

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

Fall 2013 UFM Community Learning Center

August - December

Putting
the
Community
in
Education
for
45 years!



OR CURRENT RESIDENT

CONNECT WITH UFM ON
FACEBOOK.COM/UFMCLC

Scan here to visit our
mobile registration site



UFM Community Learning Center
1221 Thurston St
Manhattan, KS 66502



Fall 2013 UFM Catalog

NON-PROFIT ORG
U.S. POSTAGE PAID
PERMIT NO. 134
MANHATTAN, KS 66502

TABLE OF CONTENTS

*Everyone can teach,
everyone can learn!*

- 4 AQUATICS
- 7 CAREER & FINANCE
- 8 CREATIVE FREE TIME
- 12 EARTH & NATURE
- 14 FUN FOODS
- 15 ONLINE LEARNING
- 16 HEALTH & WELLNESS
- 23 LANGUAGE
- 24 MARTIAL ARTS
- 25 PERSONAL INTEREST
- 29 RECREATION & FITNESS
- 34 YOUTH
- 35 OSHER
- 36 KSU CREDIT COURSES
- 40 REGISTRATION FORM



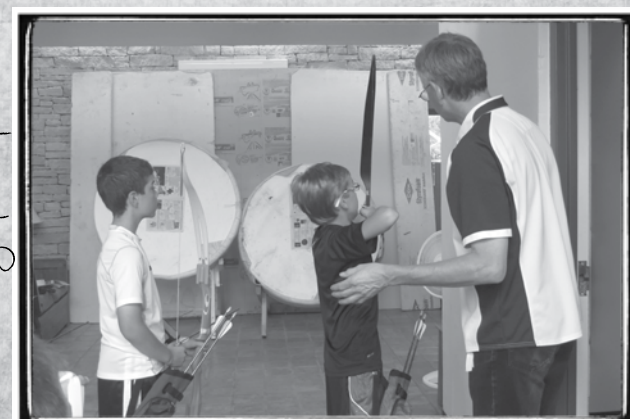
Sewing



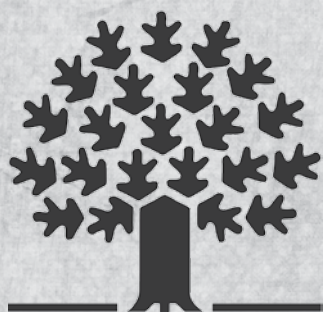
Golf



Ballet



Archery for Youth



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 FALL 2013 INSTRUCTORS

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

Voices For All, LLC	Habib Diop	Michele Janette	Kumiko Nakamura	Linda Teener
Mary Elizabeth Atwood	Bill Dorsett	Pamela Renshi	Debbie Newton	Abby Thrash
Robert Auten	Pat Embers	Johansen	Felicia Osbourne	Elsa Toburen
Diane Barker	Joab Esamwata	Amy Jones	Hannah Parker	Corina Tortora
Carol Barta	Ana Franklin	Stormy Kennedy	Michelle Perez	Amy Trujillo
Henry Bartel	Jeff Freeborn	Jim Kiker	Jim Peterson	Kennita Tully
Scott Bean	Jill Frese	Tom Korte	Linda Rae	Rosanna Vail
Big Poppi Bicycle Co	Jeff Gill	Liz Krieger	Kelly Reed-Harkness	Laura Vallejo
Dan Boyle	Tray Green	Toni Kroll	Earl Robinson	Kari Wallentine
Henry Brown	Jim Gregory	Pam Lathrop	David Seamon	Paul Weidhaas
Charlene Brownson	Jennifer Guilford	Ryan Marick	Alex Severance	Amy (Nashid) Werner
Kate Cashman	Jeff Gwartz	John Martin	Anna Simoneau	
Cheryl Collins	Mary Hager	Jonathan McBee	Glenn Sixbury	
Rosemary & Gordon Crilly	Cherri Harper	Meghan McGee	Richard Soash	
Randi Dale	Kathryn Harth	Judy Metcalf	Paul Sodamann	
Cyndi Danner-Kuhn	Nancy Hetzler	Keith Miller	Kevin Stillely	
Shannon Delancy	Palma Holden	David Moore	Elizabeth Teague	

KSU CREDIT COURSES

CREDIT CLASS REFUNDS AND WITHDRAWALS

Tuition refunds are calculated based on the number of calendar days in the class. You may be eligible for a full or partial refund of tuition if you choose to drop your class before a certain date. Please refer to the full withdrawal and refund policy at <http://www.dce.k-state.edu/courses/registration/policies-withdrawal> or visit <http://courses.k-state.edu/fall2013/information/deadlines.htm>

DROP POLICY

All drop deadlines are calculated based on the number of calendar days in the class. The following policies apply: a student may drop a class prior to 33% of the class duration without a grade being recorded on the student's transcript; if a student drops after 33% but before 62% of the class duration, a grade of W will be issued; and no drops will be accepted after 62% of the course duration. Failure to drop a class may result in a failing grade. For more information visit <http://courses.k-state.edu/fall2013/information/deadlines.htm>

CREDIT ENROLLMENT FEES

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

DISABILITY SUPPORT SERVICES

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

INCLEMENT WEATHER POLICY

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

LIABILITY STATEMENT

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

DONATIONS

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

SPECIAL ASSISTANCE

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

UFM STAFF

Executive Director | **LINDA INLOW TEENER**

Education Coordinator | **KAYLA ONEY**

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

KSU Credit Coordinator | **ERIN BISHOP**

Program Assistant | **VAL COLTHARP**

Program Assistant | **SAMANTHA LOVITT**

Mentoring Coordinator | **ANDREW GARVER**

Swim Coordinator | **KAYLE CAMPBELL**

Student Assistant | **TEGAN PERKINS**

Lou Douglas Lecture Coordinator | **OLIVIA COLLINS**

BOARD OF DIRECTORS

Chair | Jerry Remsbecker
Vice Chair | Charlotte Braddock
Secretary | Bevin Landrum
Treasurer | Dee Johnson
President & CEO | Linda Inlow Teener

Nancy Bolsen	Trina McCarty	Casey Culbertson
Monica Cohen	Doug Sellers	Steve Levin
Chuck Havlicek	Nick Lander	Bria Taddiken-Williams

AQUATICS

LEARN TO SWIM CLASSES

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

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

LOCATION: KSU Natatorium - Ahearn Complex on Denison Avenue

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

Parking: After 5PM and on weekends, free parking is available in the K-State parking lot on Denison Avenue across the street west of the Natatorium, or on side streets. The parking garage located by the K-State Student Union is also available at \$1.50/hour. For more K-State visitor parking information, call 785-532-7275 or visit <http://www.k-state.edu/parking/visitor.html>.

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

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

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

BEGINNING & ENDING DATES

(Levels I-VI, Adult Lessons and Lap Swimming)

*Except Where Noted:

- Session A: Monday, Sept. 9 to Nov. 11
 Session B: Tuesday, Sept. 10 to Nov. 12
 Session C: Wednesday, Sept. 11 to Nov. 13
 Session D: Thursday, Sept. 12 to Nov. 21
 (No class 10/31)
 Session *E: Saturday, Sept. 7 to Oct. 5

Parent and Child Aquatics (12 mos-3 yrs)

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

Fee: \$33.00 per session (5 lessons/30 min)

Monday 6:00 PM to 6:30 PM
 13CAQPA1 Sept. 9 to Oct. 7
 13CAQPA2 Oct. 14 to Nov. 11

Thursday 6:00 PM to 6:30 PM
 13CAQPD1 Sept. 12 to Oct. 10
 13CAQPD2 Oct. 17 to Nov. 14

Saturday 9:30 AM to 10:05 AM
 13CAQPE1 Sept. 7 to Oct. 5



Tot Transition (3-4 yrs)

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

Fee: \$33.00 per session (5 lessons/30 min)

Tuesday 6:00 PM to 6:30 PM
 13CAQTB1 Sept. 10 to Oct. 8
 13CAQTB2 Oct. 15 to Nov. 12

Wednesday 6:00 PM to 6:30 PM
 13CAQTC1 Sept. 11 to Oct. 9
 13CAQTC2 Oct. 16 to Nov. 13

Saturday 10:15 AM to 10:50 AM
 13CAQTE1 Sept. 7 to Oct. 5

Level I: Introduction to Water Skills

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

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

13CAQ01A Monday 6:45 PM to 7:25 PM
 13CAQ01AA Monday 6:00 PM to 6:40 PM
 13CAQ01B Tuesday 6:45 PM to 7:25 PM
 13CAQ01C Wednesday 6:45 PM to 7:25 PM
 13CAQ01D Thursday 6:45 PM to 7:25 PM

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

**Manhattan
Marlins**

Swim Team



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

Ages: 5 years through adult

www.manhattanmarlins.org

For more information contact:

Coach Rob Putnam at 303.819.8861 or Drew Venum at 785.236.8802

AQUATICS

Level II: Fundamental Aquatic Skills

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

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

13CAQ02A	Monday	6:45 PM to 7:25 PM
13CAQ02B	Tuesday	6:45 PM to 7:25 PM
13CAQ02C	Wednesday	6:45 PM to 7:25 PM
13CAQ02CC	Wednesday	6:00 PM to 6:40 PM
13CAQ02D	Thursday	6:45 PM to 7:25 PM

Level III: Stroke Development

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

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

13CAQ03A	Monday	6:45 PM to 7:25 PM
13CAQ03B	Tuesday	6:45 PM to 7:25 PM
13CAQ03BB	Tuesday	6:00 PM to 6:40 PM
13CAQ03C	Wednesday	6:45 PM to 7:25 PM
13CAQ03D	Thursday	6:45 PM to 7:25 PM

Level IV: Stroke Improvement

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

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

13CAQ04A	Monday	6:45 PM to 7:25 PM
13CAQ04B	Tuesday	6:45 PM to 7:25 PM
13CAQ04C	Wednesday	6:45 PM to 7:25 PM
13CAQ04D	Thursday	6:45 PM to 7:25 PM

Level V: Stroke Refinement

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

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

13CAQ05A	Monday	6:45 PM to 7:25 PM
13CAQ05C	Wednesday	6:45 PM to 7:25 PM

Level VI: Swimming and Skill Proficiency

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

Fee: \$57.00 per session (10 lessons)

13CAQ06A	Monday	6:45 PM to 7:25 PM
13CAQ06C	Wednesday	6:45 PM to 7:25 PM

Adult Swim Lessons

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

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

13CAQ22A	Monday	6:00 PM to 6:40 PM
----------	--------	--------------------

Lap Swimming: Ages 13+

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

Fee: \$19.00 per session (10 times)

13CAQLSA	Monday	6:00 PM to 7:30 PM
13CAQLSB	Tuesday	6:00 PM to 7:30 PM
13CAQLSC	Wednesday	6:00 PM to 7:30 PM
13CAQLSD	Thursday	6:00 PM to 7:30 PM

*13CAQLSE	M, Tu, Wed, Th	6:40 PM to 7:30 PM
-----------	----------------	--------------------

*Dec. 2 to 12

Lap Swimming for Parents

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

Fee: \$16.00 per session (10 times)

13CAQLPA	Monday	6:00 PM to 7:30 PM
13CAQLPB	Tuesday	6:00 PM to 7:30 PM
13CAQLPC	Wednesday	6:00 PM to 7:30 PM
13CAQLPD	Thursday	6:00 PM to 7:30 PM

Private Swim Lessons

13CAQ103

Private lessons provide one-on-one instruction for any level of swimmer. Lessons occur once a week. M-Th and Sat lessons are 30 minutes for 5 lessons. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. Due to time constraints, THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Private Lessons:

Session A1:	Monday	Sept. 9 to Oct. 7
Session A2:	Monday	Oct. 14 to Nov. 11
Session B1:	Tuesday	Sept. 10 to Oct. 8
Session B2:	Tuesday	Oct. 15 to Nov. 12
Session C1:	Wednesday	Sept. 11 to Oct. 9
Session C2:	Wednesday	Oct. 16 to Nov. 13
Session D1:	Thursday	Sept. 12 to Oct. 10
Session D2:	Thursday	Oct. 17 to Nov. 14
Session E1:	Saturday	Sept. 7 to Oct. 5

Times for Monday - Thursday sessions:

6:00 PM to 6:30 PM
6:45 PM to 7:15 PM

Times for Saturday sessions:

9:30 AM to 10:05 AM
10:15 AM to 10:50 AM
11:00 AM to 11:35 AM

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



AQUATICS

Shallow/Deep Water Exercise 13CAQSHD

Enjoy the benefits of Shallow and Deep Water Exercise for one price! Design your own workout schedule by enrolling in the number of classes and choosing the day(s) you want to attend. Water Exercise is designed to use water for the development of physical fitness, muscle tone, flexibility and cardiovascular endurance.

Shallow Water exercise is done in a vertical position with head and shoulders out of the water. Deep Water participants will be issued an aquajogger belt to help provide buoyancy in the water and is taught in the diving well (only swimmers who can tread water without a floatation device are allowed to participate in this class). *Shallow Water meets M-Th and Deep Water meets only Tues/Thurs.

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

Date: 08/26/2013 to 12/12/2013
(No class 10/31, 11/25 -11/28)
(6:40pm - 7:30pm)
Fee: \$20 for 8 classes
\$28 for 16 classes
\$40 for 24 classes
\$52 for 32 classes
\$68 for 48 classes
Location: Natatorium, K-State Campus

Open Swim Appreciation 13CAQ31A

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: 10/13/2013 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Sunday Family Swim 13CAQ32

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

Date: 09/22/2013 to 10/13/2013 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$8.00 - Individual
\$20.00 - Family
Location: Natatorium, K-State Campus



Scuba Diving 13CAQ105AZ

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

Date: 08/26/2013 to 10/07/2013 (M)
Time: 6:00 PM to 10:00 PM
Fee: \$257.00 (Available for KSU Credit)
Location: Natatorium, K-State Campus

Scuba Diving 13CAQ105BZ

Date: 10/14/2013 to 11/18/2013 (M)
Time: 6:00 PM to 10:00 PM
Fee: \$257.00
Location: Natatorium, K-State Campus

UFM
Community Learning Center

45th
Anniversary

Join UFM Community Learning Center
in celebrating 45 years of putting the
Community in Education!

Salsa Night!

Friday, October 18
6:00 pm to 8:00 pm
at the

K-State Student Union Courtyard

Free and open to the public. You are
invited to celebrate with us!
Enjoy cake, snacks, salsa dance lessons
and demonstrations!



In partnership with UPC
UNIONPROGRAMCOUNCIL

CAREER & FINANCE

Why Do I Need An iPad? **NEW!** 13CFC129

Introduce yourself to the iPad and how you can use it to make daily life more enjoyable and productive! Discover the features of the iPad, built-in apps, accessing and setting up Apple accounts, emails, and downloading apps. Participants will also learn about how to buy and update apps in this hands-on class. Also discover some very useful apps to make you more productive.

