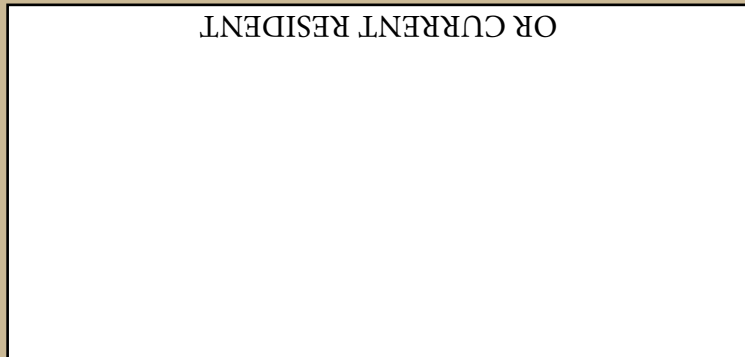


Fall 2015 UFM Community Learning Center



Over 250
classes
inside!

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



OR CURRENT RESIDENT

CONNECT WITH UFM ON
FACEBOOK.COM/UFMCLC

*Scan here to visit our
mobile registration site*



Catalog

UFM

Fall 2015

UFM Community Learning Center
1221 Thurston St
Manhattan, KS 66502



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

TABLE OF CONTENTS

U

F

M

PUTS THE
COMMUNITY
IN EDUCATION!

The catalog cover photo is the barn quilt located at the home of Stanley & Dorine Elsea, Manhattan, KS. The quilt block was painted by artist Sue Hageman. Enroll in Make & Take Barn Quilt with instructor Sue Hageman on page 10 and make your own quilt block to take home for display!

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



INFORMATION

ABOUT UFM CLASSES

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

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor's financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Kayla at 539-8763.

UFM CANCELLATION POLICY

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

REFUND POLICY

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

DISCLAIMER

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

NONDISCRIMINATION POLICY

UFM Community Learning Center is committed to nondiscrimination on the basis of race, gender, national origin, disability, religion, age, sexual orientation, political beliefs or other non-merit reasons, in admissions, educational programs or activities and employment (including employment of disabled veterans and veterans of the Vietnam Era) as required by applicable laws and regulations. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions or may require instructor permission. Please call (785) 539-8763 to make arrangements for classroom accessibility.

UFM FALL 2015 INSTRUCTORS

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

Mary Elizabeth Atwood	Isaac Falcon	Kyoshi Pamela Johansen	Art Rathbun	MHK Trolley
Carol Barta	Ana Franklin	Clara Kientz	Kelly Reed-Harkness	Jean Underwood
Scott Bean	Jeff Freeborn	Jim Kiker	Kyler Reith	Kelly VanCleave
Big Poppi Bicycle Co	Jill Frese	Tom Korte	Mandy Ridder	Voices For All, LLC
Betsy Blazer	Julie Gibbs	Pam Lathrop	Lorissa Ridley	Thomas Weeks
Dan Boyle	Tray Green	Brian Lorenz	Daniel Schapaugh	Paul Weidhaas
Henry Brown	Jeff Gwartz	Jonathan McBee	Marlene Sedillos	Amy (Nashid) Werner
Charlene Brownson	Sue Hageman	David Moore	O. John Selfridge	Dan Wilcox
Matt Campbell	Mary Hammel	Ben Motley	Ryan Semmel	Stan Wilson
Leah Cunnick	Kathryn Harth	Prabhakar Naware	Glenn Sixbury	
Sarah Cunnick	Jessica Haymaker	Debbie Newton	Sue Smith	
Randi Dale	Nancy Hetzler	Fred Newton	Paul Sodamann	
Bill Dorsett	James Hill	Felisa Osburn	Linda Teener	
Pat Embers	Palma Holden	Sara Peters	Abby Thrash	
Mary Ervin	Dave Hoover	Melinda Pickering	Jenna Tripodi	

KSU CREDIT COURSES

CREDIT CLASS ENROLLMENT

K-State students enroll through KSIS. For credit enrollment questions, contact Erin at UFM at (785) 539-8763.

CREDIT ENROLLMENT FEES

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

CREDIT CLASS REFUNDS AND WITHDRAWALS

Tuition refunds are calculated based on the number of calendar days in the class. You may be eligible for a full or partial refund of tuition if you choose to drop your class before a certain date. Please refer to the full withdrawal and refund policy at <http://global.k-state.edu/courses/registration/policies-withdrawal> or visit <http://courses.k-state.edu/fall2015/information/deadlines.html>

DROP POLICY

All drop deadlines are calculated based on the number of calendar days in the class. The following policies apply: a student may drop a class prior to 33% of the class duration without a grade being recorded on the student's transcript; if a student drops after 33% but before 62% of the class duration, a grade of W will be issued; and no drops will be accepted after 62% of the course duration. Failure to drop a class may result in a failing grade. For more information visit <http://courses.k-state.edu/fall2015/information/deadlines.html>

STUDENT ACCESS CENTER

A student with a disability who wishes to request accommodations for a credit course should notify the course instructor or contact the Disability Support Services office, <http://www.k-state.edu/accesscenter/>, (785) 532-6441 or accesscenter@k-state.edu. Early notification is requested to ensure that accommodations can be provided in a timely manner.

INCLEMENT WEATHER POLICY

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

LIABILITY STATEMENT

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

DONATIONS

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

SPECIAL ASSISTANCE

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

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

UFM STAFF

Executive Director | **LINDA INLOW TEENER**

Education Coordinator | **KAYLA SAVAGE**

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

KSU Credit Coordinator | **ERIN BISHOP**

Program Assistant | **VAL COLTHARP**

Program Assistant | **SAMANTHA LOVITT**

Mentoring Coordinator | **MANDY COLTHARP**

Swim Supervisor | **ROWAN TURNER**

Student Assistant | **SHELBY MORGAN**

Lou Douglas Lecture Coordinator | **OLIVIA COLLINS**

BOARD OF DIRECTORS

Chair | Charlotte Braddock
Vice Chair | Monica Cohen
Secretary | Debbie Newton
Treasurer | Bria Taddiken-Williams
President & CEO | Linda Inlow Teener

Nancy Bolsen S. Lee Taylor Marcia Hornung Holli Kroeker
Tony Parker Casey Culbertson Fred Newton
Trina McCarty Janice Nichols Andrew Deckart

AQUATICS

LEARN TO SWIM CLASSES

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

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

LOCATION: KSU Natatorium - Ahearn Complex on Denison Avenue

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

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

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

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

NOTE: *Minimum enrollment for all classes is 4. If less than 4 enroll, classes may be combined, changed to private or semi-private lessons or canceled. Lessons are based on staff availability and are subject to change from the printed schedule.*

Parent and Child Aquatics (6 mos-3 yrs)

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

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

Monday 6:00 PM to 6:30 PM
15CAQPA1 Sept. 14 to Oct. 12
15CAQPA2 Oct. 19 to Nov. 16

Thursday 6:00 PM to 6:30 PM
15CAQPD1 Sept. 10 to Oct. 8
15CAQPD2 Oct. 15 to Nov. 19 (No class 11/5)

Saturday 9:30 AM to 10:00 AM
15CAQPE1 Sept. 12 to Oct. 10



**Thanks to Konza Rotary
UFM has scholarships available
for swim lessons. Contact
UFM for more information and
application at info@tryufm.org
or 785.539.8763.**

Tot Transition (3-4 yrs)

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

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

Tuesday 6:00 PM to 6:30 PM
15CAQTB1 Sept. 9 to Oct. 7
15CAQTB2 Oct. 14 to Nov. 11

Wednesday 6:00 PM to 6:30 PM
15CAQTC1 Sept. 10 to Oct. 8
15CAQTC2 Oct. 15 to Nov. 12

