningful goals; (b) developing enhanced self awareness of our own ability to manage our stress, health and physical/mental/social activity; (c) training is the process of self-regulation demonstrating how the mind/body connection is an intentionally learned process that can make a major difference. Activities will include: (1) readings and brief presentation examples from recent theory and research on aging; (2) group discussions and interactions personalizing these ideas in our own lives; (3) demonstration of the mind/body self-regulation methods demonstrating self-management activity and biofeedback monitoring.

Instructors: Fred Newton, Art Rathbun & Dan Wilcox

Date: 04/07/2015 to 04/28/2015 (T)
Time: 4:00 PM to 5:15 PM
Fee: \$9.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Fred Newton served as Director of Counseling and Professor of Education during the past 34 years at Kansas State University. Since his retirement (2012) he describes himself as a gardener, photographer, traveler, sport psychologist, consultant, writer and part-time instructor.

Art Rathbun was employed at Kansas State University for more than 20 years as coordinator of the Biofeedback/Stress Management laboratory. He is also an ordained minister, counselor and horse breeder. Art has taught a course on Stress Management/Performance Enhancement with both online and workshop formats for the past 20 years.

Dan Wilcox is on the faculty for Special Education, Counseling and Student Affairs and Counseling in KSU College of Education. He is a licensed psychologist and has been a practicing counselor, workshop leader and guest speaker with a focus on positive psychology and the benefits of optimism, well-being and meaningfulness in life.

Craft Coffee

15API88A

A basic look at craft coffee brewing methods. We will cover the basics of coffee extraction by examining V60 and Chemex Pourovers, Aeropress and Cold Brew methods. This class will teach you simple ways to make delicious, high quality coffee at home. Participants will receive their own cold brew kit!
Instructor: Ben Motley

Date: 02/03/2015 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$15.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Craft Coffee

15API88B

Instructor: Ben Motley

Date: 03/03/2015 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$15.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Craft Coffee

15API88C

Instructor: Ben Motley

Date: 03/31/2015 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$15.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Craft Coffee

15API88D

Instructor: Ben Motley

Date: 04/21/2015 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$15.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Craft Coffee

15API88E

Instructor: Ben Motley

Date: 05/12/2015 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$15.00
Location: Arrow Coffee Company
1800 Claflin Road, #160



Tiny Houses

15API91

Explore how living small creates a bigger life. Sponsored by the Flint Hills Resilience Coalition
www.fhrconline.org
Instructor: Carol Barta, (785) 410-8608

Date: 02/22/2015 (Su)
Time: 7:00 PM to 8:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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

Intentional Communities

15API92

Community is the secret ingredient in sustainability. We will watch the documentary "Within Reach" and discuss options for creating community where we live. Sponsored by the Flint Hills Resilience Coalition
www.fhrconline.org
Instructor: Carol Barta, (785) 410-8608

Date: 03/29/2015 (Su)
Time: 7:00 PM to 8:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Vinyl Record Care & Cleaning Workshop

NEW!

15API93A

Each class will cover the basics of cleaning & care of your vinyl record collection, as well as some turntable terminology and a little record history. Hopefully, we'll give you enough practice with cleaning that your record collection will look as good, if not better than when you purchased it. We'll answer questions, allow everyone to work with our industrial Keith Monk Record Cleaning Machine, teach you some tricks of the trade, and have a good time. Heck, you'll even get a free gift just before you leave! Ages 14+.
Instructors: Leah Cunnick & Sarah Cunnick, (785) 770-9767, s_o_smusic@yahoo.com

Date: 02/02/2015 (M)
Time: 6:00 PM to 8:00 PM
Fee: \$24.00
Location: 1214 C. Moro
Manhattan, KS
Sisters Of Sound Records - Aggieville

Vinyl Record Care & Cleaning Workshop

NEW!

15API93B

Instructors: Leah Cunnick & Sarah Cunnick, (785) 770-9767, s_o_smusic@yahoo.com

Date: 03/02/2015 (M)
Time: 6:00 PM to 8:00 PM
Fee: \$24.00
Location: 1214 C. Moro
Manhattan, KS
Sisters Of Sound Records - Aggieville

Vinyl Record Care & Cleaning Workshop

NEW!

15API93C

Instructors: Leah Cunnick & Sarah Cunnick, (785) 770-9767, s_o_smusic@yahoo.com

Date: 04/06/2015 (M)
Time: 6:00 PM to 8:00 PM
Fee: \$24.00
Location: 1214 C. Moro
Manhattan, KS
Sisters Of Sound Records - Aggieville



FIND THE FAKE CLASS IN THE
UFM CATALOG AND GET \$1 OFF YOUR REGISTRATION!

RECREATION & FITNESS

PiYo™ Strength 15ARF167A

With a foundation in basic yoga and Pilates, PiYo Strength incorporates elements of sports and dance conditioning, flexibly, training, dynamic stretch and balance, and core conditioning. PiYo™ Strength will increase the participant's strength, flexibility and balance while offering stress reduction and improving one's overall fitness level. Set to all genres of music, PiYo Strength delivers a rhythmic all over body workout. Be sure to bring water and a yoga mat! Ages 14+.

Instructor: Alana Pfeifer

Date: 02/03/2015 to 02/24/2015 (T)
 Time: 6:15 AM to 7:15 AM
 Fee: \$24.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Alana has a degree in Physical Education and Health and Human Performance from Fort Hays State University. She is currently at K-State working on her dance degree. Alana is CPR/First Aid/AED certified. She also has certifications from YogaFit (working on her 200 hours), Spinning, TURBOKICK, and PiYo Strength.

PiYo™ Strength 15ARF167B

Instructor: Alana Pfeifer

Date: 03/03/2015 to 03/31/2015 (T)
 (No class 3/17)
 Time: 6:15 AM to 7:15 AM
 Fee: \$24.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor



Introduction to Golf 15ARF04A

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; and the selection and use of equipment. A shirt with a collar is required for the dress code. No experience necessary. Clubs and equipment will be provided; students may bring their own golf clubs.

Instructor: Brian Lorenz

Date: 04/16/2015 to 04/30/2015 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Introduction to Golf 15ARF04B

Instructor: Brian Lorenz

Date: 05/14/2015 to 05/28/2015 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

ZUMBA Fitness 15ARF08A

Zumba Fitness is a global lifestyle brand that fuses fitness, entertainment and culture into an exhilarating dance-fitness sensation! The Zumba exercise class is a "fitness-party" that blends upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration. World rhythms like Salsa, Merengue, Bachata, Belly-dancing, Flamenco, hip-hop and Samba make this aerobics-type workout a great way to tone your body while also having fun! No dance experience necessary!