Instructor: Cyndi Danner-Kuhn

Date: 09/10/2013 (T)
 Time: 6:30 PM to 8:30 PM
 Fee: \$25.00
 Location: Wamego High School Library
 801 Lincoln Street, Wamego

These classes are possible through a partnership of Wamego Tech Center, UFM Community Learning Center and Highland Community College. wamegotechcenter.com

Get Organized, Informed & Entertained with the iPad **NEW!** 13CFC130

This will introduce you to the world of iPad apps! Learn about apps available for organizing your work, school and personal schedules, making grocery shopping easier, brain teasers and education, social media and current events. Find apps for you and the whole family! Learn about Apple TV and how it can transform your entertainment experience with sitcoms, sports channels and movies.

Instructor: Cyndi Danner-Kuhn

Date: 09/17/2013 (T)
 Time: 6:30 PM to 8:30 PM
 Fee: \$25.00
 Location: Wamego High School Library
 801 Lincoln Street, Wamego

Cyndi is a faculty member and the Education Technology Integration Coordinator for the Kansas State University College of Education and writes regularly on her blog, Technology Bits, Bytes, and Nibbles: News, Tips, Tricks & Resources for Integrating Technology into Teaching. She addresses topics related to technology integration, distance learning, education, business and twenty-first century literacy in short, easily digestible posts.



Women and Wealth 13CFC124

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

Instructors: Nancy Hetzler and Charlene Brownson

Date: 10/14/2013 (M)
 Time: 6:30 PM to 8:30 PM
 Fee: \$9.00
 Location: UFM Conference Room
 1221 Thurston St.

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



GRE Prep Course 13CFC06

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

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

Computer Skills 101 13CFC119A

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: 09/03/2013 to 09/24/2013 (T)
 Time: 7:30 PM to 8:30 PM
 Fee: \$14.00
 Location: Manhattan Public Library
 Computer Classroom
 629 Poyntz Ave.

Computer Skills 101 13CFC119B

Date: 10/08/2013 to 10/29/2013 (T)
 Time: 7:30 PM to 8:30 PM
 Fee: \$14.00
 Location: Manhattan Public Library
 Computer Classroom
 629 Poyntz Ave.

.....

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!

.....

CREATIVE FREE TIME

Guitar Private Instruction 13CCF199

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: 08/19/2013 to 12/16/2013
Time: TBD
Fee: \$ 60.00 for 4 classes
\$120.00 for 8 classes
\$180.00 for 12 classes
\$240.00 for 16 classes
Location: TBD

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

Bass Guitar Private Instruction 13CCF200

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: TBD
Time: TBD
Fee: \$ 60.00 for 4 classes
\$120.00 for 8 classes
\$180.00 for 12 classes
\$240.00 for 16 classes
Location: TBD



NEW!

Make A Pop-Up Scrapbook 13CCF202

Learn to make a unique and impressive scrapbook that "pops up" when opened! We will use cardstock, patterned paper, ribbon and other materials to make the foundation for our scrapbook, which you can take home to fill with your photos and memories. Makes a great personalized gift! Materials needed: strong, quick-drying adhesive of your choice (double-stick tape recommended). Instruction sheet and all other materials provided. Ages 13+. Instructor: Rosanna Vail

Date: 08/24/2013 (Sa)
*Registration deadline 8/22
Time: 10:00 AM to 12:00 PM
Fee: \$15.00
Location: UFM Solar Addition
1221 Thurston St.

Paper Bead Jewelry Making 13CCF72

In this class you will learn how to create your own paper beads and string them to create necklaces, bracelets, or earrings. These make great gifts for the holidays. Ages 16 +

Bring to class: scissors; glue stick; paper: wrapping paper, magazines, newspaper; and washcloth. Other materials will be provided by the instructor. Instructor: Charlene Brownson

Date: 11/06/2013 to 11/13/2013 (W)
Time: 6:30 PM to 8:00 PM
Fee: \$12.00
Location: UFM Conference Room
1221 Thurston St

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

Card Making on a Budget 13CCF179

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

Date: 08/29/2013 to 09/12/2013 (Th)
*Registration deadline 8/22
Time: 6:30 PM to 8:00 PM
Fee: \$17.00
Location: UFM Solar Addition
1221 Thurston St.

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

NEW!

Mask Work! 13CCF210

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

Instructor: Mary Elizabeth Atwood

Date: 08/21/2013 to 08/28/2013 (W)
*Registration deadline 08/12
Time: 5:30 PM to 6:30 PM
Fee: \$57.00 - Materials included
Location: 1500 N. 9th St
Manhattan, KS

CREATIVE FREE TIME

Beginning Crochet **13CCF84**

Two projects (headband and hat) will be completed as you learn single and double crochet, shaping and seaming. Materials for the first class project are size I hook and a light-colored bulky weight smooth yarn. These materials will be available for purchase at the first class. A materials list for the second project will be given in the first class.

Instructor: Kennita Tully

Date: 11/05/2013 to 12/03/2013 (T)
(No class 11/26)
Time: 5:00 PM to 6:30 PM
Fee: \$31.00 Individual
\$46.00 Individual + Friend/Spouse
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Beginning Knitting **13CCF05**

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

Instructor: Kennita Tully

Date: 11/05/2013 to 12/03/2013 (T)
(No class 11/26)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00 Individual
\$46.00 Individual + Friend/Spouse
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Kennita Tully is a nationally recognized freelance knitwear designer whose work has appeared in most knitting publications including Knitters, Interweave Knits, Vogue Knitting, Family Circle Easy Knitting, Knit It! and others. She also designs for yarn companies and her shop, Wildflower Yarns and Knitwear is in downtown Manhattan.



Simple Tote Bag **NEW!** **13CCF207**

Practice your sewing skills and construct an easy fabric tote bag. You will learn how to cut out a project, sew straight seams, create a lining and add handles. We will discuss how to change the size and vary the fabric for different uses. Bring your sewing machine and sewing kit. Fabric supply list will be provided at sign up. Finished tote size will be approximately 14" x 15". If you want to make a larger tote, contact the instructor for fabric yardage suggestions.

Instructor: Linda Teener

Date: 10/05/2013 (Sa)
Time: 9:30 AM to 12 N
Fee: \$18.00
Location: UFM Multipurpose Room
1221 Thurston St.

Linda has been sewing since she was six years old. She enjoys sewing everything from garments to home dec and quilting projects.



Machine Thread Scarf **NEW!** **13CCF208**

Use your sewing machine, thread and water soluble stabilizer to create a scarf for you or for a gift. You will need your sewing machine, an empty bobbin, a sewing machine needle size 80, your sewing kit and 1,000 yards of thread. That is about two large spools. The stabilizer will be provided. We will get the project started although you may need to finish at home. ** Suggested thread is Sulky Blendables. You will need two spools. A variegated thread will give an interesting color pattern but solid threads of all kinds will also work. Be sure you have 850 to 1,000 yards
Instructor: Linda Teener

Date: 10/26/2013 (Sa)
Time: 9:30 AM to 11:30 AM
Fee: \$19.00
Location: UFM Multipurpose Room
1221 Thurston St.

Imagine, Paint, Create **NEW!** **13CCF209**

So you think you are not an artist...but always wondered if you were? Join Mary Elizabeth Atwood to find out! Here is your chance to just hold a brush, find a color that you like and splash it onto canvas. Join us for a one time class. Come dressed in comfortable clothes that you won't mind being speckled with bits of paint. We will be working outside. Bring your imagination and a bottle of water and we will begin!

Instructor: Mary Elizabeth Atwood

Date: 09/07/2013 (Sa)
*Registration deadline 08/30
Time: 2:00 PM to 5:00 PM
Fee: \$47.00 - Materials included
Location: 1500 N. 9th St
Manhattan, KS

My Spirit/My Self

NEW!

13CCF204

In this two-hour workshop we learn to identify with our spirit through a direct imaginative experience of guided meditation. We will express this experience with a choice of art materials to fully embody our spiritual dimension. Finally we will engage in a written imaginative dialogue with our spiritual expression in order to tap into the inner intuitive guidance that is always available to us. No previous art experience is necessary. The focus is on the creative process rather than the end product. All art materials are provided.

Instructor: Linda Rae

Date: 09/21/2013 (Sa)
 Time: 2:00 PM to 4:00 PM
 Fee: \$71.00 Class fee indiv+ material
 Location: UFM Solar Addition
 1221 Thurston St.

Linda has a Bachelor's degree in Studio Art and a Master's degree in Art Therapy.

My Body/My Self

NEW!

13CCF205

In this six-hour workshop participants will work extensively with a variety of art materials to create a series of self-portraits. These pieces of art explore issues of body image and any dis-ease that may be apparent. We will then write with these images in an imaginative dialogue. Through this process we will learn more about our health/healing, feelings, and our body's needs and desires. We will also explore what we need to change in our thoughts, diet, exercise, etc. to create the wholeness and beauty that we desire. We will also gain insight into what our current dis-ease within our body is here to teach us. No previous art experience is necessary. The focus is on the creative process rather than the end product. All art materials are provided.

Instructor: Linda Rae

Date: 10/05/2013 (Sa)
 Time: 10:00 AM to 4:00 PM
 Fee: \$162.00 Class fee indiv+ material
 Location: UFM Solar Addition
 1221 Thurston St.

My Relationships/My Self

NEW!

13CCF206

In this six-hour workshop we will explore what our relationships are here to teach us about ourselves. People generally choose to address a relationship they are struggling with. Though this can be emotionally charged, the purpose is not to focus on pain and difficulty. Rather, we will gently explore what we can learn from our perceptions of this relationship and how it can help us to grow as individuals. We will also envision and explore through the creative process the ways in which we would like to improve our relationships. No previous art experience is necessary. The focus is on the creative process rather than the end product. All art materials are provided.

Instructor: Linda Rae

Date: 11/09/2013 (Sa)
 Time: 10:00 AM to 4:00 PM
 Fee: \$162.00 Class fee indiv+ material
 Location: UFM Solar Addition
 1221 Thurston St.

Learning to Write and Sell Fiction

13CCF36

Have you ever dreamed of being a writer? Do you have a great idea but you don't know how to turn that idea into a story or a novel? Are you already working on a novel but you'd like to get feedback from others to see if you're on the right track? Whether you're a complete beginner or you've been writing for years, this class can help you hone your skills and land a publishing contract. "Learning to Write and Sell Fiction" will introduce the fundamentals of writing and selling novels, stories, and teleplays. General topics will be covered as well as specific issues related to student manuscripts. Please bring a sample of a work in progress or begin a project after the first class session. Each class provides guided workshop time where students learn through participation.

Instructor: Glenn Sixbury

Date: 10/08/2013 to 10/22/2013 (T)
 Time: 7:30 PM to 9:30 PM
 Fee: \$16.00
 Location: UFM Multipurpose Room
 1221 Thurston St.

Glenn Sixbury has been writing and selling fiction for over twenty-five years. His credits include mainstream, science fiction, fantasy, horror, westerns, and children's stories published in magazines and international hardcover and paperback anthologies.


A One on One

Introduction to Voiceovers

13CCF129

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 08/19/13 and 12/16/13. Enroll before September 19th 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.

Date: 08/19/2013 to 12/16/2013 (Th)
 Time: See class description
 Fee: \$24.00 (Before September 19)
 \$30.00 (After September 19)
 Location: Online

Claffin Books	and Copies
SERVICES	We now have select teas and accessories.
<ul style="list-style-type: none"> ✓dissertation printing ✓new & used textbooks ✓course packets ✓color copies ✓5 cent self serve copies ✓digital & print design ✓fax service ✓binding ✓scanning to disk ✓electronic file submission ✓printing from disk ✓quality papers 	
	1814 Claffin Road Manhattan, KS 66502 (785) 776-3771 Fax: (785) 776-1009 claffin@interkan.net www.claffinbooks.com

Member of AHA! Mahattan



CREATIVE FREE TIME

Introduction to Digital Photography: The Basics 13CCF190

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

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

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

Instructor: Scott Bean

Date: 09/19/2013 to 10/10/2013 (ThSa)
Time: 7:00 PM to 9:00 PM
Fee: \$68.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Introduction to Adobe Lightroom 13CCF140

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

Instructor: Scott Bean

Date: 11/12/2013 to 11/21/2013 (TTh)
Time: 7:00 PM to 9:00 PM
Fee: \$53.00
Location: UFM Computer Lab
1221 Thurston St., 2nd floor

Introduction to Adobe Photoshop 13CCF65

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

Instructor: Scott Bean

Date: 12/03/2013 to 12/12/2013 (TTh)
Time: 7:00 PM to 9:00 PM
Fee: \$53.00
Location: UFM Computer Lab
1221 Thurston St., 2nd floor

Philosophy of Gurdjieff & Ouspensky 13CCF128

Explore the psychological system of the two Russian philosophers and teachers: Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs by emphasizing a system of self-development grounded in verification through personal exercises, discussion and reading aloud from Ouspensky's *A Psychology of Man's Possible Evolution*.

Instructor: David Seamon

Date: 09/19/2013 to 11/07/2013 (Th)
(No class 10/31)
Time: 7:30 PM to 9:00 PM
Fee: \$19.00
Location: UFM Solar Addition
1221 Thurston St.

David Seamon has been active with Gurdjieff's work for 25 years. He has studied with J.G. Bennet, a pupil of both Gurdjieff and Ouspensky.



Celebrate the beauty of Kansas
STRECKER-NELSON GALLERY



406 POYNTZ AVE
MANHATTAN, KS 66502
(785)537-2099
strecker-nelsongallery.com

"Fence Panorama" Dan Coburn



EARTH & NATURE

Bicycle Ed 101

13CEN75A

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

Instructor: Big Poppi Bicycle Co

Date: 11/01/2013 (F)
Time: 7:00 PM to 8:00 PM
Fee: \$10.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Ed 101: For Women Only

13CEN75B

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

Instructor: Big Poppi Bicycle Co

Date: 11/08/2013 (F)
Time: 7:00 PM to 8:00 PM
Fee: \$10.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Core Concepts:

Drive-train Mechanics

13CEN76

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

Big Poppi Bicycle Co

Date: 11/03/2013 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$60.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Core Concepts:

Brake System Mechanics

13CEN77

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

Instructor: Big Poppi Bicycle Co

Date: 11/10/2013 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$60.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Major Bearing Systems

13CEN78

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

Instructor: Big Poppi Bicycle Co

Date: 11/17/2013 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$100.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Wheel Systems

13CEN79

Bicycle wheel building is a beautiful combination of science and art reserved for the patient. This class will explain the amazing amalgamation of parts and techniques that it takes to produce bicycle wheels from the three components that comprise it a rim, hub, and spokes. You will leave this class with a new wheel hand built by YOU! Cost: If you buy a hub, rim, and spokes from Big Poppi Bicycle Co. the class is \$10. If you opt to attend and bring outside materials, the normal cost of the class is \$125. Topics covered: wheel lacing 2-cross, 3-cross, 4-cross, radial, spoke tensioning, dishing, radial truing, lateral truing.