Saturday 10:10 AM to 10:40 AM
15CAQTE1 Sept. 13 to Oct. 11

BEGINNING & ENDING DATES:

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

Session A: Monday, Sept. 14 to Nov. 16
Session B: Tuesday, Sept. 8 to Nov. 10
Session C: Wednesday, Sept. 9 to Nov. 11
Session D: Thursday, Sept. 10 to Nov. 19
(No class 11/5)

Level I: Introduction to Water Skills

Youth lessons. The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. At this level, participants start developing positive attitudes, good swimming habits and safe practices in and around the water. For the list of skills to be learned in class visit www.tryufm.org. Fee: \$57.00 per session (10 lessons/40 min)

15CAQ01A Monday 6:45 PM to 7:25 PM
15CAQ01AA Monday 6:00 PM to 6:40 PM
15CAQ01B Tuesday 6:45 PM to 7:25 PM
15CAQ01C Wednesday 6:45 PM to 7:25 PM
15CAQ01D Thursday 6:45 PM to 7:25 PM

**Manhattan
Marlins**

Swim Team



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

Ages: 5 years through adult

www.manhattanmarlins.org

For more information contact:
Coach Rob Putnam at 303.819.8861

AQUATICS

Level II: Fundamental Aquatic Skills

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

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

15CAQ02A	Monday	6:45 PM to 7:25 PM
15CAQ02B	Tuesday	6:45 PM to 7:25 PM
15CAQ02BB	Tuesday	6:00 PM to 6:40 PM
15CAQ02C	Wednesday	6:45 PM to 7:25 PM
15CAQ02D	Thursday	6:45 PM to 7:25 PM

Level III: Stroke Development

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

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

15CAQ03A	Monday	6:45 PM to 7:25 PM
15CAQ03B	Tuesday	6:45 PM to 7:25 PM
15CAQ03C	Wednesday	6:45 PM to 7:25 PM
15CAQ03CC	Wednesday	6:00 PM to 6:40 PM
15CAQ03D	Thursday	6:45 PM to 7:25 PM

Level IV: Stroke Improvement

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

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

15CAQ04A	Monday	6:45 PM to 7:25 PM
15CAQ04B	Tuesday	6:45 PM to 7:25 PM
15CAQ04C	Wednesday	6:45 PM to 7:25 PM
15CAQ04D	Thursday	6:45 PM to 7:25 PM

Level V: Stroke Refinement

Youth lessons. The objectives of this level are coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced. *Levels 5 and 6 are combined classes. For the list of skills to be learned in class visit www.tryufm.org, non-credit course descriptions.

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

15CAQ05A	Monday	6:45 PM to 7:25 PM
15CAQ05C	Wednesday	6:45 PM to 7:25 PM

Level VI: Swimming and Skill Proficiency

Youth lessons. The objectives of this level are to refine strokes so participants can swim them with more ease, efficiency, power and smoothness and over greater distances. Level 6 also introduces other aquatic activities and offers three options - Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer. These options focus on preparing participants for more advanced courses, such as the Water Safety Instructor course, or other aquatics activities, such as competitive swimming or diving. *Levels 5 and 6 are combined classes. For the list of skills to be learned in class visit www.tryufm.org, non-credit course descriptions.

Fee: \$57.00 per session (10 lessons)

15CAQ06A	Monday	6:45 PM to 7:25 PM
15CAQ06C	Wednesday	6:45 PM to 7:25 PM



Adult Swim Lessons

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

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

15CAQ22A	Monday	6:00 PM to 6:40 PM
----------	--------	--------------------



Private Swim Lessons 15CAQ103

Private lessons provide one-on-one instruction for any level of swimmer. Lessons occur once a week, M-Th or Saturday 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. Class is held during group lessons and other aquatic classes.

Beginning and Ending Dates for Private Lessons:

Session A1:	Monday	Sept. 14 to Oct. 12
Session A2:	Monday	Oct. 19 to Nov. 16

Session B1:	Tuesday	Sept. 8 to Oct. 6
Session B2:	Tuesday	Oct. 13 to Nov. 10

Session C1:	Wednesday	Sept. 9 to Oct. 7
Session C2:	Wednesday	Oct. 14 to Nov. 11

Session D1:	Thursday	Sept. 10 to Oct. 8
Session D2:	Thursday	Oct. 15 to Nov. 19 (No class 11/5)

Session E1:	Saturday	Sept. 12 to Oct. 10
-------------	----------	---------------------

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 10:00 AM
10:10 AM to 10:40 AM
10:50 AM to 11:20 AM

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



AQUATICS

Lap Swimming: Ages 13+

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

Fee: \$19.00 per session (10 times)

15CAQLSA	Monday	6:00 PM to 7:30 PM
15CAQLSB	Tuesday	6:00 PM to 7:30 PM
15CAQLSC	Wednesday	6:00 PM to 7:30 PM
15CAQLSD	Thursday	6:00 PM to 7:30 PM
15CAQLSE	M, Tu, Wed, Th	6:40 PM to 7:30 PM

Lap Swimming for Parents

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

Fee: \$16.00 per session (10 times)

15CAQLPA	Monday	6:00 PM to 7:30 PM
15CAQLPB	Tuesday	6:00 PM to 7:30 PM
15CAQLPC	Wednesday	6:00 PM to 7:30 PM
15CAQLPD	Thursday	6:00 PM to 7:30 PM

Open Swim Appreciation 15CAQ31A

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: 10/11/2015 (Su)
 Time: 5:00 PM to 7:00 PM
 Fee: No charge
 Location: Natatorium, KSU Campus

Sunday Family Swim 15CAQ32

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: 9/20/2015 to 10/11/2015 (Su)
 Time: 5:00 PM to 7:00 PM
 Fee: \$8.00 - Individual
 \$20.00 - Family
 Location: Natatorium, K-State Campus

Shallow/Deep Water Exercise 15CAQSHD

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

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

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

Date: 08/31/2015 to 12/10/2015 (M-TH)
 (No class 9/07, 11/05)
 Time: 6:40 PM to 7:30 PM
 Fee: \$20 for 8 classes
 \$28 for 16 classes
 \$40 for 24 classes
 \$52 for 32 classes
 \$68 for 48 classes
 Location: Natatorium, K-State Campus

Scuba Diving 15CAQ105AZ

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

Date: 08/24/2015 to 10/05/2015 (M)
 Time: 6:00 PM to 10:00 PM
 Fee: \$257.00
 Location: Natatorium, K-State campus

Scuba Diving 15CAQ105BZ

Instructors: Jeff Freeborn & Tray Green

Date: 10/12/2015 to 11/16/2015 (M)
 Time: 6:00 PM to 10:00 PM
 Fee: \$257.00
 Location: Natatorium, K-State campus



CAREER & FINANCE

Women and Wealth 15CFC124

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

Instructor: Nancy Hetzler

Date: 10/05/2015 (M)
Time: 6:30 PM to 8:30 PM
Fee: \$12.00
Location: UFM Conference Room
1221 Thurston St.

Why Do I Need An iPad? 15CFC129

Introduce yourself to the iPad and how you can use it to make daily life more productive and enjoyable! iPads will be provided for this hands-on class. Discover the iPad's best built-in features and apps; how to set up Apple accounts, email and calendars; and how to download, buy and update apps. Explore some useful apps and essential tips to make your world more productive.

Instructor: Mary Hammel, mhammel@ksu.edu

Date: 09/08/2015 (T)
Time: 6:00 PM to 7:30 PM
Fee: \$19.00
Location: Wamego Technology Center
Wamego High School, Room 204
801 Lincoln Street, Wamego

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



Visual Storytelling on iPad with Adobe Slate 15CFC145

NEW!