Instructor: Elsa Toburen, (785) 844-2016,
 elsatob@hotmail.com

Date: 01/22/2015 to 02/12/2015 (Th)
 Time: 5:30 PM to 6:30 PM
 Fee: \$39.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Elsa "Pily" Toburen was born and raised in Tarapoto, Peru. Elsa has been teaching Zumba Fitness since 2007. She enjoys staying active and loves to share her passion for fitness with the Manhattan, KS community.

ZUMBA Fitness 15ARF08B

Instructor: Elsa Toburen, (785) 844-2016,
 elsatob@hotmail.com

Date: 02/19/2015 to 03/12/2015 (Th)
 Time: 5:30 PM to 6:30 PM
 Fee: \$39.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

ZUMBA Fitness 15ARF08C

Instructor: Elsa Toburen, (785) 844-2016,
 elsatob@hotmail.com

Date: 03/26/2015 to 04/16/2015 (Th)
 Time: 5:30 PM to 6:30 PM
 Fee: \$39.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

ZUMBA Fitness 15ARF08D

Instructor: Elsa Toburen, (785) 844-2016,
 elsatob@hotmail.com

Date: 04/23/2015 to 05/14/2015 (Th)
 Time: 5:30 PM to 6:30 PM
 Fee: \$39.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

.....
 • The top five reasons for
 • taking a *UFM* Class!
 • -----
 • There is a class for *Everyone!*
 • Learning is *Fun!*
 • Meet *New* people!
 • Try something new!
 • *Easy* to register!
 • -----
 •



Hula Hooping for Fitness 15ARF118A

It was fun when you were a kid. It's still fun now. Come join us for 50 minutes of hula hooping. No fancy tricks. Just good cardio/toning techniques. Please bring your own hula hoop. (If you are unsure of the size, the hoop should come to your belly button when held in front of you, touching the ground.) Ages 13+

Instructor: Pam Lathrop

Date: 01/22/2015 to 02/19/2015 (Th)
 Time: 7:00 PM to 7:50 PM
 Fee: \$20.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Pam Lathrop is a certified group fitness instructor who prefers creative, challenging and fun workouts.

Hula Hooping for Fitness 15ARF118B

Instructor: Pam Lathrop

Date: 02/26/2015 to 04/02/2015 (Th)
 Time: 7:00 PM to 7:50 PM
 Fee: \$20.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Level I: Basic Belly Dance 15ARF09

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: 01/22/2015 to 03/12/2015 (Th)
 Time: 5:30 PM to 6:30 PM
 Fee: \$69.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Nashid began studying dance at the age of 6 with Polynesian and Tahitian style dance. Nashid is the 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: Tribal Fusion Belly Dance 15ARF161

The purpose of tribal fusion belly dance is to have fun while connecting with a group of women, tone and strengthen your muscles through dancing, and ultimately, learn that your body is beautiful just the way it is. All shapes and sizes are welcome! This class will teach dancers how to fuse elements from a large group of dance styles while incorporating a variety of musical genres. Imagine shimmying to Michael Jackson or doing snake arms to Carly Simon! We will briefly review the movements taught in Level 1, then learn some basic and fun belly dance combinations that we can string together in any order to create a beautiful dance.

** Must complete Level I before taking Level II. **

Instructor: Kathryn Harth

Date: 02/09/2015 to 03/23/2015 (M)
 Time: 6:45 PM to 7:45 PM
 Fee: \$64.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

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 15ARF11

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 I and II courses.

Instructor: Amy (Nashid) Werner

Date: 02/04/2015 to 03/11/2015 (W)
 Time: 6:45 PM to 7:45 PM
 Fee: \$52.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor



Belly Dance Conditioning Workout 15ARF12A

Looking for a fab workout that's also a lot of fun? Welcome to the Belly Dance Workout class! Belly Dancing is designed to echo the natural movements of the female body, and celebrates our bodies as well as keeping us strong and fit. Using moves from Belly Dance, this class combines a high-energy cardiovascular workout with strengthening exercises that tone the abs, arms, chest, legs, and hips. No previous experience with Belly Dancing is necessary; all steps will be taught in class. A friendly, fast-paced aerobic workout, this class is great for all ages and body types!

Instructor: Michele Janette, mjanette@ksu.edu

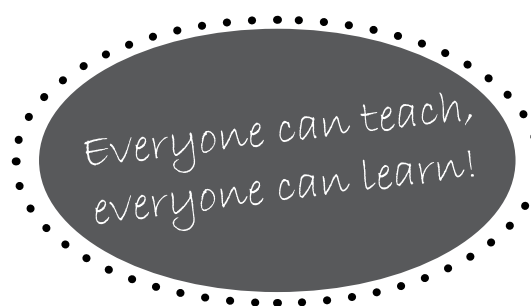
Date: 01/28/2015 to 03/04/2015 (W)
 Time: 5:30 PM to 6:30 PM
 Fee: \$46.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

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

Belly Dance Conditioning Workout 15ARF12B

Instructor: Michele Janette, mjanette@ksu.edu

Date: 03/25/2015 to 04/29/2015 (W)
 Time: 5:30 PM to 6:30 PM
 Fee: \$46.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor





Beginning Ballet for Adults 15ARF160

This is a basic ballet class for adults with little or no experience, but will also offer challenging technique for more experienced dancers. Ballet is a fantastic way to gain strength and flexibility, as well as balance and focus. The class will be a fun and relaxed atmosphere and open to anyone wanting to learn!
Instructor: Amy Jones

Date: 01/23/2015 to 04/17/2015 (F)
(No class 3/20)
Time: 5:30 PM to 6:30 PM
Fee: \$52.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Amy Jones has been studying ballet for 17 years, at a variety of studios including The Culture House, Kansas City Ballet, and Kansas State University. She also has experience in modern, jazz, lyrical and some tribal dance. Amy has been teaching ballet for three years and has also been involved in choreographing several pieces for Manhattan Art Center's 'Dance Attack' performances in 2012 and 2013. Dancing is her passion and teaching it to others is her joy!

Intermediate Ballet for Adults 15ARF122

Intermediate Ballet for Adults builds on the basics learned from Beginning Ballet for Adults. New movements and more challenging combinations will be introduced. Those with previous ballet experience, or who have taken at least two semesters of Beginning Ballet for Adults are welcome to enroll. It is not required, but strongly recommended that Intermediate students also take the Beginner class. The class will be a relaxed atmosphere, focused on improving your dancing, confidence, and reaching your ballet fitness goals. Please contact the instructor if you have questions!
Instructor: Amy Jones

Date: 01/23/2015 to 04/17/2015 (F)
(No class 3/20)
Time: 6:30 PM to 8:00 PM
Fee: \$60.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Introduction to Country Swing Dancing 15ARF117

The class will cover the basic two step as well as swing dance transitions, spins and dips. Students will be able to dance at social events and local dancing establishments with ease at the conclusion of the class. It will be a very relaxed setting with lots of one-on-one instruction. Partners are required for the class. Singles allowed only with special instructor permission, trweeks@ksu.edu, (417) 280-5719.
Soft-sole, non-marking tennis shoes are required. No boots allowed on gym floor.
Instructor: Thomas Weeks

Date: 02/06/2015 to 02/27/2015 (F)
Time: 8:30 PM to 10:00 PM
Fee: \$58.00 - Individual
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Thomas Weeks has been dancing in the Manhattan area for the last three years. He's been involved with the K-State Two Step and Swing Club during his time at K-State. He is now the team captain for the Swingin' Spurs, a new country swing dance performing team here in Manhattan.