Instructor: Big Poppi Bicycle Co

Date: 11/24/2013 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$10.00 or \$125.00
Location: Big Poppi Bicycle Co
1126 Moro St.



Bicycle Triage

NEW!

13CEN111

No one wants to walk 10 miles back home or inconvenience their significant other for a ride when some fluke issues arise while out riding. This class will showcase a number of makeshift fixes, and minimum necessary tools for common mechanical problems that happen while out riding. With a limited number of tools, quick thinking, and creative solutions are a must to get home safe and sound and our professional mechanics have volumes of knowledge and a number of simple tips to make your ride as smooth as possible.

Instructor: Big Poppi Bicycle Co

Date: 11/15/2013 (F)
Time: 7:00 PM to 8:00 PM
Fee: \$45.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Wildflower Walk

at Tuttle Creek Lake

13CEN69

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

*Rain date the following Sunday.

Instructor: Paul Weidhaas

Date: 09/07/2013 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: Tuttle Creek Lake Visitor Center
5020 Tuttle Creek Blvd





Fly Fishing

13CEN04AZ

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

Instructor: Paul Sodamann

Date: 11/04/2013 to 11/14/2013 (MTWTh)
 Time: 6:00 PM to 8:00 PM
 Fee: \$95.00
 Location: K-State Durland/Rathbone Hall 1061

* Class meets in Ahearn Fieldhouse (11/5, 11/6)

We would like to thank all of our sponsors!

*Aha! Manhattan
 Beach Museum of Art
 Manhattan Arts Center
 Strecker-Nelson Gallery
 Riley County Historical Museum
 KSU Division of Continuing Education
 Clafflin Books and Copies
 Stagg Hill Golf Club*

Fall Garden Tips & Tricks ^{NEW!} 13CEN112

This course will offer ideas for creative gardening in limited areas, including a tour of the instructors garden. It will also offer ideas for planting and growing late season crops and suggestions for vegetables that will overwinter during moderate Kansas winters. If you are hoping to plant a fall garden, be sure to buy your seeds when stores start discounting them. Some possibilities – carrots, radishes, beets, peas, cucumbers, lettuce, turnips, zucchini, oriental greens, green beans, kohlrabi, kale, broccoli, cauliflower, cabbage, spinach, kale & cilantro. It is a lovely 20 mile drive through the flint hills to reach the class location and the class will be worth the drive. Directions provided after registration. If interested in carpooling meet at 9am at UFM. Sponsored by the Flint Hills Resilience Coalition www.fhrconline.org
 Instructor: Richard Soash

Date: 08/24/2013 (Sa)
 Time: 9:30 AM to 11:30 AM
 Fee: No Charge
 Location: 6827 Redbud Drive



Food Forests and Plant Guilds: Not Just Another Gardening Class

13CEN74

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

Date: 09/18/2013 (W)
 Time: 7:00 PM to 9:00 PM
 Fee: No Charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Allowing the Sun to Work for You ^{NEW!} with the Help of Friends--Flint Hills Renewable Energy and Efficiency Cooperative

13CEN113

You can allow the abundant sunshine to work for you. It can run your refrigerator, make your light bulbs glow, run your computer, or perform any other task usually reserved entirely for Westar or Bluestem supplied electricity. Come learn about the basics of photovoltaics – the big word for the equipment that connects the power of the sun to your refrigerator, etc. The cost of the equipment has come way, way down making this option affordable for many more folks. And, the Flint Hills Renewable Energy and Efficiency Cooperative (FHREEC--pronounced "freak") is available to help with information, reduced cost with bulk buying, and support. Then, we help with installation by having an "Energy Raiser", which is like an old fashion barn raising, where you help me and I help you. So, we have much lower to no installation costs. Come learn about photovoltaic basics and about the Coop that can help you make this happen at your place. Sponsored by the Flint Hills Resilience Coalition www.fhrconline.org
 Instructor: Bill Dorsett

Date: 09/14/2013 (Sa)
 Time: 9:00 AM to 10:00 AM
 Fee: No Charge
 Location: UFM Solar Addition
 1221 Thurston St.

Basic Photovoltaics: Solar energy for your home and entertainment

13CEN94

This class will discuss the ways you can produce solar electricity from sunlight, various solar panels, and the tracking and concentrating sunlight. Then there will be a discussion about how to use it to power anything you are interested in...from remote computers, house boats, or livestock pumps, to selling electricity from your home back to Westar. We won't have time for details, but we will try to cover whatever you are interested in. Sponsored by the Flint Hills Resilience Coalition www.fhrconline.org
 Instructor: Bill Dorsett

Date: 09/14/2013 (Sa)
 Time: 10:30 AM to Noon
 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.

FUN FOODS

Tea Tasting

13CFF106

Tea tasting is for anyone looking to get more information about the science behind tasting teas. Taste the difference between black tea, black blend, green tea, red tea and white tea. Find out where the tea leaves are grown and where you can buy it. Learn about the difference in a pot of tea that is steamed for 3 mins, 5 minutes and 7 minutes and loose leaves versus tightly packaged leaves. Beginners and novices are welcome to participate. This class is a perfect date night for couples or friends. Enjoy the food and drink that's included in the class!
Instructor: Stormy Kennedy and Felicia Osbourne

Date: 11/15/2013 (F)
Time: 6:00 PM to 8:00 PM
Fee: \$17.00 Individual
\$25.00 Individual + Friend/Spouse
Location: UFM Banquet/Kitchen
1221 Thurston St.



Beer Tasting

13CFF39

Tallgrass Brewing Company's Brewmaster will guide students through a tasting of various beer styles from around the world. Students will learn about the influence of barley, wheat, hops, water, and yeast on the flavor of beer, and how to recognize those flavors in fine beers. Class will be held at Tallgrass Brewing Company. Every participant gets a souvenir Tallgrass Brewing Co. tasting glass! Participants must be 21 years and older.
Instructor: Jeff Gill

Date: 10/04/2013 (F)
Time: 6:30 PM to 8:30 PM
Fee: \$10.00
Location: Tallgrass Brewing Company
Directions: 8845 Quail Lane, Suite 1



There's No Chai Like "Slow Chai"

13CFF80

Why "Slow Chai"? Because you will need a full 30 minutes to make sure to bring out the flavors of the spices. There's a real art to making chai taste just right! It's in the details, and this class will provide the details. You may want to bring a note pad and pencil. People's Grocery and UFM have collaborated to bring you this class.
Instructor: Ana Franklin

Date: 10/18/2013 (F)
Time: 5:30 PM to 6:30 PM
Fee: No Charge
Location: UFM Banquet/Kitchen
1221 Thurston St.

Ana Franklin lived for a year in India when she was 18/19 years old. During that time she had occasion to taste "chai" as it is prepared in South India with lots of spices and plenty of creamy water buffalo's milk and, of course jaggary, the brown, unrefined sugar that is most often used. This kind of tea is more of a dessert than a drink, so it is not on the "healthy foods" list, but it is tasty as a treat now and then.



Just Can It: Jelly

NEW!

13CFF116

Are you Jellin'? Nothing beats homemade. Making your own jelly is easy to do. What a great way to get started on Christmas gifts for friends and family. Learn the basics of water bath canning and make your own half-pint of jelly.
Instructor: Michelle Perez

Date: 08/24/2013 (Sa)
Time: 1:30 PM to 4:00 PM
Fee: \$22.00
Location: UFM Banquet/Kitchen
1221 Thurston St.

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



Grill Anything!

NEW!

13CFF117

Learn the basics of how to operate a charcoal grill including selecting coals, prepping the coals and appropriate rack placement. The focus of the class will be on grilling a variety of foods, and will depend on the foods that members of the class bring. You will be amazed at all of the foods that can be cooked on the grill and there's no limit! Students are to bring something to grill each class and the fees cover supplies.
Instructor: Henry Bartel

Instructor: Henry Bartel

Date: 9/18/2013 to 09/25/2013 (W)
Time: 6:00 PM to 7:30 PM
Fee: \$18.00
Location: UFM Solar Addition
1221 Thurston

ONLINE LEARNING

Using Technology in Today's Classroom

NEW!

13CFC131

Teachers, students, and parents will learn how to use a myriad of websites and digital tools in today's classroom of diverse learners, including ELL, SPED, and Gifted learners. Those enrolled in the class will be able to test different pieces of technology or websites each week and report back about their experiences. Resources for digital storytelling, digital tools, social media, professional development, virtual field trips, online publishing, and aligning technology to the Common Core standards will be covered in this eight week course. The course will be taught through www.edmodo.com with folders for shared projects, links to resources, and ways to collaborate with others. This course is meant to HELP educators become more comfortable with technology and build a community of other educators also trying to implement technology and the common core standards. It is for learners of all abilities and is meant to be a LOW stress class that can be molded to what each person needs.

Instructor: Amy Trujillo

Date: 09/08/2013 to 11/02/2013 (Su)
*Registration deadline 09/01
Time: 12 M to 12:00 AM
Fee: \$25.00
Location: Online

Amy Trujillo works for USD-475 as an English Language Learner (ELL) teacher, writes articles for Technology Integration for Teachers and Cut and Paste, and is certified to teach Microsoft Office. She has taught computer classes for students in kindergarten through college level.

K-State Book Network



<http://bit.ly/11yBoxn>

Blended Learning:

CPR/First Aid

13CHW70A

Reduce classroom time for CPR, First Aid, and AED Training by using Blended Learning. Blended Learning combines a program which combines 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 A. Complete online session by correctly answering at least 80% of the questions on the final exam, then bring printed final exam score to hands-on skills practice and assessment session.

Part II B. Attend in person and demonstrate competency in the hands-on skills practice and assessment session. Source: American Red Cross

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

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/30/2013 (F)
Time: 2:00 PM to 3:00 PM
Fee: \$61.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning:

CPR/First Aid

13CHW70B

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/30/2013 (F)
Time: 3:00 PM to 4:00 PM
Fee: \$61.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning:

CPR/First Aid

13CHW70C

Instructor: Kelly Reed-Harkness

Date: 10/19/2013 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$61.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Online Introduction to Photography

NEW!

13CCF211

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. Each week videos on various topics will be covered (approximately 2 hours per week) and on Saturdays students will have a chance to meet at locations around Manhattan to practice what was covered in the weekly videos. 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. Exact times of the fields will be determined weekly, but will be on Saturday evening a few hours before sunset. Participants will be responsible for their own transportation to the field trips.

Instructor: Scott Bean

Date: 10/28/2013 to 11/16/2013
Time: Online
Fee: \$85.00
Location: Online

Scott Bean has enjoyed the hobby of nature photography for several years.



HEALTH & WELLNESS

Feel Young At Any Age:

Comprehensive Cleansing 13CHW139

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

Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 09/21/2013 (Sa)
 Time: 11:30 AM to 1:15 PM
 Fee: No Charge
 Location: UFM Solar Addition
 1221 Thurston St.

Ana is a certified Natural Health Consultant.

Living the Art:

Jin Shin Jyutsu 13CHW08A

Jin Shin Jyutsu is an ancient harmonizing art for body, mind and spirit. During class we practice easy self-help techniques and learn ways to interpret our body's messages: as we get to know ourselves, we are better able to help ourselves. Jin Shin Jyutsu is as simple as exhaling and inhaling, and as complicated and intricate as our bodies. This class lends itself to beginners and is also appropriate for anyone who has previously taken a class. Jin Shin Jyutsu is a subtle, relaxing and profound support for our entire being. Please wear comfortable clothes and your smile. Also please bring a light lunch with you.

Instructor: Kate Cashman

Date: 09/22/2013 (Su)
 Time: 2:00 PM to 5:00 PM
 Fee: \$24.00
 Location: 1421 Colorado Street

Living the Art:

Jin Shin Jyutsu 13CHW08B

Instructor: Kate Cashman

Date: 10/12/2013 (Sa)
 Time: 1:00 PM to 4:00 PM
 Fee: \$24.00
 Location: 1421 Colorado Street

Women's Self Defense 13CHW118AZ

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

Date: 09/15/2013 to 09/28/2013 (SuSa)
 Time: 1:00 PM to 5:00 PM
 Fee: \$70.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor



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

PEOPLE'S GROCERY

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

- *Grocery*
- *Produce*
- *Bulk Herbs/Teas*
- *Educational classes*

1620 Ft. Riley Blvd Suite 101
 Manhattan, KS 66502
 785.539.4811
<http://www.peoplesgrocery.biz>

Women's Self Defense 13CHW118BZ

Date: 10/06/2013 to 11/03/2013 (Su)
 (No class 10/12, 10/19, 10/20, 10/26, 11/2)
 Time: 1:00 PM to 5:00 PM
 Fee: \$70.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

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



Lou Douglas Lecture Series on Public Issues

"Rising Inequality: The Decline of the American Middle Class"

Edward Wolff

New York University Economist



Tuesday, October 15, 2013
 7 p.m., K-State Student Union
 Forum Hall

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

HEALTH & WELLNESS

SilverSneakers® Yoga 13CHW135A

Just how beneficial is fitness for older adults? Regular exercise can increase muscular strength, endurance, and range of motion. With our classes, you'll find improved posture, balance, coordination, agility, and body awareness. Sign up today to get fit and maintain your independence. SilverSneakers® is the nation's leading fitness program created to provide low-impact exercise for older adults. For more information, check out www.silversneakers.com. Join us for our SilverSneakers® Yoga class. 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 & mental clarity. (All levels welcome)

Instructor: Debbie Newton

Date: 08/20/2013 to 09/17/2013 (T)
 Time: 1:30 PM to 2:30 PM
 Fee: \$40.00
 Location: 4201 B Anderson Ave, Suite 1

SilverSneakers® Yoga 13CHW135B

Date: 08/24/2013 to 09/21/2013 (Sa)
 Time: 1:30 PM to 2:30 PM
 Fee: \$40.00
 Location: Maximum Performance Physical Therapy and Fitness Center
 426A McCall Road

SilverSneakers® Yoga 13CHW135C

Date: 09/24/2013 to 10/22/2013 (T)
 Time: 1:30 PM to 2:30 PM
 Fee: \$40.00
 Location: 4201 B Anderson Ave, Suite 1

SilverSneakers® Yoga 13CHW135D

Date: 09/28/2013 to 10/26/2013 (Sa)
 Time: 1:30 PM to 2:30 PM
 Fee: \$40.00
 Location: Maximum Performance Physical Therapy and Fitness Center
 426A McCall Road

SilverSneakers® Yoga 13CHW135E

Date: 10/29/2013 to 12/03/2013 (T)
 (No class 11/26)
 Time: 1:30 PM to 2:30 PM
 Fee: \$40.00
 Location: 4201 B Anderson Ave, Suite 1