Create and publish your own web page with the free Adobe Slate iPad app. Do you have a story to tell? Use your own words and photos to create a personalized web page that you can share with others via social media or email. No design skills are necessary. Adobe Slate has built-in themes and interactivity to make you look good. Mix words, photos and web links to create travel adventures, poems, reports, invitations, events such as family reunions, or info about your small business or nonprofit organization. If you don't have any of your own photos, you can search Creative Commons for thousands of photos that others are willing to let you use. Requirements: a free Adobe ID account. *Bring your own iPad or use one provided by the Wamego Technology Center. Instructor: Mary Hammel, mhammel@ksu.edu

Date: 09/17/2015 (Th)
Time: 6:00 PM to 7:30 PM
Fee: \$19.00
Location: Wamego Technology Center
Wamego High School, Room 204
801 Lincoln Street, Wamego

Presentation Skills Training 15CFC141

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

Date: 09/12/2015 to 10/17/2015 (Sa)
*Registration deadline Sept. 9
Time: 9:30 AM to 12 N
Fee: \$23.00
Location: K-State Justin Hall Room 256

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



"LIKE"

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



Connect with UFM on
Facebook.com/UFMCLC

CREATIVE FREE TIME

Piano I 15CCF35AZ

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

Date: 08/25/2015 to 10/13/2015 (T/Th)
Time: 9:20 AM to 10:20 AM
Fee: \$136.00
Location: K-State McCain Auditorium
Room 127

Piano I 15CCF35BZ

Instructor: Melinda Pickering

Date: 10/15/2015 to 12/10/2015 (Th/T)
(No class 11/24, 11/26)
Time: 9:20 AM to 10:20 AM
Fee: \$136.00
Location: K-State McCain Auditorium
Room 127

Guitar Private Instruction 15CCF199

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: 08/25/2015 to 12/12/2015
Time: TBD
Fee: \$60.00 for 4 classes
\$120.00 for 8 classes
\$180.00 for 12 classes
\$240.00 for 16 classes
Location: UFM
1221 Thurston St.

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



Bass Guitar Private Instruction 15CCF200

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: 08/25/2015 to 12/12/2015
Time: TBD
Fee: \$60.00 for 4 classes
\$120.00 for 8 classes
\$180.00 for 12 classes
\$240.00 for 16 classes
Location: UFM
1221 Thurston St.

Sax, Clarinet, Flute Private Instruction 15CCF232

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

Date: 08/25/2015 to 12/12/2015
Time: TBD
Fee: \$64.00 for 4 classes
\$128.00 for 8 classes
\$192.00 for 12 classes
\$256.00 for 16 classes
Location: UFM
1221 Thurston St.



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

CREATIVE FREE TIME

Introduction to Adobe Photoshop

15CCF65

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

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

Date: 12/01/2015 to 12/10/2015 (T/Th)
Time: 7:00 PM to 9:00 PM
Fee: \$56.00
Location: UFM Computer Lab &
Conference Room
1221 Thurston St., 2nd floor

Introduction to Adobe Lightroom

15CCF140

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

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

Date: 11/10/2015 to 11/19/2015 (TTh)
Time: 7:00 PM to 9:00 PM
Fee: \$56.00
Location: UFM Computer Lab &
Conference Room
1221 Thurston St., 2nd floor

Introduction to Digital Photography: The Basics

15CCF190

Explore the basic concepts of photography and using your camera. To get the most from the class, participants should have a digital camera that users can set the f-stop and shutter speed for (DSLR's and most advanced compact cameras will have a manual, aperture priority or shutter priority mode that will work for this). If you aren't sure if your camera will work for the class, don't hesitate to ask. Topics that will be covered in the class are how f-stop, shutter speed, and ISO work together to determine a photograph's exposure, how these settings can influence the look of your photo, how to take control of your camera and set the f-stop and shutter speed, how to use ISO, what white balance is, and how in-camera processing settings can impact the color of your photographs. The class will also cover controlling your exposure, using your histogram, bracketing exposures and working with light. The last part of the class will introduce some basic concepts about composition and creating the photograph you want. The class will include 4 classroom meetings (Wed) and 3 optional field trips (Saturdays) to practice what we cover in the class meetings. Exact times of the field trips will be discussed at the first class, but will be on Saturday evening a few hours before sunset. Participants will be responsible for their own transportation to the field trips. Class dates: Wednesday: 7-9pm, September 2, 9, 16 and 23. Saturday: a few hours before sunset September 5, 12 and 19.

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

Date: 09/02/2015 to 09/23/2015 (W/Sa)
Time: 7:00 PM to 9:00 PM
Fee: \$68.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Scott Bean has been enjoying the hobby of nature photography for several years. Scott would like the chance to help others get started in this wonderful hobby. His goal is to help you avoid some of the common mistakes he experienced as a beginning photographer and help you get the most out of your camera and avoid being frustrated with your camera.

How to Design Your Own Space

15CCF237

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

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

Date: TBD
Time: TBD
Fee: \$22.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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



Lamps by
Jan Joosten



Strecker-Nelson Gallery

At Strecker-Nelson we display
both fine art and high craft

406 Poyntz Ave
785-537-2099
www.strecker-nelsongallery.com



Hours
Mon-Sat
10 to 6



CREATIVE FREE TIME

Mask Work!

15CCF210

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

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

Date: 11/14/2015 to 11/21/2015 (Sa)
 Time: 2:30 PM to 3:30 PM - 11/14 (Sa)
 2:30 PM to 4:00 PM - 11/21 (Sa)
 Fee: \$57.00 - Materials included
 Location: 1500 N. 9th St.
 Manhattan, KS

Making a T-Shirt Quilt

15CCF225

You've seen the cool t-shirt quilts that others have made and now learn how to make one of your own. Come join us to learn the ins and outs of making these treasured quilts. The first class on September 16th (6:00pm -7:00pm) will go over the supplies and materials you will need to have for the two Saturday classes. The two Saturday classes (September 26 and October 3, 8:00am - 4:00pm) will involve all day workshops putting your t-shirt quilt together. It's suggested you have a minimum of 9 t-shirts to make your quilt, the maximum number of t-shirts is up to you. You will learn easy ways to put together smaller shirts with bigger shirts to make a one of a kind quilt, how to stabilize your t-shirts so they don't stretch, how to assemble your shirts and what to do when finishing your t-shirt quilt.

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

Date: 09/16/2015 to 10/03/2015 (W/Sa)
 *Enrollment deadline 9/09/15
 Time: 6:00 PM to 7:00 PM - 09/16 (W)
 8:00 AM to 4:00 PM - 09/26 (Sa)
 8:00 AM to 4:00 PM - 10/03 (Sa)
 Fee: \$41.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

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

Barn Quilt Make & Take

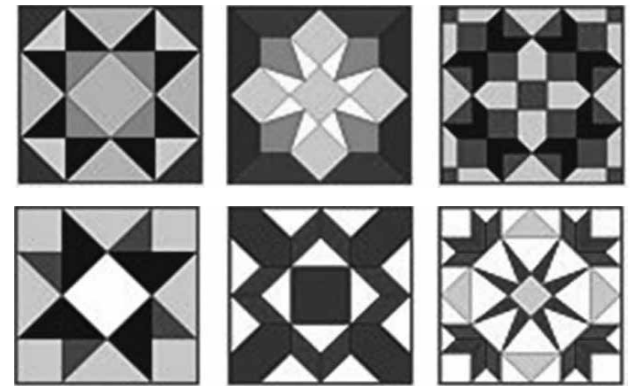
15CCF227

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

Instructor: Sue Hageman

Date: 09/19/2015 (Sa)
 *Enrollment deadline 9/14/2015
 Time: 9:00 AM to 3:00 PM
 Fee: \$35.00
 Location: UFM Solar Addition
 1221 Thurston St.