INTERESTED IN TEACHING
A CLASS FOR UFM?
SUMMER 2015 SUBMISSION DEADLINE IS
MARCH 13, 2015.
FOR MORE INFORMATION EMAIL
[KAYLA@TRYUFM.ORG](mailto:kayla@tryufm.org)

Intro to Contemporary Dance 15ARF162

So you think you can dance! Join this fun class to focus on technique and form. This class is all about grace, beauty, strength and sound technical training which we will do by warming up with the basis of all modern, lyrical and contemporary dance, ballet. Then we'll turn it up a notch and delve into what everyone loves about contemporary dance: leaps, floor work and dancing to beautiful, fun, modern day music.
Instructor: Laura Vallejo

Date: 02/03/2015 to 03/10/2015 (Tu)
Time: 6:45 PM to 7:45 PM
Fee: \$27.00
Location: K-State Ahearn Room 301

Laura Vallejo has been cast in numerous shows in the area to include K-State theatre and dance productions, Manhattan Arts Center, Columbian Theatre and The Kansas Dance Festival in Wichita.

Salsa Dance 101 15ARF171A

Are you a fan of "Dancing with the Stars" and "So You Think You Can Dance"? Have you always wanted to learn how to move your body like the dancers on these shows? If you answered yes to either of these questions, then you need to look no further; this is the class for you. Salsa is one of the dances featured on both of these shows. In this beginner level class, you will learn the basics of Salsa dancing. Topics covered in this class will include technique, spins, and dips as well as patterns. No experience or partner is necessary to take this course. Please wear comfortable clothes and shoes that are non-scuffing, preferably leather soled shoes.
Instructor: Isaac Falcon

Date: 01/21/2015 to 03/11/2015 (W)
Time: 8:00 PM to 9:30 PM
Fee: \$75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

As a 14-year salsa dancer, Issac is excited to share his knowledge and love of dance. Issac's passion for dancing has introduced him to a wide variety of dances, (e.g. Chacha, Mambo, Swing, Waltz, Fox Trot, Two step, Tango, Rumba, Bachata, Merengue).

Salsa Dance 101 15ARF171B

Instructor: Isaac Falcon

Date: 03/25/2015 to 05/13/2015 (W)
Time: 8:00 PM to 9:30 PM
Fee: \$75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Come, Let's Dance Like Nobody is Watching! 15ARF172

Intermediate - Advanced Salsa/Bachata class. Salsa and Bachata are two popular dances in the big cities in the United States as well in Latin America. Both are considered by the pros as sensual, playful, and flirty. In this class we will explore various intermediate/advanced Salsa and Bachata moves as well as more advanced lead and follow techniques. This class will build on your previous dance experience and will give you the confidence you need to be a better dancer on the dance floor. Through the instructor's 14-years of dance experience, he will pass on his knowledge and give you the tools needed for you to make these dances your own. He will also take what he learned from his coaching sessions in November 2014 with Three-Time World Latin Dance Champion and former "Dancing with the Stars" Pro, Louis Van Amstel and pass it on to you. So, put on your dancing shoes and let's have fun! Please wear comfortable clothes and shoes that are non-scuffing, preferably leather soled shoes.

Instructor: Isaac Falcon

Date: 01/23/2015 to 03/13/2015 (F)
Time: 6:15 PM to 7:45 PM
Fee: \$80.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Folk Dances of India for Teens and Adults 15ARF173

India has a vibrant and diverse culture of folk dances originating from different regions of the country. Mostly performed in groups, Indian folk dances reflect the everyday activities and rituals of the people. They have emerged with the idea of people coming together to celebrate various occasions like childbirth, weddings, harvest season, religious ceremonies and festivals. The joyous and lively dances have distinct rhythms and vigorous beats, and are popular worldwide. In this class students will learn a variety of folk dances from Koli – fishermen's dance from Maharashtra state, to Bhangra – harvest dance from northern state of Punjab, to Garba and Raas from western state of Gujarat. Students will learn various moves put together in choreographies using traditional and contemporary songs. Age: 13+

Instructor: Jui Mhatre

Date: 02/05/2015 to 04/30/2015 (Th)
(No class 3/19)
Time: 5:30 PM to 6:30 PM
Fee: \$29.00
Location: UFM Banquet Room
1221 Thurston St.



Marathon Training 15ARF68

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 Boyle, (785) 532-0134, dboyle@ksu.edu

Date: 03/24/2015 to 05/14/2015 (T/Th)
Time: 5:30 PM to 6:30 PM
Fee: \$140.00
Location: UFM Multipurpose Room
1221 Thurston St.

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach. He has helped numerous athletes from around the US achieve their goals at distances from 2 miles up to the marathon distance. See Dan's full bio at www.tryufm.org.

Run Happy! Run For Life! 15ARF72

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 Boyle, (785) 532-0134, dboyle@ksu.edu

Date: 03/23/2015 to 05/01/2015 (M/W/F)
Time: 6:00 PM to 7:00 PM
Fee: \$145.00
Location: K-State Ahearn Field House
Indoor Track

Boxing 15ARF14BZ

Based on more than 30 years of fitness education experience, Boxing Coach Lorissa Ridley has created a proprietary educational system called Boxing 101. This 8-week course combines technique, athleticism and hands-on instruction. Boxing 101 was developed and designed for every one of ALL shapes and sizes who have the desire to get in shape, learn how to box and have fun. Equipment will be ordered the first day of class. Available for KSU credit. Ages 13+.

