

Summer 2015 UFM Community Learning Center



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

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Catalog

Summer 2015
UFM

UFM Community Learning Center
1221 Thurston St
Manhattan, KS 66502



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UFM PUTS THE
COMMUNITY
IN EDUCATION!



On the cover
Sierra Vista Vineyard, Manhattan,
KS. Photo taken summer 2014
during From the Vine to the
Glass. See this year's classes and
wineries on page 24.

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 SUMMER 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	Ana Franklin	Brian Lorenz	Daniel Schapaugh
Marie Amthauer	Jeff Freeborn	Katie Martinez	Ryan Semmel
Ginny Barnard	John Garetson	Jonathan McBee	Linda Teener
Carol Barta	Leslie Graves	Austyn McNew	Abby Thrash
Scott Bean	Tray Green	Ashley Meek	Kelly VanCleave
Betsy Blazer	Jennifer Guilford	Jordan Meyer	Thomas Weeks
Basem Boutros	Terry Healy	Kumiko Nakamura	Paul Weidhaas
Kate Cashman	Palma Holden	Prabhakar Naware	Stan Wilson
Randi Dale	Virginia Houser	Debbie Newton	
Ron Donoho	Kyoshi Pamela Johansen	Hyung Hwa 'Rick' Oh	
Bill Dorsett	Scott Kohl	Aimee Phlegar	
Mary Ervin	Tom Korte	Kelly Reed-Harkness	
Joab Esamwata	Liz Krieger	Lorissa Ridley	
Isaac Falcon	Pam Lathrop	Carol Russell	

KSU CREDIT COURSES

CREDIT CLASS ENROLLMENT

K-State students enroll through KSIS. For credit enrollment questions, 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 fees may be assessed for students enrolled in 12 or fewer K-State credit hours. There is a non-refundable material fee for withdrawing from some classes after the first day. 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/summer2015/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/summer2015/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 available 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.*

M



BEGINNING & ENDING DATES:

(Parent and Child Aquatics & Tot Transition)

Session A1: Monday - Thursday, June 1 - June 4

Session A2: Monday - Thursday, June 8 - June 11

Session B1: Monday - Thursday, June 15 - June 18

Session B2: Monday - Thursday, June 22 - June 25

Session C1: Monday - Thursday, June 29 - July 2

Session C2: Monday - Thursday, July 6 - July 9

Session D1: Monday - Thursday, July 13 - July 16

Session D2: Monday - Thursday, July 20 - July 23

Session E: Monday - Thursday, July 27 - July 30

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.

Fee: \$33.00 per session (4 lessons/35 min)

Session A1: Monday - Thursday
15BAQAPA 9:50 AM to 10:25 AM
15BAQAPP 6:00 PM to 6:35 PM

Session A2: Monday - Thursday
15BAQAPA 9:50 AM to 10:25 AM

Session B1: Monday - Thursday
15BAQBPA 9:50 AM to 10:25 AM
15BAQBPP 6:00 PM to 6:35 PM

Session B2: Monday - Thursday
15BAQBPA 9:50 AM to 10:25 AM

Session C1: Monday - Thursday
15BAQCPA 9:50 AM to 10:25 AM
15BAQCPP 6:00 PM to 6:35 PM

Session C2: Monday - Thursday
15BAQCPA 9:50 AM to 10:25 AM

Session D1: Monday - Thursday
15BAQDPA 9:50 AM to 10:25 AM
15BAQDPP 6:00 PM to 6:35 PM

Session D2: Monday - Thursday
15BAQDPA 9:50 AM to 10:25 AM

Session E: Monday - Thursday
15BAQEPA 9:50 AM to 10:25 AM
15BAQEPB 6:00 PM to 6:35 PM

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, non-credit course descriptions.

Fee: \$33.00 per session (4 lessons/35 min)

Session A1: Monday - Thursday
15BAQATA 9:10 AM to 9:45 AM

Session A2: Monday - Thursday
15BAQATA 9:10 AM to 9:45 AM
15BAQATP 6:00 PM to 6:35 PM

Session B1: Monday - Thursday
15BAQBTA 9:10 AM to 9:45 AM

Session B2: Monday - Thursday
15BAQBTA 9:10 AM to 9:45 AM
15BAQBTP 6:00 PM to 6:35 PM

Session C1: Monday - Thursday
15BAQCTA 9:10 AM to 9:45 AM

Session C2: Monday - Thursday
15BAQCTA 9:10 AM to 9:45 AM
15BAQCTP 6:00 PM to 6:35 PM

Session D1: Monday - Thursday
15BAQDTA 9:10 AM to 9:45 AM

Session D2: Monday - Thursday
15BAQDTA 9:10 AM to 9:45 AM
15BAQDTP 6:00 PM to 6:35 PM

Session E: Monday - Thursday
15BAQETA 9:10 AM to 9:45 AM



SWIM ENROLLMENT OPENS MAY 7TH!



BEGINNING & ENDING DATES:

Levels I-VI, Adult Lessons & Lap Swimming
 Session A: Monday - Thursday, June 1 - June 11
 Session B: Monday - Thursday, June 15 - June 25
 Session C: Monday - Thursday, June 29 - July 9
 Session D: Monday - Thursday, July 13 - July 23

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, non-credit course descriptions.

Fee: \$57.00 per session (8 lessons/45 min)

Session A: Monday - Thursday
 15BAQ01A1 9:50 AM to 10:35 AM
 15BAQ01A2 10:40 AM to 11:25 AM
 15BAQ01A3 5:30 PM to 6:15 PM
 15BAQ01A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday
 15BAQ01B1 9:50 AM to 10:35 AM
 15BAQ01B2 10:40 AM to 11:25 AM
 15BAQ01B3 5:30 PM to 6:15 PM
 15BAQ01B4 6:30 PM to 7:15 PM

Session C: Monday - Thursday
 15BAQ01C1 9:50 AM to 10:35 AM
 15BAQ01C2 10:40 AM to 11:25 AM
 15BAQ01C3 5:30 PM to 6:15 PM
 15BAQ01C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday
 15BAQ01D1 9:50 AM to 10:35 AM
 15BAQ01D2 10:40 AM to 11:25 AM
 15BAQ01D3 5:30 PM to 6:15 PM
 15BAQ01D4 6:30 PM to 7:15 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, non-credit course descriptions.

Fee: \$57.00 per session (8 lessons/45 min)

Session A: Monday - Thursday
 15BAQ02A1 9:50 AM to 10:35 AM
 15BAQ02A2 10:40 AM to 11:25 AM
 15BAQ02A3 5:30 PM to 6:15 PM
 15BAQ02A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday
 15BAQ02B1 9:50 AM to 10:35 AM
 15BAQ02B2 10:40 AM to 11:25 AM
 15BAQ02B3 5:30 PM to 6:15 PM
 15BAQ02B4 6:30 PM to 7:15 PM

Session C: Monday - Thursday
 15BAQ02C1 9:50 AM to 10:35 AM
 15BAQ02C2 10:40 AM to 11:25 AM
 15BAQ02C3 5:30 PM to 6:15 PM
 15BAQ02C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday
 15BAQ02D1 9:50 AM to 10:35 AM
 15BAQ02D2 10:40 AM to 11:25 AM
 15BAQ02D3 5:30 PM to 6:15 PM
 15BAQ02D4 6:30 PM to 7:15 PM

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, non-credit course descriptions.

Fee: \$57.00 per session (8 lessons/45 min)

Session A: Monday - Thursday
 15BAQ03A1 9:50 AM to 10:35 AM
 15BAQ03A2 10:40 AM to 11:25 AM
 15BAQ03A3 5:30 PM to 6:15 PM
 15BAQ03A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday
 15BAQ03B1 9:50 AM to 10:35 AM
 15BAQ03B2 10:40 AM to 11:25 AM
 15BAQ03B3 5:30 PM to 6:15 PM
 15BAQ03B4 6:30 PM to 7:15 PM

Session C: Monday - Thursday
 15BAQ03C1 9:50 AM to 10:35 AM
 15BAQ03C2 10:40 AM to 11:25 AM
 15BAQ03C3 5:30 PM to 6:15 PM
 15BAQ03C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday
 15BAQ03D1 9:50 AM to 10:35 AM
 15BAQ03D2 10:40 AM to 11:25 AM
 15BAQ03D3 5:30 PM to 6:15 PM
 15BAQ03D4 6:30 PM to 7:15 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 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, non-credit course descriptions.

Fee: \$57.00 per session (8 lessons/45 min)

Session A: Monday - Thursday
15BAQ04A1 9:50 AM to 10:35 AM
15BAQ04A2 10:40 AM to 11:25 AM
15BAQ04A3 5:30 PM to 6:15 PM

Session B: Monday - Thursday
15BAQ04B1 9:50 AM to 10:35 AM
15BAQ04B2 10:40 AM to 11:25 AM
15BAQ04B3 5:30 PM to 6:15 PM

Session C: Monday - Thursday
15BAQ04C1 9:50 AM to 10:35 AM
15BAQ04C2 10:40 AM to 11:25 AM
15BAQ04C3 5:30 PM to 6:15 PM

Session D: Monday - Thursday
15BAQ04D1 9:50 AM to 10:35 AM
15BAQ04D2 10:40 AM to 11:25 AM
15BAQ04D3 5:30 PM to 6:15 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. *Levels 5 and 6 are combined classes. For the list of skills to be learned in class visit www.tryufm.org, non-credit course descriptions.