Sue is on the KS Flint Hills Quilt Trail Committee and is the winner of the 2013 Accuquilt Barn Quilt Design contest, making her quilt block design the official logo for the quilt trail. Sue has painted over 200 blocks and her passion is to help get blocks all over in the Flint Hills region. When Sue is not painting quilt blocks or promoting the KS Quilt Block Trail, she is also a quilter (the sewing kind) and has quilted for 15 years. She also enjoys biking and has participated in Bike Across Kansas in 2013, 2014 and 2015.



Get Hooked Together!

NEW!

15CCF243

Crochet enthusiasts, from beginners to experts, can participate in a weekly skill building and sharing session. Explore stitches and see what others are creating. Bring a project you are working on or teach us a new technique you have learned. Each week we will learn a different stitch or technique. The group may continue beyond the class dates with the consensus of those who attend. Bring a hook size H, I or J, some worsted weight (Size 4) yarn for practice, a project you are working on and any creations you want to share.

Instructor: Linda Teener

Date: 10/14/2015 to 10/28/2015 (W)
 Time: 5:30 PM to 7:00 PM
 Fee: \$12.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

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



Live Theatre

RENT, Rock musical Aug 7-9, 13-16
Shrek The Musical Sept 25-27, Oct 2-4 & 9-11
It Could be Any One of Us Nov 6-8, 13-15
Boeing Boeing Feb 26-28, Mar 4-6
Chicago The Musical Apr 22-24, Apr 29-May 1 & 6-8

MACademy Youth Theatre

Beauty & The Beast Performances Dec 11-13
Missoula Children's Theatre: Pinocchio Perf: Jan 23
Paul Mesner Puppets Mar 26

BirdHouse & More Music

BH: The Honey Dewdrops Sept 11
Red State Blues Band Oct 16
BH: Dawn & Hawkes Oct 24
K-State Saxophones Oct 30
BH: The Honeycutters Dec 4
Jazz: Wayne Goins & Friends Jan 16
BH: Ten Strings and a Goat Skin Jan 30
BH: Trace Bundy Feb 19
BH: TBA March

*Plus Wrap It Up art exhibit & sale Nov 1-Dec 24
 Art & Music Classes, Clay & Painting Studios, & more!*

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

CREATIVE FREE TIME

Learning to Write and Sell Fiction

15CCF36

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. We will also cover the increasing respectability of self-publishing and will discuss the joys and pains of guiding your manuscript through the entire publishing process. "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, (785) 587-9561 x 2003

Date: 10/27/2015 to 11/10/2015 (T)
Time: 7:30 PM to 9:30 PM
Fee: \$16.00
Location: UFM Solar Addition
1221 Thurston St.

A One on One Introduction to Voiceovers

15CCF129

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 08/25/15 and 12/12/15. Enroll before September 25th for \$24 or after for \$30. Once registered, or for any questions concerning the course, please contact Voices For All at support@voicesforall.com, or call 518-261-1664.

Instructor: Voices For All, LLC

Date: 08/25/2015 to 12/12/2015
Time: See class description
Fee: \$24.00 (Before September 25th)
\$30.00 (After September 25th)
Location: Online

Featured UFM Instructor

Glenn Sixbury

.....

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. Over 200,000 copies of his stories exist in print, including international versions in French, Italian, and German. His first novel, *Legacy*, was released in hardback and trade paperback by Tor Publishing. His second novel, *High Plains Moon*, was released in Spring of 2013. Glenn has been a writing instructor for over fifteen years and is working toward publication of his book about writing called *The Wonderful Writing Secrets of Oz*.



Lou Douglas Lecture Series on Public Issues

"Snoozing Through the Liberal Hour"

Thomas Frank

Author of

"What's the Matter with Kansas?:
How Conservatives Won the Heart of America"



Tuesday, October 6, 2015

7:00 p.m.

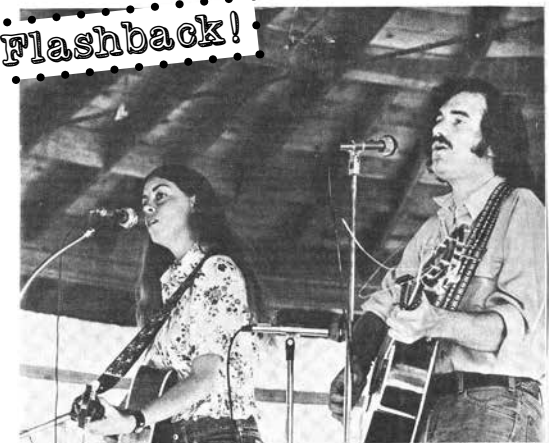
Main Ballroom,
K-State Student Union

Sponsored by UFM Community Learning Center
Co-Sponsorship with the "Provost's Education
Excellence Fund"

The Lou Douglas Lectures are free and open to all. After
5pm parking is free on K-State campus except for the
parking garage.

Monday, June 18, 1973

Flashback!



Free music

Students and residents of Manhattan listen during a free concert sponsored by University for Man Saturday in City Park. The concert was part of a celebration which also included UFM registration.

EARTH & NATURE

Backcountry Skills 15CEN117AZ

The Backcountry Skills course is designed to give students detailed instruction and hands on experience with several outdoor skill groups including, Fire Making, Camp Craft, and Backcountry Navigation. The course will include 18 hours of hands-on experience and instruction. The course will include a two-hour introduction session and two field sessions, each eight hours in length. The experience is immersive in nature, includes detailed instruction, regular debrief, and short exams via individual student demonstration and written responses. Additionally, participation in group challenges will be required each session by all participants. Upon completion of the course students will be well versed in three main areas covered, Fire Making, Camp Craft, and Backcountry Navigation. Sessions will be held in portions of the Tuttle Creek State Park operated by KDWPT, and in Carnahan Park operated by Pottawatomie County. Transportation to and from outdoor class locations will be provided. Students need to be prepared to spend extended periods of time outdoors in a variety of weather conditions. Participants should also be prepared to hike up to 6 miles across uneven terrain. Also available for KSU credit. Ages 14+.

Instructor: Daniel Schapaugh, scha@ksu.edu

Date: 10/07/2015 to 10/11/2015 (WSaSu)
(Rain date 10/17)
Time: W 6-8pm, Sa and Su 11am - 6pm
Fee: \$90.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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

Backcountry Skills 15CEN117BZ

Instructor: Daniel Schapaugh, scha@ksu.edu

Date: 11/18/2015 to 11/22/2015 (WSaSu)
(Rain date 12/05)
Time: W 6-8pm, Sa and Su 11am - 6pm
Fee: \$90.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Intro to Geocaching 15CEN103

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

Instructor: Ryan Semmel,
flinthillsgeocaching@gmail.com

Date: 10/25/2015 (Su)
Time: 1:00 PM to 3:00 PM
Fee: \$5.00 - Class fee - Family
\$2.00 - Class fee - Individual
Location: UFM Fireplace Room
1221 Thurston St.