SilverSneakers® Yoga 13CHW135F

Date: 11/02/2013 to 12/07/2013 (Sa)
 (No class 11/30)
 Time: 1:30 PM to 2:30 PM
 Fee: \$40.00
 Location: Maximum Performance Physical Therapy and Fitness Center
 426A McCall Road

Restorative Yoga 13CHW140A

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

Instructor: Debbie Newton

Date: 08/25/2013 to 09/29/2013 (Su)
 (No class 09/01)
 Time: 3:00 PM to 4:00 PM
 Fee: \$40.00
 Location: Maximum Performance Physical Therapy and Fitness Center
 426A McCall Road

Restorative Yoga 13CHW140B

Date: 10/06/2013 to 11/03/2013 (Su)
 (No class 09/01)
 Time: 3:00 PM to 4:00 PM
 Fee: \$40.00
 Location: Maximum Performance Physical Therapy and Fitness Center
 426A McCall Road

Restorative Yoga 13CHW140C

Date: 11/10/2013 to 12/15/2013 (Su)
 (No class 12/01)
 Time: 3:00 PM to 4:00 PM
 Fee: \$40.00
 Location: Maximum Performance Physical Therapy and Fitness Center
 26A McCall Road

Yoga Over Forty 13CHW99

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, yogaconnection@gmail.com

Date: 10/01/2013 to 11/19/2013 (T)
 Time: 5:30 PM to 6:45 PM
 Fee: \$89.00
 Location: Yoga Connection
 321 Poyntz Ave, Ste A

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



HEALTH & WELLNESS

Yoga 1

13CHW15AZ

This course will cover the basic fundamentals of yoga. Sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy. (Available for KSU Credit)
Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 08/27/2013 to 10/15/2013 (TTh)
Time: 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1

13CHW15BZ

Date: 08/28/2013 to 10/16/2013 (WM)
(No class 9/02, 9/16)
Time: 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1

13CHW15CZ

Date: 08/28/2013 to 10/16/2013 (WM)
(No class 9/02, 9/16)
Time: 5:30 PM to 6:30 PM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1

13CHW15DZ

Date: 10/21/2013 to 12/11/2013 (MW)
(No class 9/02, 9/16)
Time: 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1

13CHW15EZ

Date: 10/21/2013 to 12/11/2013 (MW)
Time: 5:30 PM to 6:30 PM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 2

13CHW21Z

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

Instructor: Ana Franklin

Date: 10/17/2013 to 12/12/2013 (ThT)
(No class 10/31, 11/28)
Time: 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Cat Yoga

13CHW155

Have you noticed a change in your feline friend? Do they complain of sore paw muscles and constant worries about which furniture item to scratch or which window to sleep in? Ease their muscles and their worries with Cat Yoga! This class will cover poses such as Playful Mouse and Downward Fish Tail. We will also cover the effects of Crazy Cat Brain and how to deal with the aftermath. Please bring your feline's favorite scratching post and a water bowl.
Instructor: Dr. Kitty Kat, DVM

Date: 08/19/2013 to 12/16/2013 (M)
Time: 5:30 PM to 7:00 PM
Fee: \$ -1.00
Location: UFM Solar Addition
1221 Thurston St.



Evening Yoga

13CHW88A

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

Instructor: Debbie Newton

Date: 08/26/2013 to 09/30/2013 (M)
(No class 9/02)
Time: 5:30 PM to 7:00 PM
Fee: \$29.00
Location: UFM Solar Addition
1221 Thurston St.

Evening Yoga

13CHW88B

Date: 10/07/2013 to 11/04/2013 (M)
Time: 5:30 PM to 7:00 PM
Fee: \$29.00
Location: UFM Solar Addition
1221 Thurston St.

Evening Yoga

13CHW88C

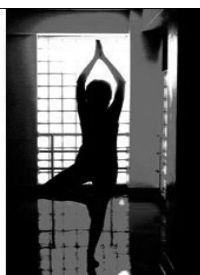
Date: 11/11/2013 to 12/16/2013 (M)
(No class 11/25)
Time: 5:30 PM to 7:00 PM
Fee: \$29.00
Location: UFM Solar Addition
1221 Thurston St.

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

**Workshops, Private Lessons & Classes
With Ana Franklin**
Teaching Yoga since 1984

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

"Stretching Body, Breath & Mind"



Morning Yoga **13CHW89A**

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

Date: 08/24/2013 to 09/28/2013 (Sa)
(No class 8/31)
Time: 9:30 AM to 11:00 AM
Fee: \$29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Morning Yoga **13CHW89B**

Date: 10/05/2013 to 11/02/2013 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Morning Yoga **13CHW89C**

Date: 11/09/2013 to 12/14/2013 (Sa)
(No class 11/30)
Time: 9:30 AM to 11:00 AM
Fee: \$29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor



“LIKE”

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



Connect with UFM on
Facebook.com/UFMCLC

Featured UFM Instructor Debbie Newton

.....

Debbie completed her teaching certification at The Yoga School of Therapeutics in Overland Park, Kansas in 2007. She has been teaching yoga classes ever since. Debbie has a special certification in Silver Sneakers® Yoga Stretch and has also taught Prenatal Yoga and Restorative Yoga. She teaches at Maximum Performance Physical Therapy and Fitness Center and has experience teaching adults and children of all ages. Debbie has a strong belief in yoga as a practice to enhance health, reduce stress, and to increase strength, flexibility, and balance throughout life.



Refuse To Be A Victim® **13CHW202**

Safety experts agree the single most important step toward ensuring your personal safety is making the conscious decision to Refuse To Be A Victim®. You stand a much better chance of preventing criminal attack if you develop a safety plan before you need it. That is why the National Rifle Association is offering the Refuse To Be A Victim® crime prevention seminar. The seminar teaches easy-to-understand methods you can use to increase awareness and prevent criminal confrontation. In just three to four hours, you will get the tools you need to develop your own personal safety strategy, including information about:

- The Psychology of the Criminal Mind
- Home & Phone Security
- Automobile & Travel Security
- Personal & Technological Security
- Self-Defense Devices and Training Options
- And more!

Instructor: Robert D Auten

Date: 10/05/2013 (Sa)
Time: 9:00 AM to 12 N
Fee: \$37.00 - Fee includes Materials
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Robert Auten is full time staff at Kansas State University as well as a NRA certified instructor in many disciplines including Refuse To Be A Victim.



A different way to experience art

BEACH
MUSEUM OF ART

FREE admission and parking - 14th & Anderson
785.532.7718 | beach.k-state.edu | Tues. - Wed., Fri. - Sat. 10-5 | Thurs. 10-8 | Sun. 12-5

KANSAS STATE
UNIVERSITY

HEALTH & WELLNESS

Blended Learning:

CPR/First Aid

13CHW70A

Reduce classroom time for CPR, First Aid, and AED Training by using Blended Learning. Blended Learning combines a program which combines 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 A. Complete online session by correctly answering at least 80% of the questions on the final exam, then bring printed final exam score to hands-on skills practice and assessment session.

Part II B. Attend in person and demonstrate competency in the hands-on skills practice and assessment session. Source: American Red Cross

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

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/30/2013 (F)
 Time: 2:00 PM to 3:00 PM
 Fee: \$61.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor



Blended Learning:

CPR/First Aid

13CHW70B

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/30/2013 (F)
 Time: 3:00 PM to 4:00 PM
 Fee: \$61.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Blended Learning:

CPR/First Aid

13CHW70C

Instructor: Kelly Reed-Harkness

Date: 10/19/2013 (Sa)
 Time: 9:30 AM to 11:00 AM
 Fee: \$61.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Community CPR, First Aid & AED

13CHW25B

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

Instructor: Kelly Reed-Harkness

Date: 10/19/2013 (Sa)
 Time: 11:00 AM to 7:00 PM
 Fee: \$61.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Featured UFM
Instructor

Henry Brown

.....

Henry Brown, a retired Army communications specialist, joined the American Red Cross as a volunteer in 2009 so that he could help further the mission of the Red Cross with his Army skills in the Health & Wellness field. Henry started instructing First Aid & CPR and soon began teaching others how to instruct these lifesaving skills. Henry also serves as Captain of our First Aid Stations at Kansas State University football games as the captain for the Manhattan Disaster Action Team. This June 2013 Henry received the American Red Cross Leadership Award from the Kansas Capital Area Chapter.



Responding to Emergencies 13AHW19AZ

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

Instructor: Henry Brown

Date: 09/15/2013 to 09/29/2013 (SaSu)
 Time: 12 N to 6:30 PM
 Fee: \$154.00
 Location: UFM Banquet Room
 1221 Thurston St.



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

Guided Meditation: **NEW!**
Shifting Into Compassion 13CHW143

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,
palma@brightlifeconsulting.com, (785) 341-9072

Palma Holden, M.S., brings light to people's lives through her one-on-one intuitive consulting and workshops. She creates safe, loving space for others to explore and release worries, connect to inner strengths and feel better, lighter and brighter about life.

Date: 09/10/2013 (T)
Time: 6:00 PM to 7:30 PM
Fee: \$36.00
Location: UFM Solar Addition
1221 Thurston St.

Guided Meditation: **NEW!**
Music, Movement & Meditation 13CHW144

Fine tune your mind, body and spirit through the power of uplifting music, gentle body movements, breath work and guided journeying.

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

Date: 09/17/2013 (T)
Time: 6:00 PM to 7:30 PM
Fee: \$36.00
Location: UFM Solar Addition
1221 Thurston St.

Guided Meditation: **NEW!**
Peeling the Layers 13CHW145

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,
palma@brightlifeconsulting.com, (785) 341-9072

Date: 09/24/2013 (T)
Time: 6:00 PM to 7:30 PM
Fee: \$36.00
Location: UFM Solar Addition
1221 Thurston St.

Guided Meditation: **NEW!**
Series of Three 13CHW146

Register for this class and participate in all three of the Guided Meditation classes. See class descriptions listed with individual classes: Guided Meditation: Shifting Into Compassion; Music, Movement & Meditation; Peeling the Layers (savings of \$10.00).

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

Date: 09/10/2013 to 09/24/2013 (T)
Time: 6:00 PM to 7:30 PM
Fee: \$98.00 Class fee - Series Indivi
Location: UFM Solar Addition
1221 Thurston St.

Brain Gym® 101 Core Course 13CHW147

Discover a way to...learn ANYTHING faster and more easily with the Brain Gym 101 Core Course. This 24-hour course introduces you to using Brain Gym to benefit yourself and others. You will learn how to draw out potential in all areas of life by using powerful Brain Gym tools. Four steps to Get Ready is a four minute BG warm-up that helps you feel focused, relaxed and ready to begin any new task or challenge. 26 Specific Movement Activities are quick, simple physical movements that enhance specific skills. The 5-step Balance process targets a goal of your choice. Two Repatterning Sequences, Dennison Laterality Repatterning and Three Dimensional Repatterning, "remind" different areas of your brain to work together synergistically. Class fee includes \$72 in materials, plus snacks and water. For more information visit www.braingym.org.

Instructor: Judy Metcalf,
kinlearn3jm@yahoo.com, (571) 217-7736

Date: 09/21/2013 to 10/19/2013 (Sa)
(No class 10/12)
Time: 9:30 AM to 5:00 PM
Fee: \$162.00
Location: TBA

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

**An Intro to Brain Gym®:**
The Physical Skills of Comprehension 13CHW148

Within the Brain Gym five step process for making learning fun and easy, participants will learn PACE, a simple movement sequence that prepares the mind/body system for new learning experiences. The technique of "Noticing" will be taught to refine body awareness skills and "the physical skills of comprehension" will be explored. Six Brain Gym Activities will be taught from the Focus Dimension. Participants will benefit from bringing simple goals/intentions related to comprehension. Extra material choices are available in class.

Instructor: Judy Metcalf,
kinlearn3jm@yahoo.com, (571) 217-7736

Date: 09/21/2013 (Sa)
Time: 9:30 AM to 5:00 PM
Fee: \$39.00
Location: UFM Conference Room
1221 Thurston St.

An Intro to Brain Gym®:
The Physical Skills of Organization 13CHW149

Within the Brain Gym five step process for making learning fun and easy, participants will learn PACE, a simple movement sequence that prepares the mind/body system for new learning experiences. The technique of "Noticing" will be taught to refine body awareness skills and "the physical skills of organization" will be explored. Six Brain Gym Activities will be taught from the Centering Dimension. Participants will benefit from bringing simple goals/intentions related to organization. Class fee does not include materials. Extra material choices are available in class.

Instructor: Judy Metcalf

Date: 09/28/2013 (Sa)
Time: 9:30 AM to 5:00 PM
Fee: \$39.00
Location: UFM Conference Room
1221 Thurston St.

An Intro to Brain Gym®: The Physical Skills of

Communication

13CHW150

Within the Brain Gym five step process for making learning fun and easy, participants will learn PACE, a simple movement sequence that prepares the mind/body system for new learning experiences. The technique of "Noticing" will be taught to refine body awareness skills and "the physical skills of communication" will be explored. Ten Brain Gym Activities will be taught from the Laterality Dimension. Participants will benefit from bringing simple goals/intentions related to organization. Class fee does not include materials. Extra material choices are available in class.

Instructor: Judy Metcalf,
kinlearn3jm@yahoo.com, (571) 217-7736

Date: 10/05/2013 (Sa)
Time: 9:30 AM to 5:00 PM
Fee: \$39.00
Location: UFM Fireplace Room
1221 Thurston St.

Move with Balance

13CHW154

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

Instructor: Judy Metcalf

Date: 10/01/2013 to 11/26/2013 (Tu)
Time: 1:00 PM to 2:30 PM
Fee: \$190.00
Location: Meadowlark Hills, Living Room
2121 Meadowlark Rd

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

Movement-Based

NEW!

Empowerment Workshop **13CHW153**

This movement-based class will empower kids 5 years and older, adults of any age, groups of kids or adults, school classrooms, teachers and family members to move with confidence and focus on needed tasks. "Movement is the door to learning", motto of Brain Gym International, is the key insight and outcome in learning the kinds of movement techniques and concepts taught in this class. You can speed up, cool down, figure things out, and have more fun when brain and body are in sync from doing these simple, integrated movements. Learn and move with us doing: (1) Sensory Integration (www.sensory-processing-disorder.com); (2) Brain Gym Movements (www.braingym.org); (3) Bal-A-Vis-X Rhythmic Ball Skills (www.bal-a-vis-x.com); & (4) Rhythmic Movement Skills (www.rhythmicmovement.com). Maximum of 6 kids are welcome, 5 years & older, accompanied by an adult, one child per adult. All ages from teens to older adults benefit and will learn integrated movements that fit their needs and wishes. Wear comfortable clothes for movement exercise. Call class contact/instructor, Pat Embers, on questions at 785-539-2819 or email embers1@cox.net. Enrollment Deadline: October 21st

Heartland Movement-Based Network Instructors:
Judy Metcalf: Physical Educator /Licensed Brain Gym Instructor

Pat Embers: Licensed Occupational Therapist,
OTR/L /Brain Gym Core Course Graduate

Earl Robinson: Licensed Clinical Social Worker /
Brain Gym Core Course Graduate

Diane Barker: Master of Arts in English / Brain Gym
Core Course Graduate

This event is co-sponsored by the Flint Hills
Resilience Coalition.