Instructor: Lorissa Ridley, koboxer86@gmail.com

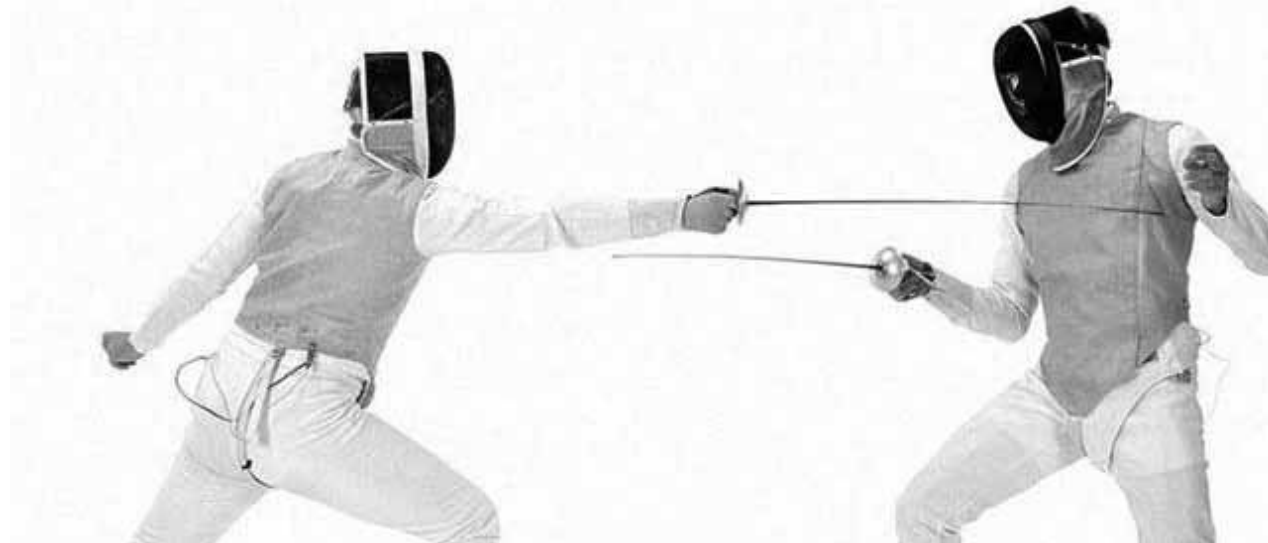
Date: 01/20/2015 to 03/10/2015 (T/Th)
Time: 6:30 PM to 7:30 PM
Class: \$195.00
Location: K.O. Boxing
2303 Tuttle Creek Blvd

Boxing 15ARF14EZ

Instructor: Lorissa Ridley, koboxer86@gmail.com

Date: 01/21/2015 to 03/11/2015 (M/W)
Time: 6:30 PM to 7:30 PM
Class: \$195.00
Location: K.O. Boxing
2303 Tuttle Creek Blvd

Visit www.tryufm.org for additional boxing class offering dates and times.



Archery for Adults 15ARF01AZ

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

Instructor: Tom Korte, (785) 494-8889

Date: 01/26/2015 to 05/04/2015 (M)
(No class 3/16)
Time: 6:30 PM to 7:30 PM
Fee: \$101.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Archery for Adults 15ARF01BZ

Instructor: Tom Korte, (785) 494-8889

Date: 01/26/2015 to 05/04/2015 (M)
(No class 3/16)
Time: 7:40 PM to 8:40 PM
Fee: \$101.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor.

Archery for Adults 15ARF01CZ

Instructor: Tom Korte, (785) 494-8889

Date: 01/26/2015 to 05/04/2015 (M)
(No class 3/16)
Time: 8:50 PM to 9:50 PM
Fee: \$101.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Beginning Fencing 15ARF21Z

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

Instructor: Jeff Gwartz

Date: 01/26/2015 to 05/04/2015 (M)
(No class 3/16)
Time: 6:00 PM to 7:30 PM
Fee: \$60.00 - Has equipment
\$93.00 - use instructors
Location: K-State Ahearn Fieldhouse

Intermediate Fencing 15ARF22Z

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: 01/26/2015 to 05/04/2015 (M)
(No class 3/16)
Time: 7:30 PM to 9:00 PM
Fee: \$60.00 - Has equipment
\$93.00 - use instructors
Location: K-State Ahearn Fieldhouse

Beginning Tennis 15ARF164AZ

The focus of this beginning tennis class will be to introduce the students to 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: Dave Hoover

Date: 01/27/2015 to 04/14/2015 (T)
(No class 3/17)
Time: 1:30 PM to 3:00 PM
Fee: \$99.00
Location: Body Wellness & Recreation Center
3615 Claflin Rd

Beginning Tennis 15ARF164BZ

Instructor: Dave Hoover

Date: 01/28/2015 to 04/15/2015 (W)
(No class 3/18)
Time: 1:30 PM to 3:00 PM
Fee: \$99.00
Location: Body Wellness & Recreation Center
3615 Claflin Rd



Limited scholarships are available for adults & children who qualify for established income guidelines.

Full Instructor biographies are available on our website www.tryufm.org > Noncredit > By Instructor > Instructor name

YOUTH



Beginning Dance 15AYO90

This class is designed for boys and girls ages 3.5 - 6 years old. 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. No dance attire is needed. Call Randi Dale for more information 785.539.5767.

Instructor: Randi Dale

Date: 02/05/2015 to 02/12/2015 (Th)
 Time: 5:45 PM to 6:15 PM
 Fee: \$14.00
 Location: UFM Fireplace Room
 1221 Thurston St.

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: Herbs & Spices 15AYO91

NEW!

Cooking with herbs and spices can be a ton of fun! Junior Chefs will make their own taco seasoning mix, try a tasty parsley-lemon pesto and make a refreshing basil orangeade drink. Ages 6 to 12 yrs.

Instructor: Ginny Barnard

Date: 02/01/2015 (Su)
 Time: 1:30 PM to 3:30 PM
 Fee: \$10.00
 Location: Pottorf Hall at Cico Park -
 Clover Room

Ginny Barnard is the Riley County Extension Agent for Family and Consumer Sciences. She works with community partners to provide educational programs and skill-based workshops for people of all ages to improve their health.



Junior Chefs: Eggs Unscrambled 15AYO92

NEW!

Put on your detective hats Junior Chefs! We are going to discover some of the amazing cooking tasks eggs can perform and solve a few mysteries along the way. We will be making hardcooked eggs, scrambled eggs, and cocoa lava kisses. Ages 6 to 12 yrs.

Instructor: Ginny Barnard

Date: 03/01/2015 (Su)
 Time: 1:30 PM to 3:30 PM
 Fee: \$10.00
 Location: Pottorf Hall at Cico Park -
 Clover Room

Junior Chefs: Muffin Mania 15AYO93

NEW!

Do you know the Muffin Man? Junior Chefs will have fun in the kitchen as we whisk together some amazing blueberry muffins, corn muffins, and pumpkin chocolate chip muffins. Ages 6 to 12 yrs.