Fly Fishing 15CEN04AZ

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, sodie6390@gmail.com

Date: 11/02/2015 to 11/12/2015 (MTWTh)
Time: 6:00 PM to 8:00 PM
Fee: \$95.00
Location: K-State Durland/Rathbone
Hall 1061

K-STATE

MOVIES

on the

GRASS

ALL FILMS ARE

FREE

AND OPEN TO THE PUBLIC

8 PM

9/3	PROJECT WILD THING <small>Sunset Zoo</small>
9/10	IN FOOTBALL WE TRUST <small>Coffman Commons (in front of Hale Library)</small>
9/17	IVORY TOWER <small>Coffman Commons (in front of Hale Library)</small>
9/24	WINTER'S BONE <small>Coffman Commons (in front of Hale Library)</small>

In case of rain, showings will be in

TOWN HALL
Leadership Studies Building

FREE POPCORN

<http://www.k-state.edu/mog/>

EARTH & NATURE

Photovoltaics 101 and Fossil Fuels meet Renewable Energy -- Fossil Fuels Meet the Sun 15CEN114

The prize is HUGE. According to Fitch Ratings, U.S. residential PV solar installations have had a compounded annual growth rate of 51% since 2005. In 2012, residential PV installations increased 62% as compared to 2011. "Never before has there been such a challenge to the electricity system paradigm and for its policy makers and regulators. The greatest challenge is to prepare: although only 0.1% of electricity was generated by solar power in 2012; within a decade, 300,000 MW of unsubsidized solar power will be at parity with retail electricity prices in most of the United States." Because of the lack of water for another nuclear reactor, and the cost and increasing national/international protest over continued coal generation, Westar will try to nurse both Jefferies and Wolf Creek Energy Stations as long as possible. But they understand this era is coming to an end. What they have left as generation strategies are natural gas turbines, large scale wind, and as of this year cost effective solar electricity. We will be discussing first the technology, how simple it is, who the players are and how it's being fought in Kansas politics. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. www.fhreec.org

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

Date: 09/05/2015 (Sa)
Time: 9:30 AM to 12 N
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

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



In the Zones: **NEW!** Designing with Permaculture 15CEN130

Zoning in permaculture design refers to a method of ensuring that elements are correctly placed. Zoning is about positioning things in ways that are most appropriate and efficient. Learn how you can make your home, garden and life work best for you.

Instructor: Carol Barta, (785) 410-8608

Date: 10/18/2015 (Su)
Time: 6:00 PM to 8:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

Leaf Piles: The Art of Construction 15CEN131

Wind, rain, jumping children, playful dogs, yard bags that won't cooperate: these are just a few of the challenges faced each fall when managing your landscape. This interactive course will explore background knowledge, raking techniques and creative skills needed to overcome leaf pile obstacles. Conquer some of the trials of autumn in one afternoon.

Instructor: Ms. Autumn Wind

Date: 12/05/2015 (Sa)
Time: 9:30 AM to 12 N
Fee: -\$1.00
Location: UFM
1221 Thurston St.



Wildflower Walk at Tuttle Creek Lake 15CEN59

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

*Rain date the following Sunday.

Instructor: Paul Weidhaas, (785) 539-8511

Date: 09/12/2015 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: Tuttle Creek Lake Visitor Center
5020 Tuttle Creek Blvd

Manhattan Community Gardens

2016 Garden sign-ups

Visit www.tryufm.org/community_garden.htm
in October for returning gardener and new gardener sign-up dates.

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

The Community Garden
has a total of
280 gardening plots!

EARTH & NATURE

Bicycle Ed 101

15CEN75A

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

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

Date: 10/02/2015 (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

15CEN75B

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

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

Date: 10/16/2015 (F)
Time: 7:00 PM to 8:00 PM
Fee: \$10.00
Location: Big Poppi Bicycle Co
1126 Moro St.



Bicycle Core Concepts -- Drive-train Mechanics

15CEN76

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

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

Date: 10/04/2015 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$60.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Core Concepts -- Brake System Mechanics

15CEN77

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

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

Date: 10/11/2015 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$60.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Major Bearing Systems 15CEN78

Four areas on the bike are key to smooth, efficient forward movement. Without good bearing adjustment you will not go anywhere fast. The key to this class is, "as loose as possible without knock." Topics covered: bottom bracket overhaul, hub overhaul & adjustment, headset overhaul & adjustment 1" & 1 1/8".

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

Date: 10/18/2015 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$100.00
Location: Big Poppi Bicycle Co
1126 Moro St.



Bicycle Wheel Systems

15CEN79

Bicycle wheel building is a beautiful combination of science and art reserved for the patient. This class will explain the amazing amalgamation of parts and techniques that it takes to procedure bicycle wheels from the three components that comprise it- a rim, hub, and spokes. You will leave this class with a new wheel hand built by YOU!

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

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

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

Date: 10/25/2015 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$10.00 or \$125.00
Location: Big Poppi Bicycle Co
1126 Moro St.

The first UFM catalog was published in January 1968. It listed 7 classes. Today the average catalog has over 250 classes.

FUN FOODS

Wine Tasting and Food Pairings

NEW!

15CFF131A

Learn a beginner's approach to wine tasting with some easy, delicious and value conscious ways to pair wine and food.

Instructor: Ben Motley

Date: 09/10/2015 (Th)
Time: 7:30 PM to 9:00 PM
Fee: \$32.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Wine Tasting and Food Pairings

15CFF131B

Instructor: Ben Motley

Date: 10/08/2015 (Th)
Time: 7:30 PM to 9:00 PM
Fee: \$32.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Wine Tasting and Food Pairings

15CFF131C

Instructor: Ben Motley

Date: 11/05/2015 (Th)
Time: 7:30 PM to 9:00 PM
Fee: \$32.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Cocktails for Entertaining

NEW!

15CFF132A

Learn how to make high quality cocktails for you, your family and your guests. The class will focus on basic cocktail techniques and feature seasonally inspired drinks for one or a larger social gathering.

*Must be 21 years old to participate

Instructor: Ben Motley

Date: 09/17/2015 (Th)
Time: 7:30 PM to 9:00 PM
Fee: \$27.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Cocktails for Entertaining

15CFF132B

Instructor: Ben Motley

Date: 11/19/2015 (Th)
Time: 7:30 PM to 9:00 PM
Fee: \$27.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Cocktails for Entertaining

15CFF132C

Instructor: Ben Motley

Date: 12/03/2015 (Th)
Time: 7:30 PM to 9:00 PM
Fee: \$27.00
Location: Arrow Coffee Company
1800 Claflin Road, #160



NEW!

Specialty Coffee Cupping

15CFF133A

Learn about and taste the differences in coffee from around the world.

Instructor: Ben Motley

Date: 10/12/2015 (M)
Time: 7:30 PM to 8:30 PM
Fee: \$15.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Specialty Coffee Cupping

15CFF133B

Instructor: Ben Motley

Date: 12/07/2015 (M)
Time: 7:30 PM to 8:30 PM
Fee: \$15.00
Location: Arrow Coffee Company
1800 Claflin Road, #160



**COFFEE SHOP - CAFE - BREAKFAST
& BRUNCH RESTAURANT**



**1800 CLAFLIN RD. STE. 160,
MANHATTAN, KS.**

FUN FOODS



Coffee Brewing Basics 15CFF134B

Instructor: Ben Motley

Date: 11/09/2015 (M)
 Time: 7:30 PM to 9:00 PM
 Fee: \$15.00
 Location: Arrow Coffee Company
 1800 Claflin Road, #160



NEW!

Coffee Brewing Basics 15CFF134A

Learn how to brew a better cup of coffee at home using different brewing methods. The class will focus on several hand brewing techniques including aeropress, Chemex and V60.

Instructor: Ben Motley

Date: 09/14/2015 (M)
 Time: 7:30 PM to 9:00 PM
 Fee: \$15.00
 Location: Arrow Coffee Company
 1800 Claflin Road, #160



NEW!

Outdoor Oven Cooking 15CFF130

Introduction and demonstration of cooking outdoors with cast iron pots, often called "Dutch Ovens." A Dutch Oven can be used to cook most anything that will fit inside the pot, with most all types of cooking techniques (bake, grill, roast, fry, broil, toast, steam, boil) and most all possible foods. Demonstrations will include gluten-free cake, vegan choices and traditional omnivore/carnivore fare. Participants should bring their own plates and table service and not eat a big breakfast prior to the gathering for class at 11:00 AM, since the demonstration food will be served.

Instructor: O. John Selfridge, (785) 537-0263,
 ojs@ksu.edu

Date: 10/03/2015 (Sa)
 Time: 11:00 AM to 1:00 PM
 Fee: \$20.00
 Location: City Park
 Poyntz Avenue Pavillion
 (South of City Park Pool)

SAVE the date!