Fee: \$57.00 per session (8 lessons/45 min)

Session A: Monday - Thursday
15BAQ05A1 9:50 AM to 10:35 AM
15BAQ05A2 10:40 AM to 11:25 AM
15BAQ05A3 5:30 PM to 7:15 PM

Session B: Monday - Thursday
15BAQ05B1 9:50 AM to 10:35 AM
15BAQ05B2 10:40 AM to 11:25 AM
15BAQ05B3 5:30 PM to 7:15 PM

Session C: Monday - Thursday
15BAQ05C1 9:50 AM to 10:35 AM
15BAQ05C2 10:40 AM to 11:25 AM
15BAQ05C3 5:30 PM to 7:15 PM

Session D: Monday - Thursday
15BAQ05D1 9:50 AM to 10:35 AM
15BAQ05D2 10:40 AM to 11:25 AM
15BAQ05D3 5:30 PM to 7:15 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. *Levels 5 and 6 are combined classes. For the list of skills to be learned in class visit www.tryufm.org, non-credit course descriptions.

Fee: \$57.00 per session (8 lessons/45 min)

Session A: Monday - Thursday
15BAQ06A1 9:50 AM to 10:35 AM
15BAQ06A2 10:40 AM to 11:25 AM
15BAQ06A3 5:30 PM to 7:15 PM

Session B: Monday - Thursday
15BAQ06B1 9:50 AM to 10:35 AM
15BAQ06B2 10:40 AM to 11:25 AM
15BAQ06B3 5:30 PM to 7:15 PM

Session C: Monday - Thursday
15BAQ06C1 9:50 AM to 10:35 AM
15BAQ06C2 10:40 AM to 11:25 AM
15BAQ06C3 5:30 PM to 7:15 PM

Session D: Monday - Thursday
15BAQ06D1 9:50 AM to 10:35 AM
15BAQ06D2 10:40 AM to 11:25 AM
15BAQ06D3 5:30 PM to 7:15 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 (8 lessons/45 min)

Session B: Monday - Thursday
15BAQ-22B: 6:40 PM to 7:25 PM

Session D: Monday - Thursday
15BAQ-22D: 6:40 PM to 7:25 PM



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 (8 times)

Session A: Monday - Thursday
15BAQLSA1 9:00 AM to 11:30 AM
15BAQLSA3 5:30 PM to 7:30 PM

Session B: Monday - Thursday
15BAQLSB1 9:00 AM to 11:30 AM
15BAQLSB3 5:30 PM to 7:30 PM

Session C: Monday - Thursday
15BAQLSC1 9:00 AM to 11:30 AM
15BAQLSC3 5:30 PM to 7:30 PM

Session D: Monday - Thursday
15BAQLSD1 9:00 AM to 11:30 AM
15BAQLSD3 5:30 PM to 7:30 PM

Lap Swimming for Parents

Are you tired of being just an observer at your child's swimming lesson? If so, then take advantage of the time you spend watching and enroll in Lap Swimming at a special price. 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 (8 times)

Session A: Monday - Thursday
15BAQLPA1 9:00 AM to 11:30 AM
15BAQLPA3 5:30 PM to 7:30 PM

Session B: Monday - Thursday
15BAQLPB1 9:00 AM to 11:30 AM
15BAQLPB3 5:30 PM to 7:30 PM

Session C: Monday - Thursday
15BAQLPC1 9:00 AM to 11:30 AM
15BAQLPC3 5:30 PM to 7:30 PM

Session D: Monday - Thursday
15BAQLPD1 9:00 AM to 11:30 AM
15BAQLPD3 5:30 PM to 7:30 PM

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



Private Swim Lessons 15BAQ103

Private lessons provide one-on-one instruction for any level of swimmer. Sessions include four 35-minute lessons and occur M-Th. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. Due to time constraints, THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS. Class is held during group lessons and other aquatic classes.

Beginning and Ending Dates for Morning and Evening Private Lessons:

15BAQ103A1: Mon. - Thur., June 1 - June 4
15BAQ103A2: Mon. - Thur., June 8 - June 11

15BAQ103B1: Mon. - Thur., June 15 - June 18
15BAQ103B2: Mon. - Thur., June 22 - June 25

15BAQ103C1: Mon. - Fri., June 29 - July 2
15BAQ103C2: Mon. - Thur., July 6 - July 9

15BAQ103D1: Mon. - Thur., July 13 - July 16
15BAQ103D2: Mon. - Thur., July 20 - July 23

15BAQ103E: Mon. - Thur., July 27 - July 30

Times for morning classes:
9:10 AM to 9:45 AM
9:50 AM to 10:25 AM
10:40 AM to 11:15 AM

Times for all evening classes:
5:30 PM to 6:05 PM
6:20 PM to 6:55 PM

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

Shallow/Deep Water Exercise 15BAQSHD

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 their name, the number of enrolled classes and will be distributed the first day of class. Cards are valid only to the registered participant.

Date: 06/01/2015 to 07/30/2015 (M-TH)
Time: 6:40 PM to 7:30 PM
Fee: \$20 for 8 classes
\$28 for 16 classes
\$40 for 24 classes
Location: Natatorium, K-State Campus

Open Swim Appreciation 15BAQ31A

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: 06/28/2015 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No Charge
Location: Natatorium, K-State Campus

Open Swim Appreciation 15BAQ31B

Date: 07/26/2015 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No Charge
Location: Natatorium, K-State Campus



Scuba Diving 15BAQ105Z

This course will prepare students for NAUI Scuba Diver certification. Areas of skills 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: 06/01/2015 to 07/06/2015 (M)
 Time: 5:30 PM to 9:30 PM
 Fee: \$257.00
 Location: Natatorium, K-State campus

•••••
 • "LIKE"
 • UFM Community Learning Center
 • on Facebook
 • for class updates
 • and announcements!
 •
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 • Facebook.com/UFMCLC
 •••••

Blended Learning: Lifeguard Training 15BAQ07

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) Be 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 & Jordan Meyer

Date: 05/30/2015 to 05/31/2015 (Sa/Su)
 Time: 9:30 AM to 5:00 PM
 Fee: \$165.00
 Location: Natatorium, K-State campus



Blended Learning: WSI - Water Safety Instructor 15BAQ121

Blended Learning: WSI-Water Safety Instructor gives you the opportunity to complete part of the coursework online. **You will be contacted via email with login information and directions to complete the online content. 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 \$75 non-refundable deposit.

The purpose of the Water Safety Instructor course is to train instructor candidates to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim and water safety courses and presentations. Water Safety Instructor candidates must be at least 16 years old on or before the last scheduled day of the Water Safety Instructor course. Please note: The WSI course is NOT designed to teach you the required strokes/skills. Paired practice, coaching and drills are used to refine skills. Be prepared for swimming, reading and homework.

Enrollment and prerequisites for this class are listed at www.tryufm.org.

Instructor: Carol Russell, iteach@ksu.edu

Date: 05/29/2015 – 05/31/2015 (F/Sa/Su)
 Time: 6:00 PM to 7:00 PM - 05/29 (F)
 8:00 AM to 7:00 PM - 05/30 (Sa)
 8:00 AM to 5:00 PM - 5/31 (Su)

Fee: \$165.00
 Location: Natatorium, K-State campus

CAREER & FINANCE



Computer Skills 101 15BFC119B

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: 07/06/2015 to 07/27/2015 (M)
 Time: 6:30 PM to 7:30 PM
 Fee: \$14.00
 Location: Manhattan Public Library -
 Computer Classroom
 629 Poyntz Ave.

Computer Skills 101 15BFC119A

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: 06/08/2015 to 06/29/2015 (M)
 Time: 6:30 PM to 7:30 PM
 Fee: \$14.00
 Location: Manhattan Public Library -
 Computer Classroom
 629 Poyntz Ave.

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

Making Cold Hard Cash 15BFC144

Turning your pennies into cold, hard cash is easier than you think! It just takes a little afternoon planning, some change, a few ice cube trays and a freezer. In this class, you will learn the best way to freeze your money. Coins are easy, but we will also talk about freezing paper money which takes a bit more preparation. This skill works great for saving your cash in a safe place where burglars will probably not look. It is great for a trip to the arctic, but not recommended to take in your pocket on a hot summer day! Students will have access to an on-site freezer if needed.

Instructor: Mrs. Penny Pincher

Date: 08/15/2015 (Sa)
 Time: 10:00 AM
 Fee: -\$1.00
 Location: UFM
 1221 Thurston St.



Adobe Creative Cloud Photoshop & Illustrator 15BFC143

NEW!

Have you ever wanted to make a professional banner on your Facebook page? Or a custom wallpaper for your tablet or smart phone? Discover the basics of how to create digital artwork in Adobe programs. Learn how to scan artwork for the best results. Practice enhancing an image manually to get Instagram-like effects in a few simple steps. Get tips and a list of the best hotkeys! Experiment with a Wacom Tablet. Please bring your own laptop.
 Instructor: Ashley Meek

Date: 07/20/2015 to 07/27/2015 (M)
 Time: 6:30 PM to 8:00 PM
 Fee: \$60.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

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 AT 406 POYNTZ 537-2099



CREATIVE FREE TIME

Get Hooked Again!: Broomstick Lace

15BCF234

Take your crochet projects beyond the basics. This class will explore specialty stitches and techniques that will increase your confidence as you become a more skilled crocheter. Learn 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 and is not designed for a beginning student. Bring a size J crochet hook. The yarn and "broomstick" are included in the class fee.

Instructor: Linda Teener

Date: 06/11/2015 to 06/18/2015 (Th)
Time: 5:30 PM to 7:00 PM
Fee: \$26.00 - Class fee + materials
\$6.00 - Class fee - repeat
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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



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



How to Design Your Own Space

NEW!

15BCF237

Learn to design a space in your home, office, or college dorm room by yourself. The instructor will teach you how to choose 1 or 2 items in order to build your color scheme and design around these favorite things. Take the guesswork out of interior design and learn to create authentic spaces for your tastes and desires.

Instructor: Mary Ervin, (785) 492-7164,
maryervin@cox.net

Date: 06/16/2015 (T)
Time: 6:30 PM to 8:00 PM
Fee: \$22.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Mary Ervin, owner of Creating Spaces, has over 15 years of experience in both residential and commercial design. When designing for her clients she believes that creating authentic spaces that fit individual needs is of utmost importance. Mary's expertise is enveloping color and texture into her designs. She is also a certified Feng Shui consultant as well as a stager for real estate companies.