Instructor: Ginny Barnard

Date: 03/29/2015 (Su)
 Time: 1:30 PM to 3:30 PM
 Fee: \$10.00
 Location: Pottorf Hall at Cico Park -
 Clover Room

Paper Beads for Children 15AYO68

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

Instructor: Charlene Brownson

Meets: 04/22/2015 (W)
 Time: 4:30 PM to 5:30 PM
 Fee: \$9.00
 Location: UFM Conference Room
 1221 Thurston St



**American Red Cross
Babysitter's Clinic**

15AYO23A

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 & themselves safe.
- * Handle emergencies such as injuries, illnesses and household accidents.
- * Write resumes and interview for jobs.
- ** Materials included in fee and students will have lunch from 12-1 pm. Please bring a light lunch with you.**

Instructor: Kelly Reed-Harkness

Date: 02/28/2015 (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**

15AYO23B

Instructor: Kelly Reed-Harkness

Date: 04/25/2015 (Sa)
 Time: 9:00 AM to 4:00 PM
 Fee: \$46.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Bharatanatyam for children **15AYO66**

Level: Beginners. Age: 7 to 12 years. Students will learn basic level theory and practice of classical Indian dance Bharatanatyam including warm up, dance prayer, gestures of hand and feet, and pure dance movements. Bharatanatyam is a beautiful traditional dance originated from southern 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 the rich Indian culture.

Instructor: Jui Mhatre

Date: 01/26/2015 to 05/11/2015 (M)
 (No class 3/16)
 Time: 5:30 PM to 6:30 PM
 Fee: \$29.00
 Location: UFM Banquet Room
 1221 Thurston St.



Archery for Youth

15AYO01A

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. Ages 8+.

Instructor: Tom Korte

Date: 02/03/2015 to 02/24/2015 (Tue)
 Time: 7:00 PM to 8:00 PM
 Fee: \$35.00
 Location: K-State Ahearn Room 304,
 College Heights St., 3rd floor

Archery for Youth

15AYO01B

Instructor: Tom Korte

Date: 04/07/2015 to 04/28/2015 (Tue)
 Time: 7:00 PM to 8:00 PM
 Fee: \$35.00
 Location: K-State Ahearn Room 304,
 College Heights St., 3rd floor



Teen Archery

15AYO82

This is for older students to practice archery in a supervised environment. Emphasis is on learning steps for development of good form. Repeaters are welcome and will be accommodated with instruction to match the individual skill sets. All equipment supplied by instructor. Ages: 13-17

Instructor: Tom Korte

Date: 04/07/2015 to 04/28/2015 (Tue)
 Time: 6:00 PM to 7:00 PM
 Fee: \$35.00
 Location: K-State Ahearn Room 304,
 College Heights St., 3rd floor



{Teen Mentoring!}

High School - Tuesdays
 February 10 - April 28

Middle School - Wednesdays
 February 11 - April 29

3:00pm to 5:00pm

Field trips ~ Games ~ Creative Arts ~ Recreation

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

Build positive relationships!

OSHER



Techniques to Make Your Writing Memorable

Presented by Catherine Hedge
Wednesdays, Feb. 18, 25 & March 4
2:00pm to 4:00pm
Meadowlark Hills, KSU Classroom
2121 Meadowlark Rd., Manhattan
\$40.00 (Discount with additional classes)

Whether you are a novice or an experienced writer, you will gain insights and experience in this workshop. The series will focus on discovering techniques to make your writing come to life through the use of sense details, pacing, clarity, and choosing just the right topic. The instructor will guide you in shaping your unique story. We will work cooperatively to experiment with techniques and share our writing on a voluntary basis.

The War of 1812: America's Forgotten War

Presented by Robert Smith, Ph.D.
Tuesdays, March 31, April 7 & 14 • 6:30pm to 8:30pm
Meadowlark Hills Community room
2121 Meadowlark Rd., Manhattan
\$40.00 (Discount with additional classes)

The War of 1812 was a war the young United States was woefully unprepared to wage. The conflict lasted just two and one-half years, yet many of America's most celebrated moments came from this little understood conflict. "The Star Spangled Banner," the burning of Washington, and the celebrated naval victories of the USS Constitution "Old Ironsides" were just a few of the significant events of the war. The course examines the war from both American and British perspectives. We'll discuss the origins of the war, significant naval actions, and major campaigns in Canada and the United States.

Bleeding Kansas

Presented by Tray Green
Mondays, March 23, 30 & April 6 • 2:00pm to 4:00pm
Manhattan Arts Center
1520 Poyntz Avenue, Manhattan
\$40.00 (Discount with additional classes)

We will examine the acquisition of the territories of Missouri and Kansas, and the national implications of the status of slavery in the territories as they moved toward statehood. The second session will cover the confrontations that occurred in the border region prior to the outbreak of the American Civil War and how they differed from the way the war would play out in other areas. Join us to discuss the issues at stake, the drama that unfolded and the characters who played a part in "Bleeding Kansas."

Presidential Assassins: Men and Women Driven to Kill

Presented by Jim Peters, J.D.
Thursdays, April 2, 9 and 16 • 2:00pm to 4:00pm
Manhattan Arts Center
1520 Poyntz Avenue, Manhattan
\$40.00 (Discount with additional classes)

John Wilkes Booth and Lee Harvey Oswald are notorious for their assassinations, but who were Charles Guiteau and Leon Czolgosz, and why did they murder Presidents Garfield and McKinley? There have been 28 documented assassination attempts on 22 sitting or former presidents or presidents-elect. And there have been four known plots to kill President Obama. We'll uncover them all and closely examine the men...and women...who killed (or tried to kill) the president of the United States.

The Kanza Indians and Their Last Homeland, 1846-1873

Presented by Ron Parks
Wednesdays, March 25, April 1 & 8 • 6:30pm to 8:30pm
Meadowlark Hills Community Room
2121 Meadowlark Rd., Manhattan
\$40.00 (Discount with additional classes)

This course traces the tragic story of the Kanza Indians, for whom our state is named. It covers the tribe's most prominent events, personalities, customs, and subsistence strategies from their days in their Kansas River valley homeland to their eventual forced move to Indian Territory, now Oklahoma. Removed from their original homeland in 1846, they were resettled on a reservation near Council Grove.

The Bible and Science

Presented by Barry Crawford, Ph.D.
Wednesdays, May 6, 13 & 20 • 2:00pm to 4:00pm
Manhattan Arts Center
1520 Poyntz Avenue, Manhattan
\$40.00 (Discount with additional classes)

In this course, we will examine selected biblical texts which have caused mischief among believers and non-believers alike. How much in the Bible, if anything, has scientific validity? Indeed, should we expect the Bible to speak to such issues at all? To answer these questions, we will look at the creation stories in Genesis, the story of Noah and the flood, the narrative of the Exodus from Egypt, the accounts of Jesus' miracles, and a number of other biblical wonder tales.