Join us at the second annual Aggieville Mini Maker Faire on Moro Street in Aggieville

looking for:

interactive art projects bicycles
 space projects glassblowing
 textile arts and crafts electronics
 sustainability rockets and RC toys
 robotics CNC mills and 3D printers

Sept 12 • 10am-4pm

Maker Faire showcases the amazing work of all kinds and ages of makers - anyone who is embracing the do-it-yourself (or do-it-together) spirit and wants to share their accomplishments with an appreciative audience.

to get your own booth space, visit
aggievilleminimakerfaire.com

Lou Douglas Lecture Series on Public Issues

“Restoring Kansas Values
to the Kansas Budget”

Duane Goossen

Senior Fellow with the Kansas Center for
Economic Growth and Former Kansas
Budget Director

Tuesday, November 3, 2015
7:00 p.m.
Forum Hall,
K-State Student Union

Sponsored by UFM Community Learning Center
Underwritten by the K-State Student
Governing Association

The Lou Douglas Lectures are free and open to all. After
5pm parking is free on K-State campus except for the
parking garage.

ONLINE LEARNING

A One on One Introduction to Voiceovers 15CCF129

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 08/25/15 and 12/12/15. Enroll before September 25th for \$24 or after for \$30. Once registered, or for any questions concerning the course, please contact Voices For All at support@voicesforall.com, or call 518-261-1664.

Instructor: Voices For All, LLC

Date: 08/25/2015 to 12/12/2015
Time: See class description
Fee: \$24.00 (Before September 25th)
\$30.00 (After September 25th)
Location: Online



Blended Learning: First Aid/CPR/AED 15CHW70A

Reduce classroom time for CPR, First Aid, and AED Training by using Blended Learning. Blended Learning combines a program which blends an ONLINE session with a hands-on skills practice and assessment session. Blended Learning is recommended for individuals recertifying. Certification is good for TWO YEARS. You will be contacted via email with login information and directions. Please be sure to check your email frequently and that it's in working order. Certification requirements are as follows:

Part I

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

Part II

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

Source: American Red Cross

**No textbook required and the date listed is for hands-on skills practice session. There is a \$45 non-refundable deposit.

Instructor: Kelly Reed-Harkness

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

Blended Learning: First Aid/CPR/AED 15CHW70D

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/29/2015 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED 15CHW70E

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/29/2015 (Sa)
Time: 11:00 AM to 12 N
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED 15CHW70B

Instructor: Kelly Reed-Harkness

Date: 09/12/2015 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED 15CHW70C

Instructor: Kelly Reed-Harkness

Date: 11/14/2015 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

HEALTH & WELLNESS

Women's Self Defense 15CHW118AZ

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

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

Date: 09/13/2015 to 10/03/2015 (Su/Sa)
(No class 9/19)
Time: 1:00 PM to 4:00 PM
Fee: \$70.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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

Women's Self Defense 15CHW118BZ

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

Date: 10/04/2015 to 10/25/2015 (Su/Sa)
(No class 10/10, 11/17)
Time: 1:00 PM to 4:00 PM
Fee: \$70.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Women's Self Defense 15CHW118CZ

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

Date: 11/01/2015 to 11/15/2015 (Su/Sa)
Time: 1:00 PM to 4:00 PM
Fee: \$70.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor



Fall Cleanse 15CHW139

Your body is always working to cleanse itself through many avenues such as the skin, lungs, bladder and intestines etc. With this in mind, remember that we are approaching a season when we may be less active and more inclined to eat heavier foods. Of course we may try to continue being active, and to eating well, but actually, winter is a time when we slow down and that's natural. Besides, if our gardens did well, we are likely to be eating lots of wonderful food, and in November and December we tend to indulge more than usual. Because of all these things, it's a great time to let all your organs take a week's vacation by eating and drinking only the things that will assist your body's "housekeeping" and give your digestion and elimination organs rest while still getting all the nutrition you need. We will spend the first hour talking about and preparing our basic ingredients and schedule for the cleansing regimen. We will then sit down for a meal together and a discussion, including Q and A. Please bring an empty stomach and a small notebook & pen to jot down your notes. All our ingredients for this free class are from People's Grocery Cooperative, our local organic/local food outlet. Please inquire about membership. People's Grocery and UFM have collaborated to bring you this class.

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

Date: 11/07/2015 (Sa)
Time: 11:00 AM to 1:00 PM
Fee: No Charge
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

Ana Franklin is a certified Natural Health Consultant and Yoga Teacher.

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

15CHW174

Many people would like to experience yoga, but think they need to know how in order to come to a class. This workshop will teach you basic terms, breathing and fundamental poses in Yoga. You will learn a simple yoga practice you can do at home and you can take other classes knowing that you can do yoga! Instructor: Debbie Newton, dn72649@gmail.com

Date: 09/13/2015 (Su)
Time: 4:30 PM to 6:00 PM
Fee: No Charge
Location: K-State Ahearn Room 301
College Heights St., 3rd floor



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>

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

HEALTH & WELLNESS

Evening Yoga

15CHW88A

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, dn72649@gmail.com

Date: 08/11/2015 to 09/15/2015 (T)

Time: 5:30 PM to 6:45 PM

Fee: \$29.00

Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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

Evening Yoga

15CHW88B

Instructor: Debbie Newton, dn72649@gmail.com

Date: 09/22/2015 to 10/27/2015 (T)

Time: 5:30 PM to 6:45 PM

Fee: \$29.00

Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Evening Yoga

15CHW88C

Instructor: Debbie Newton, dn72649@gmail.com

Date: 11/03/2015 to 12/15/2015 (T)
(No class 11/24)

Time: 5:30 PM to 6:45 PM

Fee: \$29.00

Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Morning Yoga

15CHW89A

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

Instructor: Debbie Newton, dn72649@gmail.com

Date: 08/15/2015 to 09/19/2015 (Sa)
(No class 9/05)

Time: 9:30 AM to 11:00 AM

Fee: \$29.00

Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Morning Yoga

15CHW89B

Instructor: Debbie Newton, dn72649@gmail.com

Date: 09/26/2015 to 10/24/2015 (Sa)

Time: 9:30 AM to 11:00 AM

Fee: \$29.00

Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Morning Yoga

15CHW89C

Instructor: Debbie Newton, dn72649@gmail.com

Date: 10/31/2015 to 12/05/2015 (Sa)
(No class 11/28)

Time: 9:30 AM to 11:00 AM

Fee: \$29.00

Location: K-State Ahearn Room 301
College Heights St., 3rd floor



Restorative Yoga

15CHW140A

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, dn72649@gmail.com

Date: 08/16/2015 to 09/20/2015 (Su)
(No class 9/06)

Time: 6:30 PM to 7:30 PM

Fee: \$29.00

Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Restorative Yoga

15CHW140B

Instructor: Debbie Newton, dn72649@gmail.com

Date: 09/27/2015 to 10/25/2015 (Su)

Time: 6:30 PM to 7:30 PM

Fee: \$29.00

Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Restorative Yoga

15CHW140C

Instructor: Debbie Newton, dn72649@gmail.com

Date: 11/01/2015 to 12/06/2015 (Su)
(No class 11/29)

Time: 6:30 PM to 7:30 PM

Fee: \$29.00

Location: K-State Ahearn Room 301
College Heights St., 3rd floor



HEALTH & WELLNESS

Chair Yoga

15CHW156A

Chair Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, & range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction. (All levels welcome)

Instructor: Debbie Newton, dn72649@gmail.com

Date: 08/18/2015 to 09/15/2015 (T)
 Time: 1:30 PM to 2:30 PM
 Fee: \$29.00
 Location: UFM Solar Addition
 1221 Thurston St.