Introduction to Digital Photography: The Basics

15BCF190

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 field trips will be discussed at the first class, but will be on Saturday evening a few hours before sunset. Participants will be responsible for their own transportation to the field trips. Class dates: Wednesday: 7-9pm, June 3rd, June 10th, June 17th, and July 1st (no class on June 24th). Saturday field trips: a couple of hours before sunset June 6th, June 13th, June 20th
Instructor: Scott Bean, (785) 341-1047,
scott@scottbeanphoto.com

Date: 06/03/2015 to 07/01/2015 (W/Sa)
(No class 6/24)
Time: 7:00 PM to 9:00 PM
Fee: \$68.00
Location: UFM 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 as well.

CREATIVE FREE TIME



Guitar Private Instruction 15BCF199

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: 06/01/2015 to 08/07/2015
 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 15BCF200

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: 06/01/2015 to 08/07/2015
 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



Sax, Clarinet, Flute Private Instruction 15BCF232A

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: 06/01/2015 to 06/22/2015
 Time: TBD
 Fee: \$60.00 for 4 classes
 Location: UFM
 1221 Thurston St.



Sax, Clarinet, Flute Private Instruction 15BCF232B

Instructor: Betsy Blazer, (785) 406-0172

Date: 06/29/2015 to 07/20/2015
 Time: TBD
 Fee: \$60.00 for 4 classes
 Location: UFM
 1221 Thurston St.

Sax, Clarinet, Flute Private Instruction 15BCF232C

Instructor: Betsy Blazer, (785) 406-0172

Date: 07/27/2015 to 08/17/2015 (M)
 Time: TBD
 Fee: \$60.00 for 4 classes
 Location: UFM
 1221 Thurston St.



Piano I 15BCF35Z

This group keyboard class is designed for beginners with little or no previous keyboard instruction. Basic concepts to be studied include: note and rhythm reading, fundamental theory, basic chord-building, simple improvisation, and group and individual playing. Outside practice is essential for progress in this class. Required text: Piano Fun For Adult Beginners by Brenda Dillon. Available at Glenn's Music, 413 Poyntz Ave; call them at 539-1926 to check for date of in-store availability. For questions and inquiries, please contact the instructor. Available for KSU credit.

Instructor: Virginia Houser, vhouser@ksu.edu

Date: 06/09/2015 to 07/02/2015 (T/Th)
 Time: 6:30 PM to 8:20 PM
 Fee: \$136.00
 Location: K-State McCain Auditorium
 Room 127



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

CREATIVE FREE TIME

Your Sewing Machine 101 **15BCF239**

Bring your machine and learn how to use it! Learn about stitch types and machine settings. Become familiar with machine parts and needle types. Complete a small finished project and receive the greatest sewing book!

Instructor: Ashley Meek,
crookedcrown20@gmail.com

Date: 06/14/2015 (Su)
Time: 2:00 PM to 4:00 PM
Fee: \$20.00
Location: UFM Multipurpose Room
1221 Thurston St.



Sew Your Own Maxi Skirt **15BCF242**

Don't be afraid of knits! Explore knit seam types and learn how to take basic measurements. Class will meet once to explain supplies. At the next meeting you will complete your skirt. Bring your sewing machine. Take the fabric design course first if you want a custom print!

Instructor: Ashley Meek,
crookedcrown20@gmail.com

Date: 07/06/2015 to 07/13/2015 (M)
Time: 6:00 PM to 7:30 PM
Fee: \$25.00
Location: UFM Multipurpose Room
1221 Thurston St.



Textile Embellishments **15BCF241**

Sustainable crafting! Learn about machine and hand decorative stitches and embroidery. Other techniques and surface treatments such as applique, pintucking, and faux oil cloth will be covered. Experiment with surface treatments. Create swatches for reference on an embellished tea towel. Please bring a plain smooth cotton, not terry cloth, tea towel, sewing machine, and thread. All other materials will be provided.

Instructor: Ashley Meek,
crookedcrown20@gmail.com

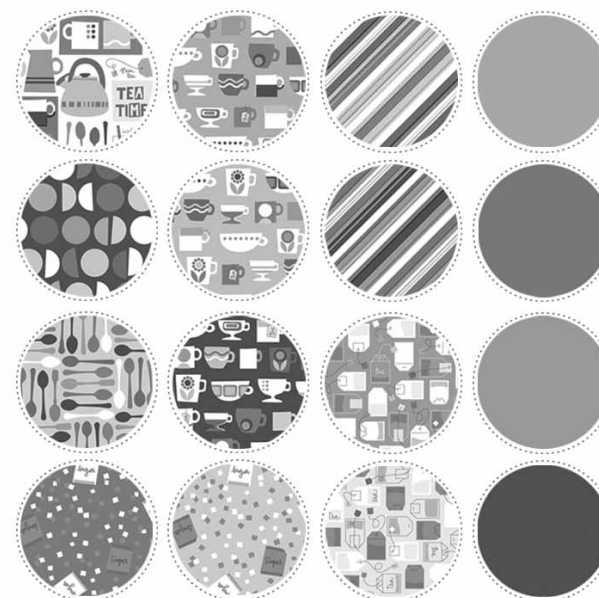
Date: 06/16/2015 (T)
Time: 6:00 PM to 8:00 PM
Fee: \$22.00
Location: UFM Multipurpose Room
1221 Thurston St.

Sewing for Beginners **15BCF240**

Learn the basics of commercial pattern reading and the most common stitch types. Make a stuffed woodland critter. Please bring sewing machine, thread, and 1/2 yard each of 2 fabrics to complete project. All other materials and tools will be provided.

Instructor: Ashley Meek,
crookedcrown20@gmail.com

Date: 06/23/2015 to 07/07/2015 (T)
Time: 5:30 PM to 7:00 PM
Fee: \$29.00
Location: UFM Multipurpose Room
1221 Thurston St.

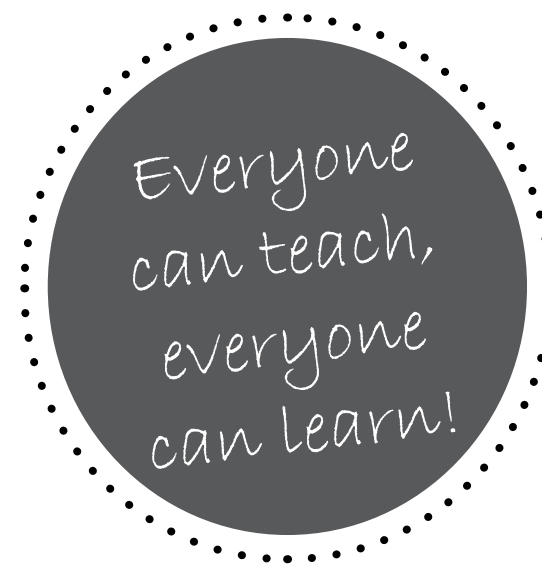


Fabric Design **15BCF238**

Do you need the perfect fabric for your creations but can't find it? You can make it yourself! If you've imagined a fabric you just can't find in a store, this class is for you! Anyone can design their own fabric. Learn the process of fabric printing. Develop motifs and patterns on a computer and with stamps. Get a walk-through of Spoonflower and set up a free account so you can have your fabrics printed and sold. Complete 2 fabric swatches.

Instructor: Ashley Meek,
crookedcrown20@gmail.com

Date: 06/01/2015 to 06/08/2015 (M)
Time: 6:30 PM to 8:00 PM
Fee: \$40.00
Location: UFM Computer Lab &
Conference Room
1221 Thurston St., 2nd floor



EARTH & NATURE



Intro to Geocaching 15BEN103

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 more 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 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: 07/11/2015 (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.

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on classes and events.



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Simple Solar Water and Space Heating 15BEN100

In this class we will discuss different ways of solar heating water and air, and storing the heat for later in the day. Mostly we want temperatures well within the reach of simple hardware we can make ourselves. We will emphasize the simplest, least costly ways of making the sun work for us:

* from drain-back and batch water heaters to freeze protection.

* and how to integrate simple daytime space heaters into your house, making the air wander through and heat as much of your house as possible.

Bill has built and installed most types of solar water and space heating collectors since 1975. His favorites are the simplest. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. www.fhrconline.org

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

Date: 06/06/2015 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

Photovoltaics 101 and Fossil Fuels meet Renewable Energy 15BEN114

Solar electricity is not the solar you remember. New technologies and an 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. Solar electricity 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. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. www.fhrconline.org

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

Date: 06/20/2015 (Sa)
Time: 9:30 AM to 12 N
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

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

Making Fire and Primitive Cordage 15BEN116

This class will cover primitive fire lighting techniques that can be applied to backcountry and survival situations. We will also explore friction lighting methods and how fire can be used as a tool. Finally the class will cover an introduction to making primitive cordage using materials found in the wild. This is a hands on course and will be held outdoors; dress appropriately. A small knife that one is comfortable using is recommended but not required. Make-up date due to inclement weather will be June 28.

Instructor: Daniel Schapaugh, scha@ksu.edu

Date: 06/27/2015 (Sa)
Time: 12:30 PM to 6:00 PM
Fee: \$26.00
Location: Cedar Ridge Area -
Tuttle Creek State Park

NEW!

Prairie Chickens in Kansas 15BEN128

This class will explore the natural history and current state of both the Lesser and Greater Prairie Chickens in Kansas. Come share in a discussion relating to grassland issues and the birds that call the open prairie home.

Instructor: Daniel Schapaugh, scha@ksu.edu

Date: 06/11/2015 (Th)
Time: 6:30 PM to 8:00 PM
Fee: \$12.00
Location: UFM Banquet Room
1221 Thurston St.

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



EARTH & NATURE



Orienteering

NEW!