Special Event:

Kansas City Symphony Performance at the Kaufmann Center

Sunday, March 8 • Noon - 5:00 pm
Friday, Sept. 19 - 9:30 a.m., coach departs
Meadowlark Hills, picking up Meadowlark residents,
9:40 a.m., coach picks up all others at Manhattan
Town Center parking lot west of Dillard's -
9:30 p.m., approximate return
\$70 fee includes transportation, lunch, & Upper Grand
Tier symphony tickets (dinner not included). \$80 fee
includes upgrade to Right or Left Mezzanine tickets

Special Event:

The Mikado: Behind the Scenes

Presented by Penny Cullers & Dr. Patricia Thompson
Sunday, May 3 • noon - 5:00pm
Manhattan Arts Center
1520 Poyntz Ave., Manhattan
\$30

Lunch, pre-performance presentation and Sunday
matinee performance of The Mikado, a comic opera.

Special Event:

Day trip to Kansas City's Westport Civil War Battlefield

Presented by Tray Green
Friday, May 8 • 8:00 a.m., coach departs Meadowlark
Hills, picking up Meadowlark residents -
8:10 a.m., coach picks up all others at Manhattan
Town Center parking lot west of Dillard's -
5:30 p.m., approximate return
\$55 fee includes coach transportation, lunch and tour.

These Recreation, Dance, and Fitness Credit courses are offered for KSU credit through the K-STATE GLOBAL CAMPUS with the cooperation of various Kansas State University departments.

• Enroll on iSIS at <http://isis.k-state.edu>. When you find the class you are interested in, write down the class number. You will need this to enroll through iSIS.

• For full class description and information visit www.tryufm.org

• Additional campus privilege fees may be assessed for students enrolled in 12 or fewer K-State credit hours. Class fees listed are for full-time resident students.

• Student Access Center. A student with a disability who wishes to request accommodations for a credit course should contact the Student Access Center (k-state.edu/accesscenter, (785)-532-6441, or email accesscenter@k-state.edu) and their course instructor. Early notification is requested to ensure that accommodations can be provided in a timely manner.

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<u>DANCE 599</u>				
17163 - Ballroom Dance	6:45-7:45PM	1/21/2015 to 5/6/2015 (W)	\$328.10	Ahearn 304
16491 - Mid Eastern Dance	6:45-7:45PM	1/22/2015 to 5/7/2015 (Th)	\$328.10	Ahearn 301
16487 - Yoga I	10:30-11:30AM	1/20/2015 to 3/10/2015 (T/TH)	\$328.10	Ahearn 301
16488 - Yoga I	10:30-11:30 AM	1/21/2015 to 3/11/2015 (M/W)	\$328.10	Ahearn 301
16486 - Yoga I	5:30-6:30PM	1/21/2015 to 3/11/2015 (M/W)	\$328.10	Ahearn 301
16490 - Yoga I	10:30-11:30AM	3/12/2015 to 5/7/2015 (T/Th)	\$328.10	Ahearn 301
16489 - Yoga I	5:30-6:30PM	3/23/2015 to 5/6/2015 (M/W)	\$328.10	Ahearn 301
16485 - Yoga I	10:30-11:30AM	3/23/2015 to 5/6/2015 (M/W)	\$328.10	Ahearn 301
16304 - Zumba	1:00-2:00PM	1/21/2015 to 3/11/2015 (M/W)	\$432.00	Body First
16307 - Zumba	1:00-2:00PM	3/23/2015 to 5/6/2015 (M/W)	\$432.00	Body First
<u>MUSIC 206</u>				
17165 - Piano I	9:20-10:20AM	1/20/2015 to 3/10/2015 (T/Th)	\$328.10	McCain 127
17164 - Piano I	9:20-10:20AM	3/12/2015 to 5/7/2015 (T/Th)	\$328.10	McCain 127
<u>KIN 101</u>				
16529 - Bootcamp Fitness	9:30-10:30AM	1/20/2015 to 3/11/2015(T/Th)	\$432.00	Pro Fitness
16668 - Bootcamp Fitness	4:00-5:00PM	1/20/2015 to 3/10/2015 (T/Th)	\$432.00	Pro Fitness
16669 - Bootcamp Fitness	12:00-1:00PM	1/21/2015 to 3/11/2015 (M/W)	\$432.00	Pro Fitness
16673 - Bootcamp Fitness	9:30-10:30AM	3/12/2015 to 5/7/2015 (T/Th)	\$432.00	Pro Fitness
16671 - Bootcamp Fitness	4:00-5:00PM	3/12/2015 to 5/7/2015 (T/Th)	\$432.00	Pro Fitness
16672 - Bootcamp Fitness	12:00-1:00PM	3/23/2015 to 5/6/2015 (M/W)	\$432.00	Pro Fitness
16666 - Yogilates	12:00-1:00PM	1/20/2015 to 3/10/2015 (T/Th)	\$432.00	Pro Fitness
16670 - Yogilates	9:00-10:00AM	1/21/2015 to 5/6/2015 (M/W)	\$432.00	Pro Fitness
16659 - Yogilates	1:30-2:30PM	1/21/2015 to 3/11/2015 (M/W)	\$432.00	Pro Fitness
16681 - Yogilates	12:00-1:00PM	3/12/2015 to 5/7/2015 (T/Th)	\$432.00	Pro Fitness
16683 - Yogilates	9:00-10:00AM	3/23/2015 to 5/6/2015 (M/W)	\$432.00	Pro Fitness
16665 - Yogilates	1:30-2:30PM	3/23/2015 to 5/6/2015 (M/W)	\$432.00	Pro Fitness
16679 - Total Body Toning	1:30-2:30PM	1/20/2015 to 3/10/2015 (T/Th)	\$432.00	Pro Fitness
16678 - Total Body Toning	10:30-11:30AM	1/21/2015 to 3/11/2015 (M/W)	\$432.00	Pro Fitness