Chair Yoga

15CHW156B

Instructor: Debbie Newton, dn72649@gmail.com

Date: 09/22/2015 to 10/20/2015 (T)
 Time: 1:30 PM to 2:30 PM
 Fee: \$29.00
 Location: UFM Solar Addition
 1221 Thurston St.

Chair Yoga

15CHW156C

Instructor: Debbie Newton, dn72649@gmail.com

Date: 10/27/2015 to 12/01/2015 (T)
 (No class 11/24)
 Time: 1:30 PM to 2:30 PM
 Fee: \$29.00
 Location: UFM Solar Addition
 1221 Thurston St.

Gentle Yoga for All

15CHW99A

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

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

Date: 08/25/2015 to 10/06/2015 (T)
 (No class 9/29)
 Time: 5:30 PM to 6:45 PM
 Fee: \$79.00
 Location: Heart Space Yoga
 321 Poyntz Ave, Ste A

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

Gentle Yoga for All

15CHW99B

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

Date: 10/13/2015 to 11/17/2015 (T)
 Time: 5:30 PM to 6:45 PM
 Fee: \$79.00
 Location: Heart Space Yoga
 321 Poyntz Ave, Ste A

Gentle Yoga for All

15CHW99C

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

Date: 12/01/2015 to 01/12/2016 (T)
 (No class 12/22)
 Time: 5:30 PM to 6:45 PM
 Fee: \$79.00
 Location: Heart Space Yoga
 321 Poyntz Ave, Ste A

3 easy ways to register:

- Online @

www.tryufm.org

- By phone @

785.539.8763

- Stop in and see us @

1221 Thurston St

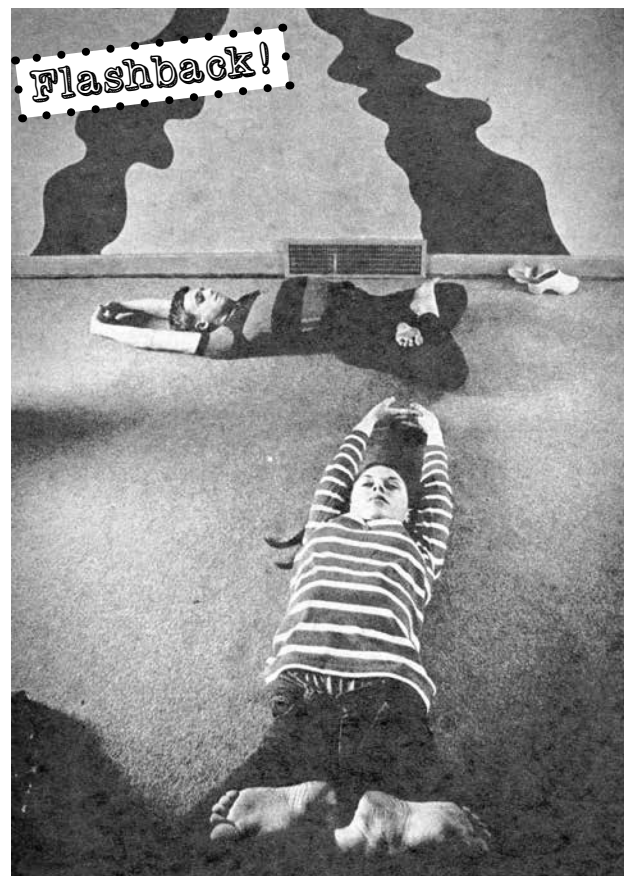
The Heart and Soul of Yoga: Moving Beyond the Body

15CHW207

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

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

Date: 08/29/2015 (Sa)
 Time: 11:30 AM to 2:30 PM
 Fee: \$42.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor



A yoga class practices in the U. F. M. "classroom"

Heart Space



Ana Franklin

321 Poyntz Avenue
 Suite A
 Manhattan, KS 66505

785-341-9908

www.yogaconnection.byregion.net



Yoga 1 15CHW15AZ

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

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

Date: 08/24/2015 to 10/14/2015 (MW)
(No class 9/07)
Time: 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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



Yoga 1 15CHW15BZ

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

Date: 08/24/2015 to 10/14/2015 (MW)
(No class 9/07)
Time: 4:20 PM to 5:20 PM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 15CHW15CZ

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

Date: 08/24/2015 to 10/14/2015 (MW)
(No class 9/07)
Time: 5:30 PM to 6:30 PM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 15CHW15DZ

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

Date: 10/19/2015 to 12/09/2015 (MW)
(No class 11/23, 11/25)
Time: 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 15CHW15EZ

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

Date: 10/19/2015 to 12/09/2015 (MW)
(No class 11/23, 11/25)
Time: 4:20 PM to 5:20 PM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 15CHW15FZ

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

Date: 10/19/2015 to 12/09/2015 (MW)
(No class 11/23, 11/25)
Time: 5:30 PM to 6:30 PM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor



Yes Means Yes 15CHW181

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

Instructors: Jessica Haymaker, Jenna Tripodi & Jessica Munoz

Date: 10/24/2015 to 10/31/2015 (Sa)
Time: 10:00 AM to 2:30 PM
Fee: No Charge
Location: Justin Hall, Room 256
Kansas State University

Teach a class at UFM!

*Share a hobby or skill

*Meet new people

*Enhance your business



HEALTH & WELLNESS

Intro to Meditation **15CHW183**

We'll cover meditation basics in this conversational and experiential class: setting sacred space, relaxing, grounding, and mindfulness. People's Grocery and UFM have collaborated to bring you this class. Palma Holden, M.S., helps people relax, de-stress, and feel better, brighter about life through her practical, spirit-lifting workshops and private consulting. Instructor: Palma Holden (785) 341-9072, palma@brightlifeconsulting.com

Date: 09/16/2015 (W)
 Time: 6:00 PM to 7:00 PM
 Fee: No Charge
 Location: UFM Solar Addition
 1221 Thurston St.

Series of Three: Bright Life Strategies **15CHW146**

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

Bright Life Strategies: Shifting Into Compassion **15CHW143**

Are you feeling the need to bring more compassion to the planet and those you love? Would you like to learn ways to do this? Together, we'll focus on heart-centered meditations to promote peace within and globally.

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

Date: 09/10/2015 (Th)
 Time: 6:00 PM to 7:30 PM
 Fee: \$36.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

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

INTERESTED IN TEACHING
 A CLASS FOR UFM?
 SPRING 2016 SUBMISSION DEADLINE IS
 OCTOBER 9, 2015.
 FOR MORE INFORMATION EMAIL
 KAYLA@TRYUFM.ORG

Bright Life Strategies: Empowering Questions **15CHW177**

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

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

Date: 10/15/2015 (Th)
 Time: 6:00 PM to 7:30 PM
 Fee: \$36.00
 Location: UFM Solar Addition
 1221 Thurston St.

Bright Life Strategies: Peeling the Layers **15CHW145**

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

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

Date: 11/04/2015 (W)
 Time: 6:00 PM to 7:30 PM
 Fee: \$36.00
 Location: UFM Solar Addition
 1221 Thurston St.

Bright Life Strategies: Lowering Blood Pressure Naturally **15CHW209**

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

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

Date: 09/30/2015 (W)
 Time: 6:00 PM to 7:30 PM
 Fee: No Charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor



Philosophy of Meditation and its Concerned Elements **15CPI86A**

Learn the philosophy and technique for connecting mind and body for improved concentration, total relaxation, and relief from both physical and mental stresses. Meditation can improve your energy, heal your body and assist with its function, and help ease stress. You will be introduced to the what, who, why and how of meditation philosophy to make yoga total consciousness experience. The instructor uses original Sanskrit text, called 'Patanjali Yog Pradeep' to guide and inform all meditation exercises.

Instructor: Prabhakar Naware

Dates: 08/29/2015 to 08/30/2015 (Sa/Sun)
 Time: 5:00 PM to 7:30 PM
 Fee: \$39.00
 Location: UFM Solar Addition
 1221 Thurston St.