15BEN129

This class will cover map and compass techniques, backcountry travel decision making, and travel without a map and compass. Electronic devices will not be covered or used. This is a hands-on course and will be held outdoors; dress appropriately. Participants should be able to hike three miles on uneven terrain. Class will meet at Tuttle Creek Observation Point for an orientation and then we will move on to the Carnahan Park area. Make-up date due to inclement weather will be August 2. Class fee includes map and compass.

Boy Scouts who participate in this course will complete requirement 2-8 of the Orienteering Merit Badge.

Instructor: Daniel Schapaugh, dts9765@ksu.edu

Date: 08/01/2015 (Sa)
 Time: 12:30 PM to 7:00 PM
 Fee: \$26.00
 Location: Tuttle Creek Lake Visitor Center
 5020 Tuttle Creek Blvd

Food Forests and Plant Guilds: Not Just Another Gardening Class

15BEN74

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 Renewable Energy and Efficiency Cooperative, Inc www.fhrconline.org
 Instructor: Carol Barta, (785) 410-8608

Date: 05/31/2015 (Su)
 Time: 7:00 PM to 9:00 PM
 Fee: No Charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Carol Barta is a founding member of the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. and certified permaculturist.



Wildflower Walk at Tuttle Creek Lake

15BEN69

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 to help us determine class size. *Rain date the following Sunday.
 Instructor: Paul Weidhaas, (785) 539-8511

Date: 06/20/2015 (Sa)
 Time: 10:00 AM to 12 N
 Fee: No Charge
 Location: Tuttle Creek Lake Visitor Center
 5020 Tuttle Creek Blvd



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FUN FOODS



Sushi Rolling

NEW!

15BFF129

Are you interested in learning how to make sushi? Do you want to experience making sushi behind a traditional sushi bar? You will learn how to make sushi, roll it and also take home your own sushi rolling mat.

This class will cover the following:

- Make, cut and plate at least 2 of your own rolls (California roll and Vegetarian roll)
- Basic background of Sushi
- Information on rice cooking techniques, spicy sushi sauce, and sushi vinegar
- How to prepare your ingredients

Instructor: Hyung Hwa 'Rick' Oh

Date: 05/28/2015 (Th)
 Time: 6:00 PM to 7:30 PM
 Fee: \$35.00
 Location: Box Lab Kitchen
 407 Poyntz Avenue

Rick worked for a sushi restaurant management company, open sushi bars. Rick also trained others to manage sushi restaurants (approximately 200 sushi bars in Texas). He is currently the sushi menu developer at Derby Dining Center as a doctoral student in the Department of Hospitality Management and Dietetics at Kansas State University. Rick has been in hospitality area about 12 years including educational background and hotel & restaurant work experience.

Junior Chefs:

Eggs Unscrambled

15BY092

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: 06/07/2015 (Su)
 Time: 1:30 PM to 3:30 PM
 Fee: \$10.00
 Location: Pottorf Hall at Cico Park
 Clover Room

Junior Chefs:

Picnic in the Park

15BY095

Nothing says summer like a picnic in the park! Junior Chefs will start in the kitchen making All-American burgers, corn-on-the-cob, and the ultimate chocolate milkshake ending with a picnic in the park. Ages 6 to 12.

Instructor: Ginny Barnard

Date: 07/12/2015 (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.

Egyptian Cuisine

NEW!

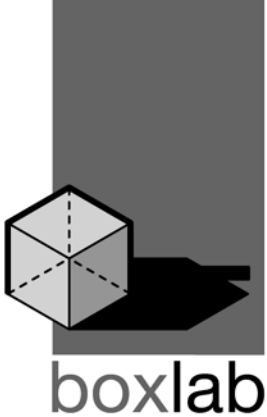
15BFF128

Learn the cooking techniques of a complete Egyptian meal including the main course, Kofta: a yummy recipe that features finely ground beef cooked on skewers in an oven or on a grill. You can serve it on rice, in pita bread with cucumber and tomatoes, and served with Tahini (a typical condiment made of sesame seed paste, olive oil, lemon juice, chopped garlic cloves, salt and parsley; Mahshi Kronb (Cabbage rolls): an Egyptian vegetarian dish that cooked ground beef could be added to the rice stuffing mixture, but is awesome without meat; Baba Ghannoush (Eggplant dip): a great Egyptian appetizer served with pita bread and fresh sliced cucumber; Basbousa: a traditional Middle Eastern sweet cake that is made of cooked semolina and soaked in simple syrup; and Sahlab: a warm, tasty dessert drink! You know hot chocolate, right? Well, think of this as hot vanilla. There are boxed mixtures of this drink, but it is traditionally prepared at home.

Instructor: Basem Boutros

Date: 05/21/2015 (Th)
 Time: 6:00 PM to 8:00 PM
 Fee: \$29.00
 Location: Box Lab Kitchen
 407 Poyntz Avenue

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 about Egyptian history, culture, food and more.



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ONLINE LEARNING

A One on One Introduction to Voiceovers 15BCF129

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 05/15/15 and 07/31/15. Enroll before May 31st 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: 05/15/2015 to 07/31/2015
Time: See class description
Fee: \$24.00 (Before May 31)
\$30.00 (After May 31)
Location: Online

Blended Learning: First Aid/CPR/AED 15BHW70A

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 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 \$35 non-refundable deposit.**

Instructor: Kelly Reed-Harkness

Date: 06/27/2015 (Sa)
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 15BHW70B

Instructor: Kelly Reed-Harkness

Date: 07/18/2015 (Sa)
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 15CHW70A

Instructor: Kelly Reed-Harkness

Date: 08/15/2015 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



ONLINE LEARNING

Blended Learning: Lifeguard Training

15BAQ07

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) Be at least 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 & Jordan Meyer

Date: 05/30/2015 to 05/31/2015 (Sa/Su)

Time: 9:30 AM to 5:00 PM

Fee: \$165.00

Location: Natatorium, K-State campus

Blended Learning:

WSI - Water Safety Instructor 15BAQ121

Blended Learning: WSI-Water Safety Instructor gives you the opportunity to complete part of the coursework online. **You will be contacted via email with login information and directions to complete the online content. 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 \$75 non-refundable deposit.

The purpose of the Water Safety Instructor course is to train instructor candidates to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim and water safety courses and presentations. Water Safety Instructor candidates must be at least 16 years old on or before the last scheduled day of the Water Safety Instructor course. Please note: The WSI course is NOT designed to teach you the required strokes/skills. Paired practice, coaching and drills are used to refine skills. Be prepared for swimming, reading and homework.

Enrollment and prerequisites for this class are listed at www.tryufm.org.

Instructor: Carol Russell, iteach@ksu.edu

Date: 05/29/2015 – 05/31/2015 (F/Sa/Su)

Time: 6:00 PM to 7:00 PM - 05/29 (F)

8:00 AM to 7:00 PM - 05/30 (Sa)

8:00 AM to 5:00 PM - 5/31 (Su)

Fee: \$165.00

Location: Natatorium, K-State campus

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



Water Safety Instructor Course Prerequisites

To be eligible for the Water Safety Instructor course, instructor candidates must:

* Be at least 16 years of age on or before the last scheduled day of the instructor course.

* Successfully complete the precourse session, including demonstrating competency in the precourse swim skills evaluation.

* 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

* 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.



HEALTH & WELLNESS

Restorative Yoga 15BHW140A

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)

Instructors: Debbie Newton, dnewton@flinthills.com

Date: 05/10/2015 to 06/14/2015 (Su)
(No Class 5/24)
Time: 6:30 PM to 7:30 PM
Fee: \$29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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

Restorative Yoga 15BHW140B

Instructors: Debbie Newton, dnewton@flinthills.com

Date: 06/21/2015 to 07/26/2015 (Su)
(No Class 7/05)
Time: 6:30 PM to 7:30 PM
Fee: \$29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Chair Yoga 15BHW156A

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: 05/26/2015 to 06/23/2015 (T)
Time: 1:30 PM to 2:30 PM
Fee: \$29.00
Location: UFM Solar Addition
1221 Thurston St.

Chair Yoga 15BHW156B

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 06/30/2015 to 07/28/2015 (T)
Time: 1:30 PM to 2:30 PM
Fee: \$29.00
Location: UFM Solar Addition
1221 Thurston St.



Evening Yoga 15BHW88A

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: 05/26/2015 to 06/23/2015 (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 15BHW88B

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 06/30/2015 to 07/28/2015 (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 15BHW89A

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: 05/09/2015 to 06/20/2015 (Sa)
(No class 5/23)
Time: 9:30 AM to 11:00 AM
Fee: \$29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Morning Yoga 15BHW89B

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 06/27/2015 to 08/08/2015 (Sa)
(No class 7/04)
Time: 9:30 AM to 11:00 AM
Fee: \$29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Gentle Yoga for All 15BHW99

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: 06/02/2015 to 07/21/2015 (T)
Time: 5:30 PM to 6:45 PM
Fee: \$89.00
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

NEW!

The Heart and Soul of Yoga: Moving Beyond the Body 15BHW207

This 3 hour workshop is for everyone from beginners to teachers. Anyone with a new interest in yoga or one who already practices yoga regularly can enjoy this exploration into the different practices that help us to connect with our authentic selves. Come to this workshop if you want to learn more about yoga, if you'd like to deepen your understanding and your practice, or if you just want to feel really good! This workshop will be a source of renewal from which each one's joy and life will shine more brightly. Children under 13 must be accompanied by a responsible adult.

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

Date: 07/31/2015 (F)
Time: 4:30 PM to 7:30 PM
Fee: \$42.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Ana Franklin is a certified Yoga teacher who began her own practice forty years ago.



Heart Space
yoga

Ana Franklin

321 Poyntz Avenue
Suite A
Manhattan, KS 66505

785-341-9908

www.yogaconnection.byregion.net

HEALTH & WELLNESS

Women's Self Defense 15BHW118Z

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 is 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: 07/11/2015 to 07/25/2015 (Sa/Su)
Time: 1:00 PM to 4:00 PM
Fee: \$70.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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.