Instructor: Pat Embers

Date: 10/26/2013 (Sa)
*Registration deadline 10/21
Time: 1:30 PM to 5:00 PM
Fee: \$20.00 Class fee - Individual
\$25.00 Class fee - Parent & child
Location: UU Fellowship Bldg
481 Zeandale Rd
Manhattan, KS 66502



Sept. 8
Serious Play

Sept. 15
In Organic We Trust

Sept. 22
God Grew Tired of Us

Sept. 29
Chimpanzee (At Sunset Zoo)

All films are free and
open to the public at
Coffman Plaza
(outside of Hale Library)
except where noted.

Please join us after the
movie to discuss the topic.



Lou Douglas Lecture Series on Public Issues

"A Kansas Guide to
Health Insurance Changes"

Sandy Praeger

Kansas Insurance Commissioner



Tuesday, September 10, 2013
7 p.m., K-State Student Union
Forum Hall

LANGUAGE



Beginning Conversational Sign Language 13CLA23

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

Instructor: Toni Kroll, (785) 313-5555

Date: 09/10/2013 to 10/29/2013 (T)
 Time: 6:30 PM to 7:25 PM
 Fee: \$59.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Toni Kroll is a Certified Interpreter who has 20 years of experience as a sign language interpreter. Toni has worked as an interpreter in Washington D.C., Seattle, and now Kansas. She is in her 4th year as a KSU interpreter as well as doing community work here in Manhattan and the surrounding area.

Advanced Sign Language 13CLA13

This is a class for those who want to learn more about sign language. The "advanced" student must have basic vocabulary, finger spelling and numbers. In the advanced class we will work on putting vocabulary together into conversational usage. Prerequisite: Previous sign language experience or instruction.

Instructor: Toni Kroll, (785) 313-5555

Date: 09/10/2013 to 10/29/2013 (T)
 Time: 7:30 PM to 8:25 PM
 Fee: \$59.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Introduction to Spanish 13CLA33

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

Date: TBA
 Time: TBA
 Fee: \$32.00
 Location: TBA



Swahili Language and Cultures of Africa 13CLA53

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: 09/13/2013 to 11/08/2013 (F)
 Time: 5:30 PM to 7:00 PM
 Fee: \$34.00
 Location: UFM Conference Room
 1221 Thurston St.

Getting Started with Japanese 13CLA38

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 class is 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: 09/16/2013 to 10/02/2013 (MW)
 Time: 5:30 PM to 6:30 PM
 Fee: \$82.00
 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.



Manhattan Arts Center

2013-2014 Season

Arts for All!

Music: Lindsay Lou & the Flatbellys	Sep 13	Missoula Childrens' Theatre: The Wizard of Oz	Jan 14-19
Theatre: The Pirates of Penzance	Sep 27-29, Oct 3-6	Music: Anne & Pete Sibley	Jan 25
Music: Claude Bourbon	Oct 18	Music: Trace Bundy	Feb 14
Gallery: Wrap it Up art exhibit & sale	Nov 1-Dec 24	Theatre: Harvey	Feb 28-Mar 2, Mar 7-9
Theatre: A Few Good Men	Nov 8-11, Nov 15-17	Music: The Matt Flinner Trio	Apr 11
Music Special: John McCutcheon	Nov 10	Theatre: Joseph and the Amazing Technicolor Dreamcoat	Apr 25-27, May 1-4
Music: Nora Jane Struthers & the Party Line	Nov 22		
Children's theatre: Holiday Production	Dec 6-8		
Event: New Year's Eve Party	Dec 31		

Plus: Children's Programs, Galleries, Clay Studio, Art & Music Classes, Summer Camps & more!

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

MARTIAL ARTS



Karate & Self-Defense 13CMA10A

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

Date: 08/17/2013 to 09/28/2013 (Sa)
Time: 11:30 AM to 12:30 PM
Fee: \$51.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor



Judo I 13CRF08Z

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

Date: 08/26/2013 to 12/12/2013 (MTh)
(No classes 9/2, 11/25, 11/28)
Time: 8:00 PM to 9:00 PM
Fee: \$75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Judo II 13CMA09Z

In Judo II, participants continue to gain understanding of how principles of dynamics are used to gain physical advantage. New and advanced skills are taught along with safety techniques. In preparation for competitive effectiveness, techniques will be tailored to fit the individual’s physique. (Available for KSU Credit)
Instructor: Jim Kiker

Date: 08/26/2013 to 12/12/2013 (MTh)
(No class 9/2, 11/25, 11/28)
Time: 8:00 PM to 9:30 PM
Fee: \$75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Karate & Self-Defense 13CMA10B

Date: 10/05/2013 to 11/16/2013 (Sa)
Time: 11:30 AM to 12:30 PM
Fee: \$51.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

As a martial arts instructor, Habib has spent 16 years teaching people how to control their environment, properly breathe, to relax as you breathe, and to overcome stress. He is a champion and member of the Karate National Team in Senegal. He has also won awards from the National Federation of Karate in Senegal. He has worked with the Japanese most known “Sensei”, Sensei Ayashi, Sensei Yoshinao Nambu. His own Sensei was directly trained by Sensei Eiji Ogasahara.



Tae Kwon Do I 13CMA01Z

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

Date: 08/27/2013 to 12/12/2013 (TTh)
(No class 11/20, 11/22)
Time: 5:00 PM to 6:00 PM
Fee: \$72.00
Location: Sun Yi’s Academy
1650 Hayes Dr.

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



Connect with UFM on
Facebook.com/UFMCLC

PERSONAL INTEREST

Hundred Dollar Holiday: The Case for a More Joyful Christmas 13CPI105

How can we celebrate the holidays, that is, celebrating with more joy than money? Drawing from the material in Bill McKibben's book by the same name, we will explore ideas for celebrating the holidays in ways that bring joy and excitement without giving in to the commercialism and materialism that have come to dominate our culture. Sponsored by Flint Hills Resilience Coalition www.fhrconline.org
Instructor: Carol Barta, (785) 410-8608

Date: 11/14/2013 (Th)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

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

Making Homemade Laundry Detergents and Bath Bar 13CPI72

NEW!

We will discuss how to make both powdered and concentrated liquid forms of laundry detergents and a coconut oil bath bar. Homemade laundry detergents are effective, inexpensive, and they are quick and easy to make out of safe and available household ingredients. We will demonstrate some of the methods used to make these products. Some free samples will be available to participants, so you will be able to try them at home in your own washer. Feel free to bring your own recipes of homemade products to share with others. Come join the fun. Sponsored by Flint Hills Resilience Coalition www.fhrconline.org

Instructor: Cherri Harper & Shannon Delancy

Date: 11/17/2013 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

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

Genealogy Basics, from Soup to Nuts 13CPI108

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

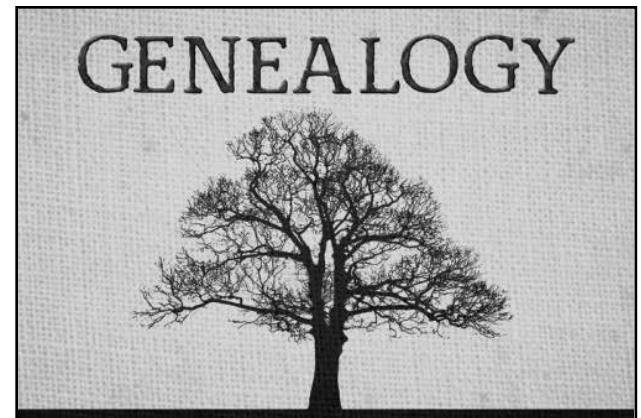
Jill Meyers Frese has been enjoying the field of genealogy for over 35 years. Her fields of interest include Kansas History, Women on the Prairie, This was how life was in..., Cemetery Research, Kentucky genealogy, dowsing cemeteries and history in general.

Date: 09/09/2013 to 12/02/2013 (M)
(No class 11/25)
Time: 6:00 PM to 8:00 PM
Fee: \$34.00
Location: Riley County Genealogy Society
2005 Claflin Road

Organics 13CPI79

"*In Organic We Trust* is an eye-opening food documentary that follows Director/Producer Kip Pastor on a personal journey to answer commonly asked questions about organic food: What exactly is organic? Is it really better, or just a marketing scam? The film digs deep with farmers, organic certifiers, scientists, and organic critics to explore the content beneath the label and the truth behind the marketing. It takes a balanced approach to clear up misconceptions about organic food while highlighting practical solutions that are transforming the way we grow and eat." Movies on the Grass will have a free showing of *In Organic We Trust* on September 15th at 8pm outside of K-State's Hale Library; for information go to www.ksu.edu/mog. In this discussion class we will cover subjects related to the movie, including recent updates to the Farm Bill 2013, changes in Organic Standards, labeling definitions, and how local foods fit in. People's Grocery and UFM have collaborated to bring you this class.
Instructor: Jenny Guilford

Date: 09/19/2013 (Th)
Time: 6:00 PM to 8:00 PM
Fee: No Charge
Location: Manhattan Public Library
Auditorium
629 Poyntz Ave



Politically Relevant Film **NEW!** 13CPI179A

This course will investigate relevant political and current events through viewing main stream media movies. The class will vote on topics and the films will be determined. After viewing, the class will have a discussion with a knowledgeable guest speaker, who will elaborate on the particular subject. The class aims to promote a global cultural and political awareness through the exploration of these main stream movies. All interested in film, politics, and current events are welcome.

Instructor: Alex Severance

Date: 09/21/2013 to 09/23/2013 (SaM)
Time: 6:00 PM to 9:00 PM (Sa)
7:00 PM to 9:00 PM (M)
Fee: \$12.00
Location: UFM Multipurpose Room
1221 Thurston St.

Politically Relevant Film 13CPI179B

Date: 10/19/2013 to 10/21/2013 (SaM)
Time: 6:00 PM to 9:00 PM (Sa)
7:00 PM to 9:00 PM (M)
Fee: \$12.00
Location: UFM Multipurpose Room
1221 Thurston St.

Politically Relevant Film 13CPI179C

Date: 11/02/2013 to 11/04/2013 (SaM)
Time: 6:00 PM to 9:00 PM (Sa)
7:00 PM to 9:00 PM (M)
Fee: \$12.00
Location: UFM Multipurpose Room
1221 Thurston St.

Alex is an avid fan of movies, politics and a consumer of news.



**K-9s & Kids,
Raising Them Together 13CPI116**

Do you have a dog already and you're thinking about having kids? Or do you already have kids and you're thinking about getting a dog? This two-hour class will cover the basics of raising kids and dogs together successfully. Topics covered include introducing your dog to a child, teaching a child how to approach a dog correctly, playing between the child and dog and best practices in a home with kids and dogs. This class will include discussion, so please bring your questions, but leave your dog and kids at home. Instructor: Mary Hager

Date: 09/05/2013 (Th)
Time: 7:00 PM to 9:00 PM
Fee: \$22.00
Location: UFM Conference Room
1221 Thurston

Using a positive, science-based, force-free method of training, Mary helps owners curb behavior problems through management, training, exercise, and proper communication. Her goal is to provide dog owners with the building blocks to a better relationship with their dogs. Mary has been training dogs for over 30 years. With her own personal dogs, Mary has competed at some of the highest levels in conformation, obedience, and dog sports. She is a member of APDT and is an AKC Canine Good Citizen Evaluator.

Puppy Basics NEW! 13CPI115

You bought a puppy or you're planning to and you're not sure what comes next. Learn all of the basics you need to know about getting your puppy (and you) adjusted to your lifestyle. A variety of topics will be covered in this one-time class including naming your puppy, bedding, shelter, food and housebreaking. Instructor: Mary Hager

Date: 09/23/2013 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$22.00
Location: UFM Conference Room
1221 Thurston

Canine Housetraining NEW! 13CPI122

In this class we will discuss puppy and adult dog housetraining including containment vs. crate training, territorial marking, submissive urination and the appropriate use of newspapers or pee pads. In just two hours, learn the secrets of successful housetraining for your puppy or adult dog and helpful habits that you can use immediately. Bring your questions and a note pad for writing down all of the tips you will learn. Instructor: Mary Hager

Date: 10/07/2013 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$22.00
Location: UFM Conference Room
1221 Thurston



Staying Safe at the Dog Park NEW! 13CPI123

Dog parks are a wonderful amenity. They allow your dog to get their much needed exercise and offer the opportunity for your dog to socialize with other dogs. Unfortunately, some dogs are not as friendly as others and your dog relies on you to keep them safe in these situations. Learn how to introduce your dog safely to a new dog and know when it's time to walk the other direction. Instructor: Mary Hager

Date: 10/17/2013 (Th)
Time: 7:00 PM to 9:00 PM
Fee: \$22.00
Location: UFM Conference Room
1221 Thurston

Reliable Recalls for Your Dog NEW! 13CPI124

Calling your dog multiple times with no success can be frustrating and time-consuming. Plus, an off-leash dog without a good recall is a safety risk for itself, other animals, and people. What is a reliable recall? It's when you call your dog once and it runs straight toward you as fast as it can. It then stops within reach so you can grab the collar and clip on a leash if necessary. A solid recall may save dogs' lives and their owners' sanity. Dogs who master this skill have more freedom because they have the privilege of being off-leash on occasions when it is safe and legal. And as the owner, you can relax knowing that your dog is just a call away. Learn how to get your dog to come to you when you call them even with distractions. You will leave this two-hour class with useful training tips and tricks that you can try out on your dog immediately. Instructor: Mary Hager

Date: 10/21/2013 (M)
Time: 7:00 PM to 9:00 PM
Fee: \$22.00
Location: UFM Conference Room
1221 Thurston



Take a Peek at the Past



Riley County Historical Museum
2309 Claflin Road, Manhattan, KS 66502
Open: Tues. - Fri. 8:30 - 5:00
Sat. - Sun. 2:00 - 5:00
Research Library by appointment
(785) 565-6490
www.rileycountyks.gov/museum

Goodnow House Museum
State Historic Site
2301 Claflin Rd.
Go to Riley County Historical Museum
and ask for tour
Sat. - Sun. 2:00 - 5:00
Tues. - Fri. 8:30 - 5:00

Wolf House Museum
630 Fremont St.
Open:
Sat. 2:00 - 5:00
Sun. 2:00 - 5:00

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



*** Free Admission at All Sites ***

Holiday Lights Tour **NEW!** **13CPI81**

All aboard the MHK Trolley for a beautiful December evening in Manhattan! Sit back, relax and let us do the driving during this hour and a half outing while we view the breathtaking Manhattan holiday lights. The complete auto tour will drive through neighborhoods in northwest and central Manhattan, Candlewood, Cico Park and Sharingbrook. Take it all in and enjoy the creative displays that celebrate the spirit of the holidays! The tour begins and ends at Mr. K's, 3901 Vanesta Drive.