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<u>KIN 101 (continued)</u>				
16686 - Total Body Toning	1:30-2:30PM	3/12/2015 to 5/7/2015 (T/Th)	\$432.00	Pro Fitness
16684 - Total Body Toning	10:30-11:30AM	3/23/2015 to 5/6/2015 (M/W)	\$432.00	Pro Fitness
16676 - Intro to Crossfit	3:30-4:45PM	1/20/2015 to 3/10/2015 (T/Th)	\$328.10	Natatorium 4
16680 - Intro to Crossfit	3:30-4:45PM	3/12/2015 to 5/7/2015 (T/Th)	\$328.10	Natatorium 4
17347 - 5K-1/2 Marathon	4:00-5:15PM	3/23/2015 to 5/6/2015 (M/W)	\$328.10	Natatorium 7
16685 - Indoor Cycling	10:30-11:30AM	1/20/2015 to 3/10/2015 (T/Th)	\$432.00	Max Fitness
16687 - Indoor Cycling	7:00-8:00PM	1/21/2015 to 3/11/2015 (M/W)	\$432.00	Max Fitness
16677 - Indoor Cycling	10:30-11:30AM	3/12/2015 to 5/7/2015 (T/Th)	\$432.00	Max Fitness
16688 - Indoor Cycling	7:00-8:00PM	3/23/2015 to 5/6/2015 (M/W)	\$432.00	Max Fitness
17305 - Turbo Kick	7:00-8:00PM	3/12/2015 to 5/7/2015 (T/Th)	\$432.00	Max Fitness
<u>KIN 102</u>				
16690 - Fitness Swim	6:00-7:30PM	1/20/2015 to 3/10/2015 (T/Th)	\$328.10	Natatorium
16689 - Fitness Swim	6:00-7:30PM	3/12/2015 to 5/7/2015 (T/Th)	\$328.10	Natatorium
17066 - LGT	Various	3/10/2015 to 3/29/2015 (Various)	\$346.10	Natatorium
<u>RRES 200</u>				
16355 - Archery	6:30-7:30PM	1/26/2015 to 5/4/2015 (M)	\$328.10	Ahearn 304
16356 - Archery	7:40-8:40PM	1/26/2015 to 5/4/2015 (M)	\$328.10	Ahearn 304
16357 - Archery	8:50-9:50PM	1/26/2015 to 5/4/2015 (M)	\$328.10	Ahearn 304
16361 - Beginning Bowling	10:30-11:20AM	1/20/2015 to 5/5/2015 (T)	\$328.10	Student Union
16360 - Beginning Bowling	2:30-3:20PM	1/20/2015 to 5/5/2015 (T)	\$328.10	Student Union
16359 - Beginning Bowling	2:30-3:20PM	1/21/2015 to 5/6/2015 (W)	\$328.10	Student Union
16362 - Beginning Bowling	10:30-11:30AM	1/26/2015 to 5/4/2015 (M)	\$328.10	Student Union
16386 - Beginning Fencing	6:00-7:30PM	1/26/2015 to 5/4/2015 (M)	\$328.10	Ahearn FH
16387 - Intermediate Fencing	7:30-9:00PM	1/26/2015 to 5/4/2015 (M)	\$328.10	Ahearn FH
16561 - Beginning Tennis	1:30-3:00PM	1/27/2015 to 4/14/2015 (T)	\$416.00	Body First
16560 - Beginning Tennis	1:30-3:00PM	1/28/2015 to 4/15/2015 (W)	\$416.00	Body First
16365 - Boxing 1	2:00-3:00PM	1/20/2015 to 3/10/2015 (T/Th)	\$438.00	K.O. Boxing
16364 - Boxing 1	6:30-7:30PM	1/20/2015 to 3/10/2015 (T/Th)	\$438.00	K.O. Boxing
16366 - Boxing 1	2:00-3:00PM	1/21/2015 to 3/11/2015 (M/W)	\$438.00	K.O. Boxing
16367 - Boxing 1	4:20-5:20PM	1/21/2015 to 3/11/2015 (M/W)	\$438.00	K.O. Boxing
16368 - Boxing 1	6:30-7:30PM	1/21/2015 to 3/11/2015 (M/W)	\$438.00	K.O. Boxing
16398 - Boxing 1	2:00-3:00PM	3/12/2015 to 5/7/2015 (T/Th)	\$438.00	K.O. Boxing
16397 - Boxing 1	6:30-7:30PM	3/12/2015 to 5/7/2015 (T/Th)	\$438.00	K.O. Boxing
16395 - Boxing 1	2:00-3:00PM	3/23/2015 to 5/6/2015 (M/W)	\$438.00	K.O. Boxing
16396 - Boxing 1	4:20-5:20PM	3/23/2015 to 5/6/2015 (M/W)	\$438.00	K.O. Boxing
16394 - Boxing 1	6:30-7:30PM	3/23/2015 to 5/6/2015 (M/W)	\$438.00	K.O. Boxing