Philosophy of Meditation and its Concerned Elements 15BPI86A

Learn the philosophy and technique for connecting mind and body for improved concentration, total relaxation, and relief from both physical and mental stresses. You will be introduced to the what, who, why and how of meditation philosophy to make you a total consciousness experience. The instructor uses original Sanskrit text, called 'Patanjali Yog Pradeep' to guide and inform all meditation exercises. Instructor: Prabhakar Naware

Date: 05/16/2015 to 05/17/2015 (Sa/Su)
Time: 5:00 PM to 7:30 PM
Fee: \$34.00
Location: UFM Solar Addition
1221 Thurston St.

"LIKE"

UFM Community Learning Center
on Facebook
for class updates
and announcements!



Connect with UFM on
Facebook.com/UFMCLC

Philosophy of Meditation and its Concerned Elements 15BPI86B

Instructor: Prabhakar Naware

Date: 06/06/2015 to 06/07/2015 (Sa/Su)
Time: 5:00 PM to 7:30 PM
Fee: \$34.00
Location: UFM Solar Addition
1221 Thurston St.

Naware has been successfully practicing and informally coaching people in the ancient philosophy, art and science of meditation in India for the past 20 years.

Philosophy of Meditation and its Concerned Elements 15BPI86C

Instructor: Prabhakar Naware

Date: 06/27/2015 to 06/28/2015 (Sa/Su)
Time: 5:00 PM to 7:30 PM
Fee: \$34.00
Location: UFM Solar Addition
1221 Thurston St.

Series of Three 15BHW146

Register for this class and participate in all three classes. See class descriptions listed with individual classes: Bright Life Strategies: Peeling the Layers; Guided Meditation: Journey to the Seven Directions; Guided Meditation: Shifting Into Compassion (savings of \$10.00). Instructor: Palma Holden (785) 341-9072, palma@brightlifeconsulting.com

Date: Various
Time: 6:00 PM to 7:30 PM
Fee: \$98.00 - Series Individual
Location: UFM Solar Addition
1221 Thurston St.

Bright Life Strategies: Peeling the Layers 15BHW145

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: 07/09/2015 (Th)
Time: 6:30 PM to 8:00 PM
Fee: \$36.00
Location: UFM Solar Addition
1221 Thurston St.

Guided Meditation: Journey to the Seven Directions 15BHW159

We start by relaxing & grounding, then move into a guided meditation tape to the seven directions led by the voice of Marcellus Bear Heart Williams, a native American shaman. Feel free to take notes. Instructor: Palma Holden, (785) 341-9072, palma@brightlifeconsulting.com

Date: 07/22/2015 (W)
Time: 6:30 PM to 8:00 PM
Fee: \$36.00
Location: UFM Solar Addition
1221 Thurston St.

Guided Meditation: Shifting Into Compassion 15BHW143

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

Date: 08/05/2015 (W)
Time: 6:30 PM to 8:00 PM
Fee: \$36.00
Location: UFM Solar Addition
1221 Thurston St.

Palma Holden, M.S., helps people relax, de-stress, and feel better and brighter about life through her practical, spirit-lifting workshops and private consulting.

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

HEALTH & WELLNESS

Jin Shin Jyutsu Self Help 15BHW203A

Jin Shin Jyutsu is an ancient harmonizing art that utilizes the power of the universe (big stuff!) through one's hands. One can practice self help and/or have sessions with a trained practitioner. Self help practice is simple and easy to learn and use. There are no contraindications, so everyone can benefit from the application and use it in any situation. Class will focus on learning the art of self help. This includes first aid techniques, ways to bolster the immune system, practices to rejuvenate and detoxify the body, as well as lower stress. Jin Shin Jyutsu creates an awareness of the body's messages, and a fresh approach to addressing them. Class is experiential; handouts will be provided. Please call Kate (785-537-1911) if you are allergic to cats!
Instructor: Kate Cashman

Date: 06/08/2015 (M)
Time: 7:00 PM to 9:30 PM
Fee: \$22.00
Location: 1421 Colorado Street

Jin Shin Jyutsu Self Help 15BHW203B

Instructor: Kate Cashman

Date: 06/30/2015 (T)
Time: 5:30 PM to 8:00 PM
Fee: \$22.00
Location: 1421 Colorado Street

Jin Shin Jyutsu Self Help 15BHW203C

Instructor: Kate Cashman

Date: 07/11/2015 (Sa)
Time: 9:30 AM to 12 N
Fee: \$22.00
Location: 1421 Colorado Street

Kate Cashman is a certified Jin Shin Jyutsu practitioner and self help instructor. She started studying the art in 1998 when she took a class through UFM. Kate has been providing bodywork to the Manhattan community for over 20 years, and loves sharing knowledge about Jin Shin Jyutsu. Please call Kate (785-537-1911) if you are allergic to cats!

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



Managing and Improving Digestive Dysfunction 15BHW205

Are you one of the millions of Americans that suffers from some sort of digestive dysfunction such as gas, bloating, reflux, pain, constipation or diarrhea? If you thought these were normal after eating, they're not! Research continues to show that the health of your gastrointestinal tract greatly impacts your overall health and is linked to many illnesses and diseases. Join us to learn the steps to balancing and improving your gut (and overall) health.
Instructor: Leslie Graves

Date: 06/25/2015 (Th)
Time: 7:00 PM to 8:30 PM
Fee: \$9.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Leslie is a graduate of Kansas State University and has a passion for helping others understand the impact that nutrition and exercise has on their health. Her focus is on building healthier lifestyle habits based on whole foods. She loves helping others improve their health and feel better about themselves through a realistic and balanced approach. For more information visit: www.gracegoalsandguts.com



Whole Foods For Health & Healing 15BHW206

Do you realize that what you eat or don't eat plays a huge role in preventing, managing, and/or reversing chronic disease? In this class you will learn the power that whole foods have in health and healing, the basics of buying and substituting whole foods into your favorite recipes, and discover that eating healthy does not have to be as complicated as it sometimes seems. We will also discuss some action steps to help you reach your health goals.
Instructor: Leslie Graves

Date: 06/04/2015 (Th)
Time: 7:00 PM to 8:30 PM
Fee: \$9.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Abhyanga Part II 15BHW208

Come again to learn more about the traditional healing Ayurvedic practice of abhyanga- a self-administered oil massage that supports the body/mind. People's Grocery and UFM have collaborated to bring you this class.
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 05/30/2015 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

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!

HEALTH & WELLNESS

Lowering Blood Pressure Naturally **NEW!** 15BHW209

Discover ways to lower your blood pressure naturally using specific non-invasive, non-medicative means including fruits, vegetables, spices, supplements, oils, and breathing techniques. People's Grocery and UFM have collaborated to bring you this class.

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

Date: 06/17/2015 (W)
Time: 6:00 PM to 7:00 PM
Fee: No Charge
Location: UFM Banquet Room
1221 Thurston St.



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

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Educational classes



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Manhattan, KS 66502
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INTERESTED IN TEACHING
A CLASS FOR UFM?
FALL 2015 SUBMISSION DEADLINE IS
JUNE 12, 2015.

FOR MORE INFORMATION EMAIL
KAYLA@TRYUFM.ORG

Fermented Beverages **NEW!** 15BHW210

Come learn about how to brew a variety of fermented beverages, as well as how to use spices and herbs to boost their flavor and medicinal health benefits! People's Grocery and UFM have collaborated to bring you this class.

Instructor: Jennifer Guilford, wellness@peoplesgrocerycoop.com

Date: 06/25/2015 (Th)
Time: 1:00 PM to 3:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Jenny Guilford is the Wellness Manager at People's 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.

Food & Mood **NEW!** 15BHW211

This class is for you if you or someone you love experiences any of the following: depression, anxiety, fatigue, hormone-related moodiness, PTSD, ADD, or addiction. Come learn about natural solutions to these issues through whole foods, natural supplements, and other natural modalities. People's Grocery and UFM have collaborated to bring you this class.

Instructor: Aimee Phlegar

Date: 07/18/2015 (Sa)
Time: 2:00 PM to 4:00 PM
Fee: No Charge
Location: Yoga for Life Studio,
211 South Seth Child Road

Blended Learning: First Aid/CPR/AED 15BHW70A

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: Kelly Reed-Harkness

Date: 06/27/2015 (Sa)
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 15BHW70B

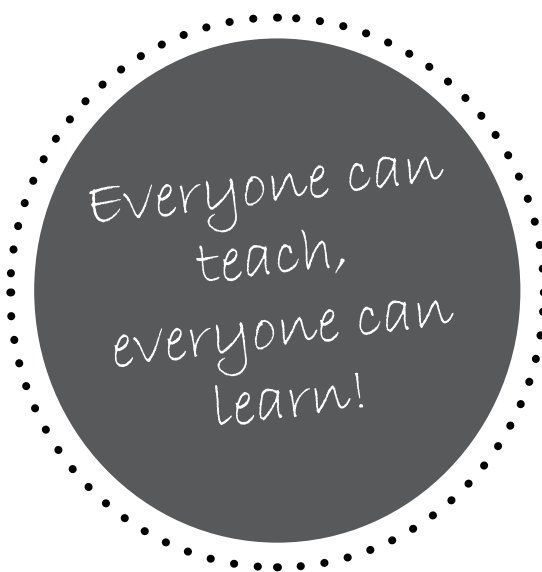
Instructor: Kelly Reed-Harkness

Date: 07/18/2015 (Sa)
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 15CHW70A

Instructor: Kelly Reed-Harkness

Date: 08/15/2015 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



LANGUAGE



Getting Started with Conversational Japanese 15BLA38A

This class is for people with no or very little background of Japanese language. The class provides a functional introduction to the Japanese language. The objectives of the classes are to learn the oral and aural skills needed to understand basic everyday conversation and express oneself in a variety of daily situations without formally studying grammar. The class also provides cultural and sociolinguistic information useful for novice-level Japanese language learners.