Date: 12/17/2013 (T)
 Time: 6:00 PM to 7:30 PM
 Fee: \$18.00 – Individual
 \$29.00 – Couple
 \$72.00 – Family - Limit up to 6 people
 Location: Mr. K's Cafe
 3901 Vanesta Drive

* Back by popular demand!

150 Years of the People & Places of KSU **13CPI114A**

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

Instructor: Cheryl Collins

Date: 10/24/2013 (Th)
 Time: 10:00 AM to 12 N
 Fee: \$18.00
 Location: Riley Co. Historical Museum
 2309 Claflin Rd.

150 Years of the People & Places of KSU **13CPI114B**

Instructor: Cheryl Collins

Date: 10/24/2013 (Th)
 Time: 2:00 PM to 4:00 PM
 Fee: \$18.00
 Location: Riley Co. Historical Museum
 2309 Claflin Rd.



Haunted Manhattan Trolley Tour **NEW!** **13CPI125A**

Cautiously enter the MHK Trolley for a guided tour of nearly 20 haunted sites in Manhattan. Your ghostly guide will give you a map of the sites and tell you the spooky stories behind each of them. The trolley will make several stops, as time allows. Decide for yourself if these places are really haunted. Ages 16 and under must be accompanied by an adult.

Date: 10/29/2013 (T)
 Time: 6:00 PM to 7:45 PM
 Fee: \$18.00 – Individual
 \$29.00 – Couple
 \$72.00 – Family - Limit 6 people
 \$175.00 – Group - Limit 16 people
 Location: Mr. K's Cafe, 3901 Vanesta Drive

Haunted Manhattan Trolley Tour **NEW!** **13CPI125B**

Date: 10/29/2013 (T)
 Time: 8:30 PM to 10:15 PM
 Fee: \$18.00 – Individual
 \$29.00 – Couple
 \$72.00 – Family - Limit 6 people
 \$175.00 – Group - Limit 16 people
 Location: Mr. K's Cafe, 3901 Vanesta Drive

Haunted Manhattan Trolley Tour **NEW!** **13CPI125C**

Date: 10/30/2013 (W)
 Time: 6:00 PM to 7:45 PM
 Fee: \$18.00 – Individual
 \$29.00 – Couple
 \$72.00 – Family - Limit 6 people
 \$175.00 – Group - Limit 16 people
 Location: Mr. K's Cafe, 3901 Vanesta Drive

Haunted Manhattan Trolley Tour **NEW!** **13CPI125D**

Date: 10/30/2013 (W)
 Time: 8:30 PM to 10:15 PM
 Fee: \$18.00 – Individual
 \$29.00 – Couple
 \$72.00 – Family - Limit 6 people
 \$175.00 – Group - Limit 16 people
 Location: Mr. K's Cafe, 3901 Vanesta Drive

Teach a class at UFM!

*Share a hobby or skill

*Meet new people

*Enhance your business



Rural Cemeteries of Northeast Riley County **NEW!** 13CPI118

A driving tour of rural northeastern cemeteries of Riley County, including Stillman, Sedalia, Hohman, Walsburg, Rose Hill, Swede Creek, Belle-Garde, Czech-Moravian and Randolph/Fancy Creek Cemeteries. The tour will leave the Riley County Genealogy Society parking lot promptly at 9:00 am. We will be stopping at some cemeteries as time allows. This is sparsely populated country: gravel roads, no restaurants, convenience stores or public restrooms. Bring snacks, water and be prepared to "rough it". Bring a C/B radio if possible for commentary along the way. Approximately 82 miles and 6 hours. Instructor: Kevin Stilley, trlrhouseman@webtv.net

Date: 09/07/2013 to 09/07/2013 (Sa)
 *Registration deadline 09/04
 Time: 9:00 AM to 3:00 PM
 Fee: \$12.00 - Individual
 Location: Riley County Genealogy Society
 2005 Claflin Road

Rural Cemeteries of Northwest Riley County **NEW!** 13CPI119

A driving tour of northwestern Riley County cemeteries including Crooked Creek, St. John's Lutheran, Teske, Peach Grove, Fancy Creek Zion, May Day, Pleasant Hill and LaSita. The tour will leave the Riley County Genealogy Society parking lot promptly at 9:00 am. We will be stopping at some cemeteries as time allows. This is sparsely populated country: gravel roads, no restaurants, convenience stores or public restrooms. Bring snacks, water and be prepared to "rough it". Bring a C/B radio if possible for commentary along the way. Approximately 100 miles and 6.5 hours. Instructor: Kevin Stilley, trlrhouseman@webtv.net

Date: 09/21/2013 to 09/21/2013 (Sa)
 *Registration deadline 09/18
 Time: 9:00 AM to 3:30 PM
 Fee: \$12.00 - Individual
 Location: Riley County Genealogy Society
 2005 Claflin Road

Rural Cemeteries of Central Riley County **NEW!** 13CPI120

A driving tour of rural cemeteries of central Riley County including Grandview/Mill Creek, Riley, Fairview, E.U.B., Leonardville, Bala and Vinton. The tour will leave the Riley County Genealogy Society parking lot promptly at 9:00 am. We will be stopping at some cemeteries as time allows. This is sparsely populated country: gravel roads, no restaurants, convenience stores or public restrooms. Bring snacks, water and be prepared to "rough it". Bring a C/B radio if possible for commentary along the way. Approximately 90 miles and 6.5 hours. Instructor: Kevin Stilley, trlrhouseman@webtv.net

Date: 10/05/2013 to 10/05/2013 (Sa)
 *Registration deadline 10/02
 Time: 9:00 AM to 3:30 PM
 Fee: \$12.00 - Individual
 Location: Riley County Genealogy Society
 2005 Claflin Road

Rural Cemeteries of Southern Riley County **NEW!** 13CPI121

A driving tour of rural cemeteries of southern Riley County including Houston, 100F, Thierer, Eureka Valley, Kansas Veteran's, St. Patrick's Catholic, Ogden, Ashland and Pleasant Valley. The tour will leave the Riley County Genealogy Society parking lot promptly at 9:00 am. We will be stopping at some cemeteries as time allows. This is sparsely populated country: gravel roads, no restaurants or convenience store or public restrooms. Bring snacks, water and be prepared to "rough it". Bring a C/B radio if possible for commentary along the way. Approximately 60 miles and 5 hours. Instructor: Kevin Stilley, trlrhouseman@webtv.net

Date: 10/19/2013 to 10/19/2013 (Sa)
 *Registration deadline 10/16
 Time: 9:00 AM to 2:00 PM
 Fee: \$12.00 - Individual
 Location: Riley County Genealogy Society
 2005 Claflin Road

Kevin Stilley was born in Manhattan and graduated from MHS in 1975. He is the 4th generation of his family to be born in Riley County and the 6th to live there. He began genealogy with a 5th grade history project and has been hooked ever since.

Unearthing Kansas Landscapes **NEW!** 13CPI180

This class is a photographic and geologic tour through Kansas landscapes. Kansas gets stereotyped as being "flat as a pancake" and many people think Kansas is nothing more than one big wheat field. Kansas does have its flat regions and our state does have a lot of fields - which is a good thing since Kansas agriculture helps feed a big chunk of the world. However, despite common misperceptions, Kansas has many unique geographical regions such as the Smoky Hills, Red Hills, Flint Hills, the Chautauqua Hills and the Osage Cuestas. These landscapes contain a beauty that many people overlook in their travels and are the result of several geological processes. This class will blend landscape photographs by Scott Bean from around the state with discussions led by KSU geology professor Keith Miller on the geological forces that created them. Join us to see the beauty of Kansas and learn about the forces that shaped those landscapes. Instructors: Scott Bean & Keith Miller

Date: 11/04/2013 to 11/11/2013 (M)
 Time: 6:30 PM to 8:00 PM
 Fee: \$25.00
 Location: Meadowlark Hill Community Room
 2121 Meadowlark Road

Cyber Security: It Affects You, Too! 13CPI107

Do you know how to stay safe on the Internet? This course is for anyone with little or no cyber security experience and teaches important concepts and technology that every Internet user should know. In this class, you will learn about many different threats, antivirus programs, firewalls, anti-spyware, identity theft, Phishing, how to create strong passwords and more. Your personal cyber security awareness will increase and give you the basic skills you need to protect yourself from various threats on the Internet whether you are at home, on the road or at work. Parents are strongly encouraged to attend this informational class. The class will be taught by John Martin, graduating Information & Network Technology student at Manhattan Area Technical College.

Date: TBD
 Time: 7:00 PM to 8:00 PM
 Fee: No Charge
 Location: Manhattan Public Library
 Groesbeck Meeting Room
 629 Poyntz Avenue



RECREATION & FITNESS

Beginning - Intermediate

Ballet for Adults **13CRF157A**

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

Instructor: Amy Jones

Date: 08/21/2013 to 09/25/2013 (W)
 Time: 8:00 PM to 9:30 PM
 Fee: \$40.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Beginning - Intermediate

Ballet for Adults **13CRF157B**

Date: 10/15/2013 to 12/10/2013 (T)
 (No class 11/26)
 Time: 8:15 PM to 9:45 PM
 Fee: \$46.00
 \$16.00* Class fee - repeat
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

* Must have enrolled in session A to receive repeat rate

Amy has been studying ballet for 15 years, at a variety of locations including The Culture House, Kansas City Ballet, and Kansas State University. She also has experience in modern, jazz, lyrical and some tribal dance. Dancing is her passion and teaching it to others is her joy.



Ballroom, Swing and Salsa **13CRF100A**

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

Instructor: Hannah Parker

Date: 09/03/2013 to 10/08/2013 (T)
 Time: 8:00 PM to 9:00 PM
 Fee: \$50.00 - Individual
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Hannah and Chris have been dancing together since high school and have had a variety of opportunities to learn from talented teachers over the past 7 years. They love to share their knowledge with anyone wanting to explore the wonderful world of dance!

NEW!

Intro to Contemporary Dance **13CRF162**

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

Instructor: Laura Vallejo

Date: 10/02/2013 to 11/15/2013 (W/F)
 Time: 5:45 PM to 6:45 PM
 Fee: \$43.00
 Location: *K-State Ahearn Room 301
 College Heights St., 3rd floor
 *UFM Banquet Room
 1221 Thurston St.

*Class will meet Wednesdays at UFM Community Learning Center in the Banquet Room and Fridays in Ahearn room 301, College Heights St, 3rd floor.

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



Intro to Jazz Dance **NEW!** **13CRF163**

In this high energy, high impact dance class we will focus on technique and performance quality. This is a fun, fast paced dance genre that requires strength, flexibility, attitude and sound technical coordination which we will learn while having fun and listening to fun upbeat music. Class will also focus on important jazz styles from important figures such as Bob Fosse and Luigi to modern day hip hop. Class will consist of warm up, technique exercises and learning choreography.

Instructor: Laura Vallejo

Date: 10/02/2013 to 11/15/2013 (W/F)
 Time: 4:45 PM to 5:45 PM
 Fee: \$43.00
 Location: *K-State Ahearn Room 301
 College Heights St., 3rd floor
 *UFM Banquet Room
 1221 Thurston St.

*Class will meet Wednesdays at UFM Community Learning Center in the Banquet room and Fridays in Ahearn room 301, College Heights St, 3rd floor.

Laura Vallejo has been cast in numerous shows in the area to include K-State theatre and dance productions, Manhattan Arts Center, Columbian Theatre and The Kansas Dance Festival in Wichita. She has choreographed for dance concerts and musicals to include "Funny Girl," "Cabaret," "9-5 The Musical," "MAC Dance Attack" and coming up "Pirates of Penzance" and "Joseph and the Amazing Technicolor Dreamcoat."

Level I: Basic Belly Dance 13CRF09

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

Date: 10/03/2013 to 11/21/2013 (Th)
Time: 5:30 PM to 6:30 PM
Fee: \$69.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Nashid began studying dance at the age of 6 with Polynesian and Tahitian style dance. She completed her JtE1 Certification training under Sahra Saeeda and is working on completing her JtE2. Nashid is Director of a local performance dance troupe, The Eyes of Bastet. She loves performing and sharing the art with as many people as possible!

Level II: Tribal Fusion Belly Dance 13CRF161

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

Date: 09/09/2013 to 11/04/2013 (M)
(No Class October 14)
Time: 6:45 PM to 7:45 PM
Fee: \$64.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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

Level III: Advanced Belly Dance 13CRF11

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

Date: 08/21/2013 to 09/25/2013 (W)
Time: 6:45 PM to 7:45 PM
Fee: \$52.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Belly Dance Conditioning Workout 13CRF12A

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

Date: 09/03/2013 to 10/08/2013 (T)
(No class 09/10)
Time: 5:30 PM to 6:30 PM
Fee: \$51.00
Location: K-State International Student Center
Multipurpose Room
Corner of Midcampus Drive & Claflin

Belly Dance Conditioning Workout 13CRF12B

Date: 10/15/2013 to 11/19/2013 (T)
Time: 5:30 PM to 6:30 PM
Fee: \$53.00
Location: K-State International Student Center
Multipurpose Room
Corner of Midcampus Drive & Claflin



ZUMBA Fitness 13CRF08B

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

Date: 10/05/2013 to 11/09/2013 (Sa)
Time: 8:15 AM to 9:15 AM
Fee: \$30.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Corina has been a certified Zumba Fitness instructor since December 2010.

What is Pickleball? 13CRF112

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

Date: 09/28/2013 to 10/05/2013 (Sa)
Time: 10:00 AM to 11:30 AM
Fee: \$16.00 - Individual + Friend/Spouse
Location: 5175 Salzer Rd, Wamego, KS



SilverSneakers® Classic 13CRF113A

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

Date: 08/19/2013 to 09/20/2013 (MWF)
(No Class 9/2)
Time: 1:30 PM to 2:30 PM
Fee: \$100.00
Location: 4201 B Anderson Ave, Suite 1

SilverSneakers® Classic 13CRF113B

Date: 08/20/2013 to 09/19/2013 (TTh)
Time: 10:10 AM to 11:10 AM
Fee: \$70.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

SilverSneakers® Classic 13CRF113C

Date: 09/23/2013 to 10/25/2013 (MWF)
Time: 1:30 PM to 2:30 PM
Fee: \$100.00
Location: 4201 B Anderson Ave, Suite 1

SilverSneakers® Classic 13CRF113D

Date: 09/24/2013 to 10/24/2013 (TTh)
Time: 10:10 AM to 11:10 AM
Fee: \$70.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

SilverSneakers® Classic 13CRF113E

Date: 10/28/2013 to 12/06/2013 (MWF)
(No class 11/25, 11/27, 11/29)
Time: 1:30 PM to 2:30 PM
Fee: \$100.00
Location: 4201 B Anderson Ave, Suite 1

SilverSneakers® Classic 13CRF113F

Date: 10/29/2013 to 12/05/2013 (TTh)
(No class 11/26, 11/28)
Time: 10:10 AM to 11:10 AM
Fee: \$70.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

Anna Simoneau is a certified SilverSneakers® instructor, certified personal trainer, and certified athletic trainer at Maximum Performance Physical Therapy and Fitness. Anna holds degrees in Kinesiology and Athletic Training from K-State and earned her Master's degree in Educational Leadership from Iowa State University.