Reference # - TITLE	TIME	DATE	FEE	LOCATION
RRES 200 (continued)				
17186 - Boxing 2	7:30-8:30PM	1/20/2015 to 3/10/2015 (T/Th)	\$438.00	K.O. Boxing
16369 - Boxing 2	12:00-1:00PM	1/21/2015 to 3/11/2015 (M/W)	\$438.00	K.O. Boxing
17201 - Boxing 2	7:30-8:30PM	1/21/2015 to 3/11/2015 (M/W)	\$438.00	K.O. Boxing
17198 - Boxing 2	7:30-8:30PM	3/12/2015 to 5/7/2015 (T/Th)	\$438.00	K.O. Boxing
16401 - Boxing 2	12:00-1:00PM	3/23/2015 to 5/6/2015 (M/W)	\$438.00	K.O. Boxing
17188 - Boxing 2	7:30-8:30PM	3/23/2015 to 5/6/2015 (M/W)	\$438.00	K.O. Boxing
16370 - Boxing 3	12:00-1:00PM	1/20/2015 to 3/10/2015 (T/Th)	\$438.00	K.O. Boxing
17200 - Boxing 3	7:30-8:30PM	1/20/2015 to 3/10/2015 (T/Th)	\$438.00	K.O. Boxing
17204 - Boxing 3	7:30-8:30PM	1/21/2015 to 3/11/2015 (M/W)	\$438.00	K.O. Boxing
16402 - Boxing 3	12:00-1:00PM	3/12/2015 to 5/7/2015 (T/Th)	\$438.00	K.O. Boxing
17189 - Boxing 3	7:30-8:30PM	3/12/2015 to 5/7/2015 (T/Th)	\$438.00	K.O. Boxing
17202 - Boxing 3	7:30-8:30PM	3/23/2015 to 5/6/2015 (M/W)	\$438.00	K.O. Boxing
16371 - Boxing 4	7:30-8:30PM	1/20/2015 to 3/10/2015 (T/Th)	\$438.00	K.O. Boxing
16372 - Boxing 4	7:30-8:30PM	1/21/2015 to 3/11/2015 (M/W)	\$438.00	K.O. Boxing
16399 - Boxing 4	7:30-8:30PM	3/12/2015 to 5/7/2015 (T/Th)	\$438.00	K.O. Boxing
16400 - Boxing 4	7:30-8:30PM	3/23/2015 to 5/6/2015 (M/W)	\$438.00	K.O. Boxing
16373 - First Aid/CPR/AED	Noon-7:30PM	1/24/2015 and 1/25/2015 (Sat/Sun)	\$408.00	UFM
16380 - First Aid/CPR/AED	Noon-7:30PM	1/31/2015 and 2/1/2015 (Sat/Sun)	\$408.00	UFM
16379 - First Aid/CPR/AED	Noon-7:30PM	2/28/2015 and 3/1/2015 (Sat/Sun)	\$408.00	UFM
16377 - First Aid/CPR/AED	Noon-7:30PM	3/7/2015 and 3/8/2015 (Sat/Sun)	\$408.00	UFM
16404 - First Aid/CPR/AED	Noon-7:30PM	3/28/2015 and 3/29/2015 (Sat/Sun)	\$408.00	UFM
16403 - First Aid/CPR/AED	Noon-7:30PM	4/11/2015 and 4/12/2015 (Sat/Sun)	\$408.00	UFM
16408 - First Aid/CPR/AED	Noon-7:30PM	4/18/2015 and 4/19/2015 (Sat/Sun)	\$408.00	UFM
16405 - First Aid/CPR/AED	Noon-7:30PM	4/25/2015 and 4/26/2015 (Sat/Sun)	\$408.00	UFM
16409 - First Aid/CPR/AED	Noon-7:30PM	5/2/2015 and 5/3/2015 (Sat/Sun)	\$408.00	UFM
16384 - RTE	Noon-6:30PM	2/7/2015 to 2/21/2015 (Sat/Sun)	\$816.00	UFM
16385 - Fly Fishing	6:00-8:00PM	3/2/2015 to 3/12/2015 (M/T/W/Th)	\$336.10	Durland Hall
16392 - Golf	5:30-7:30PM	3/10/2015 to 5/5/2015 (T)	\$448.00	Wamego Club
16407 - Golf	1:30-3:30PM	3/12/2015 to 5/7/2015 (Th)	\$448.00	Wamego Club
16406 - Golf	3:00-5:00PM	3/13/2015 to 5/8/2015 (F)	\$448.00	Wamego Club
16390 - Judo I	8:00-9:00PM	1/22/2015 to 5/7/2015 (M/Th)	\$328.10	Ahearn 301
16391 - Judo II	8:00-9:30PM	1/22/2015 to 5/7/2015 (M/Th)	\$328.10	Ahearn 301
16389 - Tae Kwon Do	5:00-6:00PM	1/20/2015 to 5/7/2015 (T/Th)	\$408.00	Sun Yi's Academy
16374 - Scuba Diving	9:30AM-1:30PM	1/24/2015 to 2/28/2015 (Sat)	\$484.10	Natatorium
16375 - Scuba Diving	6:00-10:00PM	1/26/2015 to 3/2/2015 (M)	\$484.10	Natatorium
16393 - Scuba Diving	6:00-10:00PM	3/23/2015 to 4/27/2015 (M)	\$484.10	Natatorium
16383 - Women's Self Defense	1:00-4:00PM	1/24/2015 to 2/7/2015 (Sat/Sun)	\$328.10	Ahearn 301
16388 - Women's Self Defense	1:00-4:00PM	2/21/2015 to 3/7/2015 (Sat/Sun)	\$328.10	Ahearn 301
16410 - Women's Self Defense	1:00-4:00PM	4/18/2015 to 5/2/2015 (Sat/Sun)	\$328.10	Ahearn 301

RRES 200 (continued)

16745 - Fund. of Canoeing	8:30AM-4:30PM	3/28/2015 to 3/29/2015(Sat/Sun)	\$413.00	UFM
16433 - Backcountry Skills	12:30-6:00PM	2/28/2015 to 3/8/2015 (Sat/Sun)	\$408.00	UFM
16434 - Backcountry Skills	12:30-6:00PM	4/11/2015 to 4/19/2015 (Sat/Sun)	\$408.00	UFM

Addresses:

Ahearn 301 and 304, Ahearn Complex, 3rd floor, Gymnasium door entry, College Heights Rd
Body First Wellness & Recreation Center, 3615 Claflin Rd
Durland Hall, KSU, Room 1061
K.O. Boxing, 2303 Tuttle Creek Blvd.
Max Fitness, 3011 Anderson Ave #503
Natatorium, K-State pools in Ahearn Complex, KSU
Pro Fitness, 1125 Laramie St, Lower Level
Sun Yi's Academy, 1650 Hayes Drive
Wamego Country Club Golf Course, 1900 Country Club Drive, Wamego, KS
UFM Building, 1221 Thurston Street
Union Bowling Alley, Union Student Center, KSU

evening college
on-campus classes offered after hours

ON CAMPUS ONLINE
ON TRACK
to your degree

intersession
on-campus and online classes between terms

Earning a degree can add value to your employment skill set, allow you to enhance your career, or help you be prepared for the next opportunity.

"I'm doing this not only for me, but for my kids. I want to give them a better life and think they are encouraged and inspired by me."

- Elsa, bachelor's student

flexible classes you can complete from anywhere
online

KANSAS STATE
UNIVERSITY

ontrack.k-state.edu

ENROLL TODAY!

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

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

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

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

Class registration confirmations will be sent via email.



UFM REGISTRATION FORM

1221 Thurston St | Manhattan KS 66502

785.539.8763 | (F) 785.539.9460 | www.tryufm.org | info@tryufm.org



Student Name _____ Address _____ City _____ State _____ Zip _____

Day Phone (_____) _____ Evening Phone (_____) _____ Email _____

Parent's name if student is under age 18 _____ Age if under 18 _____

Participant Statistics: K-State Student _____ K-State Faculty/Staff _____ Fort Riley _____ Other _____ Age Group: 18-24 _____ 25-59 _____ 60+ _____

Course Code	Session	Course Name	Fee \$
Example: 15ACF230	A	Chevron Quilt	32.00

Tax Deductible Donation \$ _____

Total \$ _____

Method of Payment (All fees must be paid at the time of registration)

Check or Money Order (Make check payable to UFM) _____ Cash _____

I hereby authorize the use of my Visa _____ Mastercard _____ Discover _____ Card number _____ Exp. Date ____/____/____

Name on card (please print) _____

Where did you obtain your catalog? _____ A class I would like offered _____

UFM Liability Participant Statement

By enrolling in this class, I hereby agree, for myself and for the enrollee, to UFM Community Learning Center's liability statement and acknowledge and understand the potential risk(s) of injury associated with participation in recreational sports and fitness activities. Participants should voluntarily assume all risks of loss, damage or injury that may be sustained while using Kansas State University or UFM facilities or participating in programs. K-State Continuing Education/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

Signature (Signature of Parent or Guardian required for minors)

Date

UFM Refund and Cancellation Policies

We will provide a full refund if a class is canceled by UFM. If a student withdraws from a class 48 hours before the class begins, a full refund may be given, except for any published non-refundable material fees. No refunds will be given once class has started. When we cancel or reschedule a class, you will be notified. Therefore, it is extremely important that we have a daytime and an evening phone number where we may reach you or leave a message. We reserve the right to cancel any class.