Instructor: Kumiko Nakamura

Date: 06/01/2015 to 06/24/2015 (M/W)
 Time: 9:00 AM to 10:00 AM
 Fee: \$99.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Kumiko Nakamura is a native speaker of Japanese and an instructor of Japanese language at K-State. Before K-State, she taught Japanese at college level internationally.



Hindi Language Basics ^{NEW!} 15BLA58

Learn the Hindi language, including writing letters, pronunciation, basic vocabulary and common sentences. The Hindi script has definite vowels and consonants. Any words written in Hindi have only one pronunciation, so it is fairly easy to learn and can be learned fast. Class is open to all ages and learning the language is open to all.

Instructor: Prabhakar Naware

Date: 06/01/2015 to 07/02/2015 (MTh)
 Time: 6:30 PM to 7:30 PM
 Fee: \$19.00
 Location: UFM Multipurpose Room
 1221 Thurston St.

Naware is from India and learned the Hindi language as a child. He is from Maharashtra, which is home of the Marathi language. He knows how to speak and write many languages, including Gujrati, English and Russian, in addition to Hindi and Marathi.

Introduction to Spanish 15BLA33

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: Katie Martinez,
 katie.w.martinez@gmail.com

Date: 07/08/2015 to 08/12/2015 (W)
 Time: 5:30 PM to 7:00 PM
 Fee: \$57.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Katie has a Master's degree in Spanish from Vanderbilt University and has years of experience teaching at the university level and tutoring college and high school students. She looks forward to sharing the Spanish language with students at UFM!

Getting Started with Conversational Japanese 15BLA38B

Instructor: Kumiko Nakamura

Date: 07/07/2015 to 07/30/2015 (TTh)
 Time: 5:30 PM to 6:30 PM
 Fee: \$99.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Swahili Language and Cultures of Africa 15BLA53

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: TBD
 Time: TBD
 Fee: \$50.00
 Location: UFM
 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.

Vowels		Consonants								
अ	अ	a	क	ka	ट	ta	प	pa	य	ya
आ	ि	ā	ख	kha	ठ	tha	फ	pha	र	ra
इ	ि	i	ग	ga	ड	da	ब	ba	ल	la
ई	ी	ī	घ	gha	ढ	dha	भ	bha	व	va
उ	ु	u	ङ	ṅa	ण	ṇa	म	ma		
ऊ	ू	ū	च	ca	त	ta	श	śa		
ऋ	ॠ	r	छ	cha	थ	tha	ष	śa		
ए	ै	e	ज	ja	द	da	स	sa		
ऐ	ॐ	ai	झ	jha	ध	dha	ह	ha		
ओ	ो	o	ञ	ña	न	na				
औ	ौ	au								

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 Contact UFM about teaching a class.
 Call 785.539.8763
 or email info@tryufm.org.

MARTIAL ARTS

Basic Karate & Self-Defense 15BMA22

This basic class includes traditional martial arts, basic blocking and striking. Basic kicks along with self defense, Okinawan Jujitsu su and kata (forms). Belt advancement encouraged and learning Kobudo (weapons) also encouraged; this works fine motor skills which enables more coordination. Ages 6 and up welcome.

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

Date: 07/11/2015 to 07/25/2015 (Sa)
Time: 11:30 AM to 12:30 PM
Fee: \$29.00
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.



White Phoenix (Pai Lum) Kung Fu 15BMA21

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: 06/01/2015 to 07/27/2015 (M)
Time: 7:00 PM to 8:00 PM
Fee: \$54.00
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.



CREATE YOUR SUMMER at
Manhattan Arts Center

Camp MAC: Weekly art & drama camps for kids in grades 1-6 start June 1
Youth Theatre Camp: Rehearsals June 1-12. Performances June 12 at 11am and 6pm. Tickets \$5.
Kids Clay Camp: May 26-June 18 (Tues/Thurs mornings)

MXTW: MANHATTAN EXPERIMENTAL THEATRE WORKSHOP **Jun 19 & 20
ONE-ACT PLAY FESTIVAL **July 10-11
RENT: A ROCK MUSICAL by Jonathan Larson **Aug 7-9 & 13-16
Auditions: June 22-23. ***Not recommended for children*

RENT

Also: Art & Music Classes, Clay & Painting Studios, Galleries & more!

1520 Poyntz Ave, Manhattan, KS 785-537-4420 www.manhattanarts.org

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<p>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</p>	<p>Goodnow House Museum State Historic Site 2301 Claflin Road Ask for a tour at the Riley Co. Historical Museum</p>	<p>Wolf House Museum 630 Fremont Street Sat. & Sun. 2:00 - 5:00 Also by appointment</p>	<p>Pioneer Log Cabin Manhattan City Park Open Sundays April - October 2:00 - 5:00</p>
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PERSONAL INTEREST

Guided Solar Home Tour 15BPI112

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

- * A Direct Gain Passive Solar home
- * An Attached Passive Sunroom
- * A Solar Electric (Photovoltaic or PV) System with New Solar Water Heating System
- * A home that has it all: SIPS construction with Passive Sunroom, Solar Batch Water heater and a Tracking Photovoltaic System

We will meet at UFM to car pool to several local homes using solar energy for their electricity, space or water heat. Some will be passive solar homes and others will be examples of how solar energy can be added to existing homes. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. www.fhrconline.org

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

Date: 05/30/2015 (Sa)
 Time: 9:30 AM to 12 N
 Fee: No Charge
 Location: UFM Solar Addition
 1221 Thurston St.

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



From the Vine to the Glass - **NEW!** Mark Roeser Vineyard 15BPI131A

Experience grape growing in Kansas, right here locally! Manhattan and the surrounding area is home to several local grape vineyards whose crops are grown for the process of winemaking throughout the state of Kansas. Highland Community College in Wamego is leading the charge by teaching viticulture (growing grapes) and enology (winemaking). HCC also makes industry training accessible through their unique degree programs, teaching participants the complete process of winemaking. This summer, HCC and UFM have partnered again to offer a special series of classes, From the Vine to Glass. These classes will allow participants the opportunity to tour a few of the local vineyards as well as taste local wines. The classes will include discussion of the Kansas grape and wine industry, a tour of the vineyard, followed by tasting wine made from grapes grown at that vineyard. Participants will have the opportunity to see the various growth stages of the grapes. The HCC Vineyard and Winery class will include a tour of the winemaking facility in Wamego.

Location: Detailed location information will be emailed prior to class. **MUST BE 21 TO PARTICIPATE IN TASTING.**

Instructor: Scott Kohl

Date: 06/04/2015 (Th)
 Time: 7:00 PM to 9:00 PM
 Fee: \$35.00
 Location: Mark Roeser Vineyard
 5468 Thomas Creek Rd
 Junction City, KS 66441



From the Vine to the Glass - **NEW!** Prairie Fire Winery 15BPI131B

Instructor: Scott Kohl

Date: 07/09/2015 (Th)
 Time: 7:00 PM to 9:00 PM
 Fee: \$35.00
 Location: Prairie Fire Winery
 20250 Hudson Ranch Rd
 Paxico, KS 66526

From the Vine to the Glass - **NEW!** HCC Vineyard and Winery 15BPI131C

Instructor: Scott Kohl

Date: 08/06/2015 (Th)
 Time: 7:00 PM to 9:00 PM
 Fee: \$35.00
 Location: Highland Community College
 500 Miller Dr
 Wamego, KS 66547

Scott is the director of the Viticulture and Enology program at Highland Community College in Wamego, the only one in the state since 2010. He is the Vice-Chair of the Kansas Department of Agriculture Grape and Wine Industry Advisory Council and helps to coordinate workshops and educational activities with the Kansas Grape Growers and Winemakers Association. Scott is a mentor to state coordinators in the VESTA National Center of Excellence while continuing to oversee activities at HCC's three vineyards and college winery.

PERSONAL INTEREST

Empowering Your Life through Positive Thinking and Intuitive Practices

NEW!

15BPI138

Learn practical, empowering techniques to guide your thoughts toward fulfilling your goals. We will explore the fundamentals of and develop personalized strategies to create habits of positive thinking in a discussion oriented environment. Discover how to tune in to your intuition and, yes, you do have one. If you're interested in learning how to lead a more empowered life through positive thinking and intuitive practices, please join us!

Instructors: Austyn McNew & Ron Donoho

Date: 06/02/2015 to 06/23/2015 (T)
 Time: 6:30 PM to 8:00 PM
 Fee: No Charge
 Location: Unity Spiritual Center of Manhattan
 205 S 4th St.

Tiny Houses

15BPI91

Explore how living small creates a bigger life. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. www.fhrconline.org
 Instructor: Carol Barta, (785) 410-8608

Date: 06/28/2015 (Su)
 Time: 7:00 PM to 8:00 PM
 Fee: No Charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Intentional Communities

15BPI92

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 Renewable Energy & Efficiency Cooperative, Inc. www.fhrconline.org
 Instructor: Carol Barta, (785) 410-8608

Date: 07/26/2015 (Su)
 Time: 7:00 PM to 8:00 PM
 Fee: No Charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

HENNA Party!

NEW!