SilverSneakers® Circuit 13CRF114A

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

Date: 08/19/2013 to 09/20/2013 (MWF)
(No Class 9/2)
Time: 10:10 AM to 11:10 AM
Fee: \$100.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

SilverSneakers® Circuit 13CRF114B

Date: 09/23/2013 to 10/25/2013 (MWF)
Time: 10:10 AM to 11:10 AM
Fee: \$100.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

SilverSneakers® Circuit 13CRF114C

Date: 10/28/2013 to 12/06/2013 (MWF)
(No class 11/25, 11/27, 11/29)
Time: 10:10 AM to 11:10 AM
Fee: \$100.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

QiFORZE 13CRF116

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

Date: 08/27/2013 to 12/10/2013 (T)
(No Class 11/26)
Time: 5:30 PM to 6:30 PM
Fee: \$46.00 - Individual
\$75.00 - Individual + Friend/Spouse
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Hula Hooping for Fitness ^{NEW!} 13CRF118A

It was fun when you were a kid. It's still fun now. Come join us for an hour of hula hooping. No fancy tricks. Just good cardio/toning techniques. Please bring your own hula hoop. If you are over 5'8", a larger hoop might work better for your body. Ages 13+. Instructor: Pam Lathrop

Date: 09/09/2013 to 10/14/2013 (M)
Time: 6:45 PM to 7:45 PM
Fee: \$20.00
Location: College Avenue United Methodist
1609 College Ave

Hula Hooping for Fitness ^{NEW!} 13CRF118B

Date: 10/21/2013 to 11/25/2013 (M)
Time: 6:45 PM to 7:45 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.

Gypsy Dance

NEW!

13CRF119

Bring a skirt and learn to move to the Turkish Roman beat! We'll try some moves and strive to put them together in good fun. Intermediate to advanced belly dance knowledge is recommended. Elizabeth has dabbled in the world of belly dance since 2003. She taught and performed periodically in the Manhattan area from 2004-2007. The ATS style is her specialty, but there is a fond place for Roman in her heart, too. Instructor: Elizabeth Teague, mamacandance@gmail.com

Date: 10/11/2013 to 11/22/2013 (F)
Time: 7:00 PM to 8:00 PM
Fee: \$60.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Isari Nari (Elizabeth Teague) began her journey in Ethnic Dance through Oriental Dance also called Belly Dance. Her curiosity and passions led her to explore varying techniques in other forms such as African Dance, Hindi Dance and even Martial Arts. Now, she is an expecting mother who is excited to share her knowledge of maternal movement in dance!

Mama Can Dance - Prenatal Fitness

NEW!

13CRF120A

Maternity fitness combining yoga, core strengthening, and basic belly dance techniques. Raise awareness of your pre/post-partum body, ease childbirth, and facilitate post-partum recovery. Practical for all women, expecting or not. A mother of three, Elizabeth became interested in belly dance early in college. A fan of all dance, she fell in love with the technical, rigorous form of American Tribal Style. It wasn't until the birth of her second child that she realized the benefits of belly dance in relation to childbirth. Instructor: Elizabeth Teague, mamacandance@gmail.com

Date: 08/21/2013 to 09/25/2013 (W)
Time: 10:00 AM to 11:00 AM
Fee: \$60.00
Location: Kickskool Fitness Center
4912 Skyway Dr.

Mama Can Dance - Prenatal Fitness

NEW!

13CRF120B

Date: 10/09/2013 to 11/13/2013 (W)
Time: 10:00 AM to 11:00 AM
Fee: \$60.00
Location: Kickskool Fitness Center
4912 Skyway Dr.

Mama Can Dance - Prenatal Fitness

NEW!

13CRF120C

Date: 11/20/2013 to 12/18/2013 (W)
Time: 10:00 AM to 11:00 AM
Fee: \$55.00
Location: Kickskool Fitness Center
4912 Skyway Dr.

Boot Camp

13CRF148A

The class will consist of anything from weights, crossfit, and HIIT workouts using body weight, weights, the natural environment, and other equipment. Students can expect to improve muscular fitness, cardiovascular endurance, muscular endurance, and be in all around better shape. Instructor: Meghan McGee, olson.meghan@yahoo.com

Date: 08/19/2013 to 09/30/2013 (MW)
(No class 9/02)
Time: 5:45 AM to 6:45 AM
Fee: \$94.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Boot Camp

13CRF148B

Date: 10/07/2013 to 11/13/2013 (MW)
Time: 5:45 AM to 6:45 AM
Fee: \$94.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Meghan McGee is an AFAA Certified Personal Trainer and Fitness Coach. She has been a personal trainer since Jan 2009.

Beginning Fencing

13CRF21Z

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

Date: 08/26/2013 to 12/09/2013 (M)
(No class 9/02, 11/25)
Time: 6:00 PM to 7:30 PM
Fee: \$60.00 - Has equipment
\$93.00 - Use instructor's
Location: K-State Ahearn Fieldhouse

Intermediate Fencing

13CRF22Z

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

Date: 08/26/2013 to 12/09/2013 (M)
(No class 9/02, 11/25)
Time: 7:30 PM to 9:00 PM
Fee: \$60.00 - Has equipment
\$93.00 - Use instructor's
Location: K-State Ahearn Fieldhouse

Tennis

13CRF19AZ

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

Date: 09/03/2013 to 11/12/2013 (T)
Time: 1:30 PM to 3:00 PM
Fee: \$99.00
Location: Body First Tennis & Fitness,
3615 Claflin Road

Tennis

13CRF19BZ

Date: 09/04/2013 to 11/13/2013 (W)
Time: 1:30 PM to 3:00 PM
Fee: \$99.00
Location: Body First Tennis & Fitness,
3615 Claflin Road





Introduction to Golf 13CRF04A

Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of score card and handicaps.

Instructor: Jim Gregory, (785) 539-1041

Date: 08/29/2013 to 09/12/2013 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Introduction to Golf 13CRF04B

Date: 09/19/2013 to 10/03/2013 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Jim Gregory is a PGA professional at the Stagg Hill Golf Course.



**STAGG HILL
GOLF CLUB
Pro-Shop**
K-18 West

For all your golfing needs
 Fully equipped "discount" pro shop
 Professional golf instruction available
 (Individual & group)
 Club regripping & repair

539-1041
 Jim Gregory, PGA Professional



Golf in Junction City 13CRF30AZ

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

Instructor: Jim Peterson

Date: 08/27/2013 to 10/15/2013 (T)
 Time: 5:30 PM to 7:30 PM
 Fee: \$146.00
 Location: Rolling Meadows Golf Course,
 6514 Old Milford Rd.
 Junction City

Golf in Junction City 13CRF30BZ

Date: 08/28/2013 to 10/16/2013 (W)
 Time: 5:30 PM to 7:30 PM
 Fee: \$146.00
 Location: Rolling Meadows Golf Course,
 6514 Old Milford Rd.
 Junction City

Archery for Adults 13CRF01AZ

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

Instructor: Tom Korte, (785) 494-8889

Date: 09/09/2013 to 11/11/2013 (M)
 Time: 7:00 PM to 8:20 PM
 Fee: \$101.00
 Location: TBA

Archery for Adults 13CRF01BZ

Date: 09/09/2013 to 11/11/2013 (M)
 Time: 8:30 PM to 9:50 PM
 Fee: \$101.00
 Location: TBA



Marathon Training 13CRF68

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

Instructor: Dan Boyle, dboyle@ksu.edu,

Date: 09/03/2013 to 10/24/2013 (T/Th)
 Time: 5:30 PM to 6:30 PM
 Fee: \$140.00
 Location: UFM Multipurpose Room
 1221 Thurston

Run Happy! Run For Life! 13CRF72

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

Instructor: Dan Boyle

Date: 09/09/2013 to 10/18/2013 (M/W/F)
 Time: 6:00 PM to 7:00 PM
 Fee: \$145.00
 Location: K-State Ahearn Field House
 Indoor Track

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach. See Dan's full bio at www.tryufm.org.

YOUTH



Archery for Youth **13CYO01A**

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: 10/01/2013 to 10/22/2013 (T)
 Time: 7:00 PM to 8:00 PM
 Fee: \$35.00
 Location: UFM Solar Addition
 1221 Thurston St.

Archery for Youth **13CYO01B**

Date: 10/29/2013 to 11/19/2013 (T)
 Time: 7:00 PM to 8:00 PM
 Fee: \$35.00
 Location: UFM Solar Addition
 1221 Thurston St.

Ask us about our scholarship opportunities!

Introduction to Nutcracker Ballet and Tap Dancing **13CYO06A**

This class is a wonderful way to introduce ballet and tap technique to children. A ballet dance from the Nutcracker Ballet will be taught. For the last part of class, tap steps will be taught to delightful music. After two lessons, students may continue dance lessons though private instruction. No dance experience or formal dance attire necessary. For girls and boys ages 4-12. NOTE: Children can be divided by age if needed. Tennis shoes can be used as tap shoes. Instructor: Randi Dale, (785) 539-5767

Date: 08/19/2013 to 08/26/2013 (M)
 Time: 5:30 PM to 6:00 PM
 Fee: \$14.00
 Location: UFM Banquet Room
 1221 Thurston St.

Introduction to Nutcracker Ballet and Tap Dancing **13CYO06B**

Date: 09/03/2013 to 09/10/2013 (T)
 Time: 5:30 PM to 6:00 PM
 Fee: \$14.00
 Location: UFM Banquet Room
 1221 Thurston St.

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



Pre-School Dance **13CYO63B**

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

Instructor: Randi Dale, (785) 539-5767

Date: 08/19/2013 to 08/26/2013 (M)
 Time: 6:00 PM to 6:30 PM
 Fee: \$14.00
 Location: UFM Banquet Room
 1221 Thurston St.

Pre-School Dance **13CYO63D**

Date: 09/03/2013 to 09/10/2013 (T)
 Time: 6:00 PM to 6:30 PM
 Fee: \$14.00
 Location: UFM Banquet Room
 1221 Thurston St.

{Teen Mentoring!}

High School - Tuesdays
Starting Sept. 10

Middle School - Wednesdays & Thursdays
Starting Sept. 11

3:00pm to 5:00pm

Field trips ~ Games ~ Creative Arts ~ Recreation

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

OSHER

Osher
LIFELONG LEARNING INSTITUTE

KU
THE UNIVERSITY OF
KANSAS

The Golden Age of the Jazz Vocalist

Presented by Paul Hunt

Mondays, November 11, 18 & 25 - 3:00pm to 5:00pm
College Ave. United Methodist Church
1609 College Ave., Manhattan
\$40.00

Jazz, the genuinely unique American form of musical expression, is often thought of as primarily an instrumental music. This class will trace the rise of the jazz vocalist. We'll look at and listen to the contributions of some of the great jazz vocal stylists and close-harmony singing groups, beginning with the recorded artists of the 1920s and working our way through the Golden Age of the Jazz Singers of the 1950s and 60s. Finally, we'll look at some of the best jazz singers of today.

The Lost Gospels of Early Christianity

Presented by Barry Crawford

Wednesdays, October 2, 9 & 16 - 2:00pm to 4:00pm
Meadowlark Hills Community Room
2121 Meadowlark Road, Manhattan
\$40.00

Did Jesus have a wife? Was Judas a hero rather than a villain? What of Jesus' youth? Was he a model child or a spoiled brat? What are we to believe about the life and teachings of Jesus now that hitherto unknown gospels have come to light? Which accounts are to be trusted? Indeed, do any narratives of Jesus' public career contain reliable historical information? These are among the questions to be addressed as the course examines selected early Christian gospels, both within and especially outside the New Testament, to learn something of their literary character, their purpose, and the varied images of Jesus they present.

The Climate Challenges of Kansas

Presented by Mary Knapp

Wednesdays, September 4, 11 & 18 - 2:00pm to 4:00pm
Meadowlark Hills Community Room
2121 Meadowlark Road, Manhattan
\$40.00

Using the history of weather observations and a description of climatology in general, this course places Kansas in the world context. We'll look at the patterns of weather and climate in the state and cover the evolving methods of monitoring weather. We'll explore changes that have been detected in Kansas over time, as well as models of the future climate. Looking ahead, we'll discuss the challenges of adapting to a highly variable climate and the social, agricultural and economic concerns that arise.

Kansas State University—150 Years and Counting

Presented by Cliff Hight

Thursdays, October 10, 17 & 24 - 2:00pm to 4:00pm
First Baptist Church
2121 Blue Hills Road, Manhattan
\$40.00

As K-State concludes its 150th anniversary celebration in October, this course will help participants better understand the university's unique history. The three class periods will address some of the highlights of K-State history that start with its first term and cover milestones in research, instruction, service, athletics and student life. Please join us as we discuss and share K-State memories.

World War I: A Century Later

Presented by Robert Smith

Tuesdays, September 10, 17 & 24 - 6:30pm to 8:30pm
Crestview Christian Church
4761 Tuttle Creek Blvd., Manhattan
\$40.00

This course examines the origins, history and lasting effects of one of the most destructive and world-changing conflicts in human history. Class one covers the origins of the war and the Western Front from 1914 to 1917. Class two examines the global nature of the war, covering campaigns on far-flung fronts as well as at sea. Class three focuses on America's entrance in 1917 and its impact on the war and on the home front. We will also examine the significance of the war on the 20th century.

The Custer Brothers of Kansas

Presented by Roy Bird

Mondays, October 14, 21 & 28 - 2:00pm to 4:00pm
Crestview Christian Church
4761 Tuttle Creek Blvd., Manhattan
\$40.00

The Custer brothers were among numerous legendary western characters who inhabited Kansas immediately after the Civil War, contributing to the nearly mythical era that made the Wild West so wild. We'll look at George, the "Boy General," the romance of his lovely young wife, Libbie, and the dubious reputation of two-time Medal of Honor winner, Tom. Plus, we'll delve into the brothers' pivotal role in the Indian Wars as we follow their five-year-long trail through Kansas.