15BPI94

We'll explore the history and uses of henna, as well as learn & create henna designs! People's Grocery and UFM have collaborated to bring you this class.
 Instructor: Annie Spence

Date: 05/09/2015 (Sa)
 Time: 2:00 PM to 3:30 PM
 Fee: No Charge
 Location: People's Grocery
 1620 Fort Riley Blvd



evening college
 on-campus classes offered after hours

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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 Toburen, bachelor's student

KANSAS STATE
 UNIVERSITY

ontrack.k-state.edu

RECREATION & FITNESS



Introduction to Golf 15BRF04A

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. No experience necessary. Clubs and equipment will be provided; students may bring their own golf clubs. Instructor: Brian Lorenz

Date: 06/11/2015 to 06/25/2015 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Introduction to Golf 15BRF04B

Instructor: Brian Lorenz

Date: 07/16/2015 to 07/30/2015 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Introduction to Golf 15BRF04C

Instructor: Brian Lorenz

Date: 08/13/2015 to 08/27/2015 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Hula Hooping for Fitness 15BRF118

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+. *Class is located in the Old Fellowship Hall at College Avenue United Methodist Church. Instructor: Pam Lathrop

Date: 06/03/2015 to 06/24/2015 (W)
 Time: 7:00 PM to 7:50 PM
 Fee: \$20.00
 Location: College Avenue United Methodist
 1609 College Ave

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

Boxing 15BRF14AZ

Get into shape by participating in the sport of USA Olympic Style Boxing. Students will be taken through a boxer's workout in a safe and comfortable environment while learning boxing punches, proper boxing stance, footwork, movement, shadow boxing, and self-defense. Students will be introduced to the many rhythmic bags, heavy bags, and focus mitts. Learning the sport of boxing is a fun way to relieve stress, gain self-confidence, get stronger, leaner, faster, and develop a sense of self through boxing ethics. There will be no sparring in this course. Available for KSU credit.

Instructor: Lorissa Ridley, (785) 341-1708

Date: 06/01/2015 to 07/22/2015 (M/W)
 Time: 4:20 PM to 5:20 PM
 Fee: \$149.00
 Location: K.O. Boxing
 2048 Tuttle Creek Blvd.

(In the basement under Shelter Insurance)

Lorissa Ridley, founder and CEO of K.O. Boxing, Inc., is a USA certified boxing coach and holds over 25 years experience coaching athletes.

Boxing 15BRF14BZ

Instructor: Lorissa Ridley, (785) 341-1708

Date: 06/01/2015 to 07/22/2015 (M/W)
 Time: 6:30 PM to 7:30 PM
 Fee: \$149.00
 Location: K.O. Boxing
 2048 Tuttle Creek Blvd.

(In the basement under Shelter Insurance)

Boxing 15BRF14CZ

Instructor: Lorissa Ridley, (785) 341-1708

Date: 06/02/2015 to 07/23/2015 (T/Th)
 Time: 6:30 PM to 7:30 PM
 Fee: \$149.00
 Location: K.O. Boxing
 2048 Tuttle Creek Blvd.

(In the basement under Shelter Insurance)

Visit www.tryufm.org for additional advanced level Boxing class offering dates and times.

Introduction to Country Swing Dancing 15BRF117

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 room floor.*

Instructor: Thomas Weeks

Date: 06/03/2015 to 06/24/2015 (W)
 Time: 7:00 PM to 8:30 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.



Wedding Dance Prep **NEW!** **15BRF175**

Prep for wedding season! This introductory class will cover the basics in various wedding dances that can include waltz, swing, salsa, cha cha, tango, and others. Posture, technique, counting, and footwork will be emphasized throughout the course so that the student has a basic understanding of dance. Group and line dances will be covered, as time allows. Please wear comfortable, non-marking shoes to dance in that won't slip off your feet (not sandals, flip flops, etc.). Clothing should also be something comfortable that allows you to move around easily. Last, please wear shorts or leggings under dresses and skirts. Dance couples are encouraged to enroll, but it is not required.

Instructors: Isaac Falcon & Kelly VanCleave

Date: 05/26/2015 to 06/30/2015 (T)
 Time: 6:30 PM to 8:00 PM
 Fee: \$69.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Salsa Dance 101 **15BRF171**

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: 06/10/2015 to 07/29/2015 (W)
 Time: 5:30 PM to 6:30 PM
 Fee: \$50.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor



Featured UFM
 Instructor

Isaac Falcon

.....



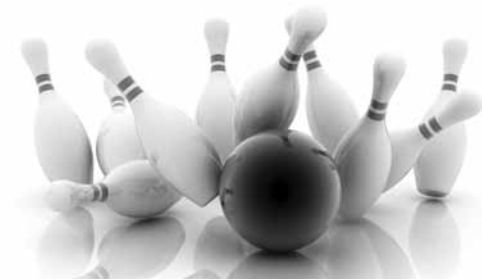
Issac was born in Mexico City. He and his family moved to the Kansas City area in 1999, where he took his first dance lesson. His passion for dancing has introduced him to a wide variety of dances, (e.g. Chacha, Mambo, Swing, Waltz, Fox trot, Two step, Tango, Rumba, Bachata, Merengue). He is always passionate about teaching people how to dance and strongly believes that anyone can learn to dance. He is a graduate student in Family Studies and Human Services at K-State and tries to learn something new every day. He loves to learn about new cultures and is eclectic when it comes to foods. He loves variety.

Salsa Dance **15BRF121Z**

This is an introductory course in social dancing that emphasizes technique, partnering, musicality, and style of salsa as well as other Latin dances. Demonstrations, performances, and videos will supplement the course. Partners are welcome but not required for this class. No textbook is required for this course; however, ordering information for optional text/DVD/dance shoes is available from the instructor. Available for KSU credit.

Instructor: Isaac Falcon

Date: 06/10/2015 to 07/29/2015 (W)
 Time: 6:30 PM to 8:30 PM
 Fee: \$75.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor



Beginning Bowling **15BRF123Z**

This course will cover the basic fundamentals of bowling: how to choose a ball, stance, four-step approach, aim, spot bowling, proper release, and spare conversion system. Score keeping, tournament play, rules, and tips will also be taught.

Instructor: John Garetson

Date: 06/02/2015 to 07/30/2015 (T/Th)
 Time: 2:30 PM to 3:20 PM
 Fee: \$80.00
 Location: K-State Student Union
 Bowling Alley

Archery Skills **NEW!** **15BRF176**

This 6-week archery class is focused on refining fundamental shooting skills that have been learned previously in a UFM beginning archery class. There will be a new shooting objective each week with instruction. Open to both youth and adults. Contact the instructor with questions.

Instructor: Tom Korte, (785) 494-8889

Date: 05/17/2015 to 06/28/2015
 Time: 5:30 PM to 6:30 PM
 Fee: \$40.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor



YOUTH

Junior Golf Camp - Beginners 15BYO88A

Stagg Hill Golf Club is offering a junior golf program that is dedicated to developing the junior golfers of the Manhattan area, not only for the year at hand but for the years to come. This program is designed to help all juniors of any age and skill level. The program is based around instruction led by PGA Golf Professional, Brian Lorenz. This camp is designed to cover all the basics to get your junior interested in the game of golf. We will be covering rules and etiquette, putting, chipping, and the basic fundamentals of the golf swing. Students are encouraged to bring their own equipment if they have golf clubs, if not they will be provided to the student.

Instructor: Brian Lorenz

Date: 06/09/2015 to 06/11/2015 (T/W/Th)
 Time: 8:00 AM to 11:00 AM
 Fee: \$40.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Junior Golf Camp - Beginners 15BYO88B

Instructor: Brian Lorenz

Date: 07/07/2015 to 07/09/2015 (T/W/Th)
 Time: 8:00 AM to 11:00 AM
 Fee: \$40.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.



Ask us about our UFM
 scholarship opportunities!



Weaving with Kids

NEW!

15BYO94

Basic weaving class for kids. Parents encouraged to attend with their kids. We will work on small table looms to learn the basics of weaving. Students will leave with a usable "mug rug". Ages 8 and up.

Instructor: Marie Amthauer

Date: 06/10/2015 (W)
 Time: 6:30 PM to 8:30 PM
 Fee: \$19.00
 Location: UFM Multipurpose Room
 1221 Thurston St.

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.

Junior Chefs:

Eggs Unscrambled

15BYO92

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: 06/07/2015 (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: Picnic in the Park


NEW!

15BYO95

Nothing says summer like a picnic in the park! Junior Chefs will start in the kitchen making All-American burgers, corn-on-the-cob, and the ultimate chocolate milkshake ending with a picnic in the park. Ages 6 to 12.

Instructor: Ginny Barnard

Date: 07/12/2015 (Su)
 Time: 1:30 PM to 3:30 PM
 Fee: \$10.00
 Location: Pottorf Hall at Cico Park
 Clover Room



{Teen Mentoring!}

Wednesdays
 June 10 - July 29

3:00pm to 5:00pm

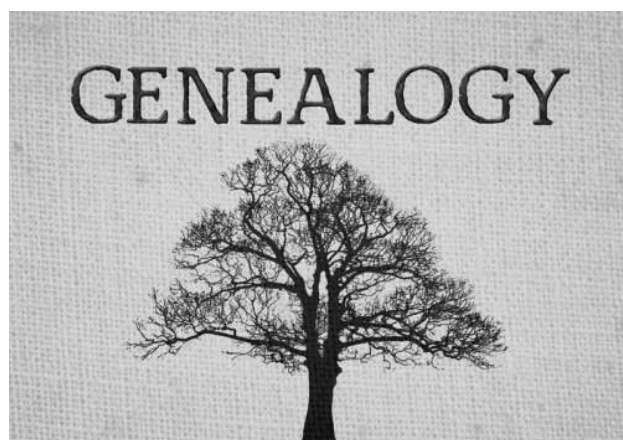
Field trips ~ Games ~ Creative Arts ~ Recreation

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



Have Fun!

Build positive relationships!



NEW!

Grandparent, Me & Genealogy 15BYO96

Explore your family history with your grandchild. Bring your family photos, stories, and what you know. Together learn how to research using digital resources, how to create a family tree, and then match your family's story against American history. This class is sponsored by UFM and Riley County Genealogical Society <http://www.rileycgs.com/> *Space is limited to only one child and one adult per enrollment/computer.

Instructor: Terry Healy

Date: 06/06/2015 (Sa)
 Time: 1:00 PM to 3:00 PM
 Fee: \$9.00
 Location: Manhattan Public Library
 Computer Classroom
 629 Poyntz Ave.