Special Event:

Manhattan Holiday Lights Trolley Tour

Thursday December 12, 6:00pm to 7:30pm

Tour begins and ends at Mr. K's

3901 Vanesta Drive, Manhattan

\$18.00 - Limited space - maximum 15 persons

All aboard the MHK Trolley for a beautiful December evening in Manhattan! Sit back, relax and let us do the driving during this hour and a half outing while we view the breathtaking Manhattan holiday lights. The tour will take us through neighborhoods in northwest and central Manhattan, Candlewood, Cico Park and Sharingbrook. Take it all in and enjoy the creative displays that celebrate the spirit of the holidays!

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

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

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

• 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>				
16377 - Ballroom Dancing I	7:00 PM to 8:00 PM	08/27/2013 to 12/10/2013 (TU)	\$315.00	Ahearn 301
16378 - Mid Eastern Dance	6:45 PM to 7:45 PM	08/29/2013 to 12/12/2013 (TH)	\$333.00	Ahearn 301
16376 - Hip Hop Hustle	4:00 PM to 5:00 PM	08/27/2013 to 10/15/2013 (T/TH)	\$413.00	Max Fitness
16369 - Hip Hop Hustle	4:00 PM to 5:00 PM	10/17/2013 to 12/12/2013 (T/TH)	\$413.00	Max Fitness
17091 - Salsa Dance	7:00 PM to 9:00 PM	10/02/2013 to 11/20/2013 (W)	\$315.00	Ahearn 301
16385 - Yoga I	10:30 AM to 11:30 AM	08/27/2013 to 10/15/2013 (T/TH)	\$333.00	Ahearn 301
16386 - Yoga I	10:30 AM to 11:30 AM	08/28/2013 to 10/16/2013 (M/W)	\$333.00	Ahearn 301
16384 - Yoga I	5:30 PM to 6:30 PM	08/28/2013 to 10/16/2013 (M/W)	\$333.00	Ahearn 301
16381 - Yoga I	10:30 AM to 11:30 AM	10/21/2013 to 12/11/2013 (M/W)	\$333.00	Ahearn 301
16382 - Yoga I	5:30 PM to 6:30 PM	10/21/2013 to 12/11/2013 (M/W)	\$333.00	Ahearn 301
16383 - Yoga II	10:30 AM to 11:30 AM	10/17/2013 to 12/12/2013 (T/TH)	\$333.00	Ahearn 301
16371 - Zumba Dance	10:00 AM to 11:00 AM	08/26/2013 to 10/16/2013 (M/W)	\$413.00	Max Fitness
16380 - Zumba Dance	1:00 PM to 2:00 PM	08/26/2013 to 10/16/2013 (M/W)	\$413.00	Max Fitness
16373 - Zumba Dance	1:00 PM to 2:00 PM	08/27/2013 to 10/15/2013 (T/TH)	\$413.00	Max Fitness
16370 - Zumba Dance	10:00 AM to 11:00 AM	10/21/2013 to 12/11/2013 (M/W)	\$413.00	Max Fitness
16379 - Zumba Dance	1:00 PM to 2:00 PM	10/21/2013 to 12/11/2013 (M/W)	\$413.00	Max Fitness
16372 - Zumba Dance	1:00 PM to 2:00 PM	10/17/2013 to 12/12/2013 (T/TH)	\$413.00	Max Fitness
16929 - QiForze	5:30 PM to 6:30 PM	08/27/2013 to 12/10/2013 (T)	\$333.00	Ahearn 301
<u>KIN 101</u>				
16562 - Bootcamp Fitness	Noon to 1:00 PM	08/26/2013 to 10/16/2013 (M/W)	\$413.00	Pro Fitness
16561 - Bootcamp Fitness	9:30 AM to 10:30 AM	08/27/2013 to 10/15/2013 (T/TH)	\$413.00	Pro Fitness
16565 - Bootcamp Fitness	4:00 PM to 5:00 PM	08/27/2013 to 10/15/2013 (T/TH)	\$413.00	Pro Fitness
16564 - Bootcamp Fitness	9:30 AM to 10:30 AM	10/17/2013 to 10/21/2013 (T/TH)	\$413.00	Pro Fitness

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<u>KIN 101 (continued)</u>				
16563 - Bootcamp Fitness	4:00 PM to 5:00 PM	10/17/2013 to 10/21/2013 (T/TH)	\$413.00	Pro Fitness
16530 - Bootcamp Fitness	Noon to 1:00 PM	10/21/2013 to 12/11/2013 (M/W)	\$413.00	Pro Fitness
16553 - Yogilates	9:00 AM to 10:00 AM	08/26/2013 to 10/16/2013 (M/W)	\$413.00	Pro Fitness
16555 - Yogilates	1:30 PM to 2:30 PM	08/26/2013 to 10/16/2013 (M/W)	\$413.00	Pro Fitness
16929 - Yogilates	1:30 PM to 2:30 PM	08/27/2013 to 10/15/2013 (T/TH)	\$413.00	Pro Fitness
16548 - Yogilates	1:30 PM to 2:30 PM	10/17/2013 to 12/12/2013 (T/TH)	\$413.00	Pro Fitness
16554 - Yogilates	9:00 AM to 10:00 AM	10/21/2013 to 12/11/2013 (M/W)	\$413.00	Pro Fitness
16528 - Yogilates	1:30 PM to 2:30 PM	10/21/2013 to 12/11/2013 (M/W)	\$413.00	Pro Fitness
16551 - Intro to Crossfit	3:30 PM to 4:45 PM	08/27/2013 to 10/15/2013 (T/TH)	\$333.00	Natatorium 4
16556 - Intro to Crossfit	3:30 PM to 4:45 PM	10/17/2013 to 12/12/2013 (T/TH)	\$333.00	Natatorium 4
17124 - Marathon Training	5:00 PM to 6:15 PM	09/09/2013 to 11/11/2013 (M/W)	\$333.00	GYM 7
TBA - Indoor Cycling	TBA	10/17/2013 to 12/12/2013 (T/TH)	\$413.00	Max Fitness
TBA - Indoor Cycling	TBA	10/21/2013 to 12/11/2013 (M/W)	\$413.00	Max Fitness
<u>KIN 102</u>				
17236 - FitSwim	6:00 PM to 7:30 PM	10/17/2013 to 12/12/2013 (T/TH)	\$319.00	Natatorium
<u>RRES 200</u>				
16401 - First Aid/CPR/AED	Noon to 7:30 PM	09/01/2013 to 09/08/2013 (SU)	\$389.00	UFM
16402 - First Aid/CPR/AED	Noon to 7:30 PM	10/05/2013 to 10/06/2013 (SA/SU)	\$389.00	UFM
16400 - First Aid/CPR/AED	Noon to 7:30 PM	10/13/2013 to 10/20/2013 (SU)	\$389.00	UFM
16412 - First Aid/CPR/AED	Noon to 7:30 PM	10/27/2013 to 11/03/2013 (SU)	\$389.00	UFM
16413 - First Aid/CPR/AED	Noon to 7:30 PM	11/09/2013 to 11/10/2013 (SA/SU)	\$389.00	UFM
16411 - First Aid/CPR/AED	Noon to 7:30 PM	12/07/2013 to 12/08/2013 (SA/SU)	\$389.00	UFM
16393 - Archery	7:00 PM to 8:20 PM	09/09/2013 to 11/11/2013 (M)	\$414.00	TBD
16392 - Archery	8:30 PM to 9:50 PM	09/09/2013 to 11/11/2013 (M)	\$414.00	TBD
16399 - Beg. Fencing	6:00 PM to 7:30 PM	08/26/2013 to 12/09/2013 (M)	\$315.00	Ahearn Fieldhouse
16398 - Inter. Fencing	7:30 PM to 9:00 PM	08/26/2013 to 12/09/2013 (M)	\$315.00	Ahearn Fieldhouse
16387 - Beg. Bowling	10:30 AM to 11:30 AM	08/26/2013 to 12/09/2013 (M)	\$313.00	Union
16409 - Beg. Bowling	10:30 AM to 11:20AM	08/27/2013 to 12/10/2013 (TU)	\$313.00	Union
16407 - Beg. Bowling	2:30 PM to 3:20 PM	08/27/2013 to 12/10/2013 (TU)	\$313.00	Union
16410 - Beg. Bowling	2:30 PM to 3:20 PM	08/28/2013 to 12/11/2013 (W)	\$313.00	Union
16447 - Boxing 1	2:00 PM to 3:00 PM	08/26/2013 to 10/16/2013 (M/W)	\$419.00	K.O. Boxing
16450 - Boxing 1	6:30 PM to 7:30 PM	08/26/2013 to 10/16/2013 (M/W)	\$419.00	K.O. Boxing

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<u>RRES 200 (continued)</u>				
16430 - Boxing 1	2:00 PM to 3:00 PM	08/27/2013 to 10/15/2013 (T/TH)	\$419.00	K.O. Boxing
16451 - Boxing 1	6:30 PM to 7:30 PM	08/27/2013 to 10/15/2013 (T/TH)	\$419.00	K.O. Boxing
16431 - Boxing 1	2:00 PM to 3:00 PM	10/17/2013 to 12/12/2013 (T/TH)	\$419.00	K.O. Boxing
16453 - Boxing 1	6:30 PM to 7:30 PM	10/17/2013 to 12/12/2013 (T/TH)	\$419.00	K.O. Boxing
16446 - Boxing 1	2:00 PM to 3:00 PM	10/21/2013 to 12/11/2013 (M/W)	\$419.00	K.O. Boxing
16454 - Boxing 1	6:30 PM to 7:30 PM	10/21/2013 to 12/11/2013 (M/W)	\$419.00	K.O. Boxing
16449 - Boxing 2	Noon to 1:00 PM	08/26/2013 to 10/16/2013 (M/W)	\$419.00	K.O. Boxing
16448 - Boxing 2	Noon to 1:00 PM	10/21/2013 to 12/11/2013 (M/W)	\$419.00	K.O. Boxing
16444 - Boxing 3	Noon to 1:00 PM	08/27/2013 to 10/15/2013 (T/TH)	\$419.00	K.O. Boxing
16443 - Boxing 3	Noon to 1:00 PM	10/17/2013 to 12/12/2013 (T/TH)	\$419.00	K.O. Boxing
16427 - Boxing 4	7:30 PM to 8:30 PM	08/26/2013 to 10/16/2013 (M/W)	\$419.00	K.O. Boxing
16433 - Boxing 4	7:30 PM to 8:30 PM	08/27/2013 to 10/15/2013 (T/TH)	\$419.00	K.O. Boxing
16432 - Boxing 4	7:30 PM to 8:30 PM	10/17/2013 to 12/12/2013 (T/TH)	\$419.00	K.O. Boxing
16429 - Boxing 4	7:30 PM to 8:30 PM	10/21/2013 to 12/11/2013 (M/W)	\$419.00	K.O. Boxing
16391 - Fly Fishing	6:00 PM to 8:00 PM	11/04/2013 to 11/14/2013 (M-TH)	\$323.00	Durland
16420 - Fund. Of Canoeing	8:30 AM to 4:30 PM	09/28/2013 to 09/29/2013 (SA/SU)	\$421.00	UFM
16397 - Golf	2:30 PM to 4:30 PM	08/27/2013 to 10/15/2013 (TU)	\$429.00	Stagg Hill Golf Club
16395 - Golf	1:30 PM to 3:30 PM	08/28/2013 to 10/16/2013 (W)	\$429.00	Stagg Hill Golf Club
16394 - Golf	5:30 PM to 7:30 PM	08/28/2013 to 10/16/2013 (W)	\$429.00	Stagg Hill Golf Club
16396 - Golf	9:30 AM to 11:30 AM	08/29/2013 to 10/17/2013 (TH)	\$429.00	Stagg Hill Golf Club
16390 - Golf in Junction City	5:30 PM to 7:30 PM	08/27/2013 to 10/15/2013 (TU)	\$429.00	JC Golf Course
16389 - Golf in Junction City	5:30 PM to 7:30 PM	08/28/2013 to 10/16/2013 (TU)	\$429.00	JC Golf Course
16428 - Judo I	8:00 PM to 9:00 PM	08/26/2013 to 12/12/2013 (M/TH)	\$294.00	Ahearn 301
16442 - Judo II	8:00 PM to 9:30 PM	08/26/2013 to 12/12/2013 (M/TH)	\$294.00	Ahearn 301
16421 - Intro. To River Canoeing	8:30 AM to 4:30 PM	10/05/2013 to 10/06/2013 (SA/SU)	\$421.00	UFM
16408 - RTE	Noon to 6:30 PM	09/15/2013 to 09/29/2013 (SA/SU)	\$778.00	UFM
16404 - Scuba Diving	6:00 PM to 10:00 PM	08/26/2013 to 10/07/2013 (M)	\$471.00	Natatorium
16403 - Scuba Diving	6:00 PM to 10:00 PM	10/14/2013 to 11/18/2013 (M)	\$471.00	Natatorium
16388 - Tae Kwon Do	5:00 PM to 6:00 PM	08/27/2013 to 12/12/2013 (T/TH)	\$389.00	Sun Yi Academy
16406 - Tennis	1:30 PM to 3:00 PM	09/03/2013 to 11/12/2013 (TU)	\$397.00	Body First Tennis
16405 - Tennis	1:30 PM to 3:00 PM	09/04/2013 to 11/13/2013 (W)	\$397.00	Body First Tennis
16452 - Women's Self Defense	1:00 PM to 5:00 PM	09/15, 09/21, 09/22, 09/28 (SA/SU)	\$333.00	Ahearn 301
16445 - Women's Self Defense	1:00 PM to 5:00 PM	10/6, 10/13, 10/27, 11/3 (SU)	\$333.00	Ahearn 301

Locations:

Ahearn 301, Ahearn Complex, 3rd floor, Gymnasium door entry, College Heights Road

Body First Tennis, 3615 Claflin Rd.

Durland Hall, KSU, Room 1061

JC Golf Course Rolling Meadows Golf Course, 6514 Old Milford Rd, Junction City

K.O. Boxing, 2303 Tuttle Creek Blvd.

Max Fitness , 3011 Anderson Ave.

Natatorium, K-State pools in Ahearn Complex, KSU

ProFitness, 1125 Laramie St.

Stagg Hill Golf, 4441 Ft. Riley Blvd.

Sun Yi's Academy, 1650 Hayes Dr.

UFM, 1221 Thurston St.

Your education. Your terms.

**K-State has options
for your education.**



Evening College

Evening College offers the opportunity to take classes after the traditional workday schedule. Classes are offered on the K-State campus in Manhattan in both 8- and 16-week schedules between 5:30 and 10:30 p.m.



Online Classes

K-State offers online classes for bachelor's degree completion, master's, Ph.D. and certificate programs.



Intersession

Accelerate in your program by enrolling in Intersession during January, May and August on the K-State Manhattan campus or online. Intersession offers online classes for great flexibility!

Visit dce.k-state.edu

© 7383

KANSAS STATE
UNIVERSITY

Division of Continuing Education

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: 13CFF106		Tea Tasting	17.00

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.