Terry Healy is a gifted education teacher at Woodrow Wilson and Marlatt elementary schools. Terry was named the 2013 Kansas History Teacher of the Year; she has worked in the Manhattan-Ogden school district as a gifted educator since 1989. Terry has led students on numerous field trips to Washington D.C., developed and ran a History Day Club, and organized the 'Sleeping Heroes' project during which students researched, photographed and submitted information on over 130 Civil War soldiers' graves of Riley County.

"LIKE"

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

Connect with UFM on
Facebook.com/UFMCLC

Archery Skills 15BRF176

This 6-week archery class is focused on refining fundamental shooting skills that have been learned previously in a UFM beginning archery class. There will be a new shooting objective each week with instruction. Open to both youth and adults. Contact the instructor with questions.

Instructor: Tom Korte, (785) 494-8889

Date: 05/17/2015 to 06/28/2015
 Time: 5:30 PM to 6:30 PM
 Fee: \$40.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Archery for Youth 15BYO01A

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, (785) 494-8889

Date: 06/03/2015 to 06/24/2015 (W)
 Time: 10:00 AM to 11:00 AM
 Fee: \$35.00
 Location: UFM Solar Addition
 1221 Thurston St.

Archery for Youth 15BYO01B

Instructor: Tom Korte, (785) 494-8889

Date: 07/09/2015 to 07/30/2015 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$35.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor



Teen Archery 15BYO82A

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, (785) 494-8889

Date: 06/03/2015 to 06/24/2015 (W)
 Time: 11:15 AM to 12:15 PM
 Fee: \$35.00
 Location: UFM Solar Addition
 1221 Thurston St.

Teen Archery 15BYO82B

Instructor: Tom Korte (785) 494-8889

Date: 07/09/2015 to 07/30/2015 (Th)
 Time: 7:00 PM to 8:00 PM
 Fee: \$35.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Pre-School Dance 15BYO63

This class is designed for boys and girls ages 3.5-6 years. Basic dance movements like marching, hopping, skipping, leaping and 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: 06/02/2015 to 06/09/2015 (T)
 Time: 5:30 PM to 6:00 PM
 Fee: \$14.00
 Location: UFM Fireplace Room
 1221 Thurston St.

Introduction to Ballet and Tap Dancing 15BYO73

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

Instructor: Randi Dale

Date: 06/02/2015 to 06/09/2015 (T)
 Time: 6:00 PM to 6:30 PM
 Fee: \$14.00
 Location: UFM Banquet Room
 1221 Thurston St.

OSHER



The Magic of Storytelling

Presented by Sally Bailey

Thursdays, June 11, 18 & 25 - 2:00pm to 4:00pm
Meadowlark Hills Community Room
2121 Meadowlark Road, Manhattan
\$45.00 (Discount with additional classes)

A good storyteller can sweep you away to another time and place in the wink of an eye and the turn of a phrase. We will explore what makes a good story and how to tell a story effectively. Then each person who wishes to try these techniques will choose a favorite folk tale or a personal story to craft into a tale to share with others. Even if you have no desire to become a "storyteller," you will gain insights on how to captivate and entertain your grandchildren or other family members with your unique life stories.

The Movies You Didn't See:

The Who, What and Why of Censorship

Presented by Eric Monder

Tuesdays, July 14, 21 & 28 - 6:30pm to 8:30pm
Marianna Beach Museum of Art, UMB Theater
Kansas State University
701 Beach Lane (14th & Anderson Ave.), Manhattan
\$45.00 (Discount with additional classes)

This course examines films withheld from public view due to their religious, political or sexual content. Created by filmmakers from different eras, some of these works dared to break traditions and defy conventions; thus, potential cinematic breakthroughs were lost to history, preventing a deeper understanding of the culture of the day. We'll compare censored and uncensored scenes from movies, re-evaluate films acceptable in their day but now considered politically incorrect, and debate what should be banned and who should make such decisions.

Prisoners of War in Kansas during World War II

Presented by Lowell May

Mondays, July 6, 13 & 20 - 6:30pm to 8:30pm
College Avenue United Methodist Church
Fellowship Hall (new building)
1609 College Ave., Manhattan
\$45.00 (Discount with additional classes)

Many people are unaware that there were prisoner of war camps in Kansas during World War II. Topics will include why POW camps were built in Kansas, how prisoners were treated, prisoner jobs and prison life in the camp, escapes, reeducation, and going home. The course will also cover the challenges faced by American soldiers at the camps and explore the feelings of the local population.

Special Event:

Trip to Kansas City's World War I Museum and Tour of the Kauffman Center

Friday, June 19 - 7:30 a.m. - Coach departs Meadowlark Hills, picking up Meadowlark residents 7:40 a.m. - Coach picks up all others at Town Center parking lot west of Dillard's, 6:15 p.m. - Approximate return to Manhattan
\$65.00 - includes transportation, admissions & lunch

We'll travel by coach to Kansas City where we'll spend the morning at the National World War I Museum at Liberty Memorial. Lunch will be at the museum's Over There Café. In the afternoon, we'll take a guided tour of the spectacular Kauffman Center for the Performing Arts and its two performance halls. The tour presents a historic overview of the building's development and highlights its architectural accomplishments.

The History of Rock 'n' Roll

Presented by Steven Maxwell, Ph.D.

Thursdays, July 9, 16 & 23 - 2:00pm to 4:00pm
Meadowlark Hills Community Room
2121 Meadowlark Rd., Manhattan
\$45.00 (Discount with additional classes)

For more than 50 years, rock 'n' roll has influenced many aspects of our lives. This course will look at rock 'n' roll from its origins, focusing on the development of rock styles from its roots in blues, folk, country and pop. We'll expand and enrich participant's listening experience through examining song forms, musical instruments of rock, and the socio-political significance of song lyrics. For the purposes of this course, we'll focus on music from the 1960s, 1970s and beyond.

Special Event:

Storytelling Concert

Presented by Sally Bailey

Friday, June 26 - 7:00-8:30 p.m.
Meadowlark Hills Community Room
2121 Meadowlark Rd., Manhattan
Free event
Refreshments will be served

Be swept away with professional storyteller Sally Bailey as she tells you tales using the time-honored techniques that have entertained both children and adults for centuries. Then enjoy hearing stories from your peers who attended the Osher course on storytelling and have volunteered to share stories to make you laugh or cry, or both! Sally Bailey is a professor of Theatre at Kansas State University and has loved listening to and telling stories since she was a child.



Special Event:

Trip to Concordia's WWII Prisoner of War Camp and the Orphan Train Museum

Friday, July 24 - 8:30 a.m. - Coach departs Manhattan Town Center parking lot west of Dillard's; 8:40 a.m. - Coach picks up residents at Meadowlark Hills 5:00 p.m. - Approximate return to Manhattan
\$65.00 includes transportation, admissions & lunch

We'll visit Concordia and first view the POW camp site north of town where the tower still stands and then tour the POW camp exhibit in the Cloud County Museum in Concordia. At its height, Camp Concordia had 304 buildings, 4,027 prisoners, 880 American soldiers and employed 179 civilians. Lowell May, instructor of the Osher course on the POW camps of Kansas, will be on board to give us insights. After a spectacular lunch at Marla's Joy Teahouse (with the best carrot cake in Kansas), we'll tour the National Orphan Train Museum. There, we'll learn about the Orphan Train Movement of 1854-1929 that transported an estimated 200,000 orphans from eastern cities to new homes throughout the Midwest. Many Kansans trace their roots to this extraordinary migration. The museum highlights their stories. We'll see the impressive brick Whole Wall Mural at the visitor center before leaving for home.

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

- 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>				
11808 - Salsa Dance	6:30-8:30PM	6/10/2015 to 7/29/2015 (W)	\$328.10	Ahearn 301
<u>MUSIC 206</u>				
11838 - Piano I	6:30-8:20PM	6/9/2015 to 7/2/2015 (T/Th)	\$316.10	McCain 127
<u>RRES 200</u>				
11632 - Beginning Bowling	2:30-3:20PM	6/2/2015 to 7/30/2015 (T/Th)	\$328.10	Student Union
11733 - Boxing 1	4:20-5:20PM	6/1/2015 to 7/22/2015 (M/W)	\$438.00	K.O. Boxing
11737 - Boxing 1	6:30-7:30PM	6/1/2015 to 7/22/2015 (M/W)	\$438.00	K.O. Boxing
11735 - Boxing 1	6:30-7:30PM	6/2/2015 to 7/23/2015 (T/Th)	\$438.00	K.O. Boxing
11734 - Boxing 2	5:30-6:30PM	6/3/2015 to 7/23/2015 (W/Th)	\$438.00	K.O. Boxing
11748 - Boxing 3	5:30-6:30PM	6/1/2015 to 7/21/2015 (M/T)	\$438.00	K.O. Boxing
11747 - Boxing 4	7:30-8:30PM	6/2/2015 to 7/23/2015 (T/Th)	\$438.00	K.O. Boxing
11736 - Boxing 4	7:30-8:30PM	6/1/2015 to 7/22/2015 (M/W)	\$438.00	K.O. Boxing
11633 - First Aid/CPR/AED	Noon-7:30PM	7/25/2015 and 7/26/2015 (Sat/Sun)	\$408.00	UFM
11949 - Scuba Diving	5:30-9:30PM	6/1/2015 to 7/6/2015 (M)	\$484.10	Natatorium
11650 - Women's Self Defense	1:00-4:00PM	7/11/2015 to 7/25/2015 (Sat/Sun)	\$328.10	Ahearn 301

Locations:

Natatorium, K-State pools in Ahearn Complex
UFM Building, 1221 Thurston Street
McCain Auditorium, Room 127

K.O. Boxing, 2048 Tuttle Creek Blvd.
(In the basement under Shelter Insurance)
K-State Student Union Bowling Alley, Basement
Ahearn 301, Ahearn Complex, 3rd floor, Gymnasium door entry
on NW side of building

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: 15BYO96	A	Grandparent, Me & Genealogy	9.00

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.