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

Philosophy of Meditation and its Concerned Elements **15CPI86B**

Instructor: Prabhakar Naware

Dates: 09/26/2015 to 09/27/2015 (Sa/Sun)
 Time: 5:00 PM to 7:30 PM
 Fee: \$39.00
 Location: UFM Solar Addition
 1221 Thurston St.



**Blended Learning:
First Aid/CPR/AED** **15CHW70A**

Reduce classroom time for CPR, First Aid, and AED Training by using Blended Learning. Blended Learning combines a program which blends an ONLINE session with a hands-on skills practice and assessment session. Blended Learning is recommended for individuals recertifying. Certification is good for TWO YEARS. You will be contacted via email with login information and directions. Please be sure to check your email frequently and that it's in working order. Certification requirements are as follows:

Part I

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

Part II

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

Source: American Red Cross

**No textbook required and the date listed is for hands-on skills practice session. There is a \$45 non-refundable deposit.,

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

**Blended Learning:
First Aid/CPR/AED** **15CHW70D**

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/29/2015 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Abby is a School Counselor in Haysville, KS. Abby graduated from Kansas State University in 2005. She began working for UFM as a lifeguard in 2002. She became swim coordinator in 2004 and worked for UFM until she graduated. Abby is certified to teach CPR/First Aid, Water Safety Instructor, and Lifeguard Training. Abby trains about 70 lifeguards per year. Abby loves the opportunity that UFM provides for her in allowing her to certify and train others. Swim safe!

**Blended Learning:
First Aid/CPR/AED** **15CHW70E**

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/29/2015 (Sa)
Time: 11:00 AM to 12 N
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Blended Learning:
First Aid/CPR/AED** **15CHW70B**

Instructor: Kelly Reed-Harkness

Date: 09/12/2015 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Blended Learning:
First Aid/CPR/AED** **15CHW70C**

Instructor: Kelly Reed-Harkness

Date: 11/14/2015 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Responding to Emergencies **15CHW19Z**

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: 09/20/2015 to 10/04/2015 (Su/Sa)
Time: 12 N to 6:30 PM
Fee: \$154.00
Location: UFM Banquet Room
1221 Thurston St.



MARTIAL ARTS

Judo I

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 for gaining 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: 08/24/2015 to 12/10/2015 (M/Th)
(No classes 9/07, 11/23, 11/26)
Time: 8:00 PM to 9:00 PM
Fee: \$75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Judo II

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: 08/24/2015 to 12/10/2015 (M/Th)
(No class 9/07, 11/23, 11/26)
Time: 8:00 PM to 9:30 PM
Fee: \$75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

15CRF08Z

White Phoenix (Pai Lum) Kung 15CMA21

White Phoenix Kung Fu is a style that combines hard, soft and internal methods in one system. The class will include "bows", stances, blocks, punches, kicks, strikes, and one step sparring. Stan Wilson has an eight degree black sash in Kanasa Pai Lum and a first degree black sash in 18 Taoist Palms Kung Fu. He has been practicing martial arts since 1970.

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

Date: 09/14/2015 to 11/09/2015 (M)
Time: 7:00 PM to 8:00 PM
Fee: \$54.00
Location: K-State Ahearn Fieldhouse

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



Basic Karate & Self-Defense 15CMA22

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

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

Date: 10/04/2015 to 11/15/2015 (Su)
Time: 11:30 AM to 12:30 PM
Fee: \$59.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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

Tae Kwon Do I

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: 08/25/2015 to 12/10/2015 (T/Th)
(No class 11/24, 11/26)
Time: 5:00 PM to 6:00 PM
Fee: \$72.00
Location: Sun Yi's Academy
1650 Hayes Dr.

15CMA01Z

Discover the Past!

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

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

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

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

www.rileychs.com

PERSONAL INTEREST

Hundred Dollar Holiday: The Case for a More Joyful Christmas

15CPI105

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.

Instructor: Carol Barta, (785) 410-8608

Date: 11/08/2015 (Su)
Time: 6:00 PM to 8:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

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

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

15CPI111

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

Instructor: Matt Campbell

Date: 09/26/2015 (Sa)
Time: 3:00 PM to 6:00 PM
Fee: \$10.00
Location: 1624 Osage
Manhattan, KS 66502

Matt Campbell earned his Bachelor's and Master's in Mechanical Engineering degrees at K-State.

Digging Up Bones

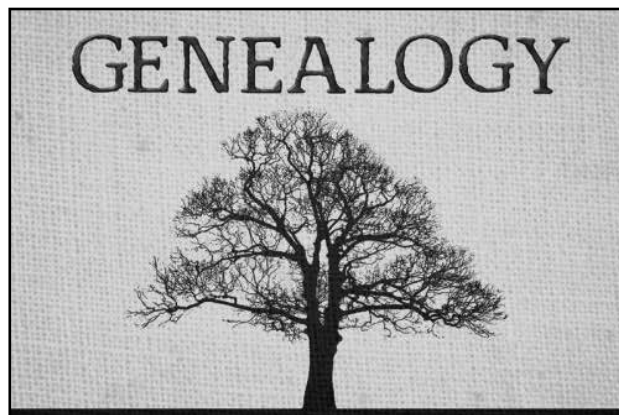
NEW!

15CPI98

Join us for an exciting day learning everything you wanted to know about researching a cemetery. Jill Frese, genealogist and family historian, along with her brother, will explain all the reasons to research a cemetery to aid in your family history. This included everything from making your own tombstones, cleaning existing stones, witching for unmarked graves, stone rubbing and much much more! So join us for this special day of fun and fact finding that will turn cemeteries into genealogy gold. *Pull in the east entrance of the cemetery, park and meet up with class.

Instructor: Jill Frese

Date: 10/03/2015 (Sa)
Time: 10:00 AM to Noon
Fee: \$17.00
Location: Sunset Cemetery
Manhattan, KS



Vinyl Record Care & Cleaning Workshop

15CPI93A

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

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

Date: 09/08/2015 (T)
Time: 8:00 PM to 10:00 PM
Fee: \$25.00
Location: 1214 C. Moro
Manhattan, KS

(Sisters Of Sound Records - Aggieville)

Vinyl Record Care & Cleaning Workshop

15CPI93B

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

Date: 10/06/2015 (T)
Time: 8:00 PM to 10:00 PM
Fee: \$25.00
Location: 1214 C. Moro
Manhattan, KS
(Sisters Of Sound Records - Aggieville)

Vinyl Record Care & Cleaning Workshop

15CPI93C

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

Date: 11/10/2015 (T)
Time: 8:00 PM to 10:00 PM
Fee: \$25.00
Location: 1214 C. Moro
Manhattan, KS
(Sisters Of Sound Records - Aggieville)

Benefits of Buying Bulk

NEW!

15CPI96

Are you interested in decreasing your footprint? Many of us reuse water bottles in an effort to be eco-friendly, and are searching for ways to do more. Come to learn about the development of industrial food packaging and find out how easy it is to reuse food containers for economic and ecological benefits. People's Grocery and UFM have collaborated to bring you this class.

Instructor: Kyler Reith

Date: 08/29/2015 (Sa)
Time: 3:00 PM to 4:30 PM
Fee: No Charge
Location: People's Grocery
1620 Fort Riley Blvd

Kyler Reith, Bulk Buyer at People's Grocery.

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

Flint Hills Wisdom Keepers Informational Meeting and Medicine Wheel Introduction 15CPI139

You are invited to a free “get acquainted” informational meeting to introduce the historical Flint Hills Wisdom Keepers Gathering. Our annual Gathering, held near Council Grove, Kansas, provides a forum of American Indian Elders from across the country to share in their traditions. The Gathering has been held most every year since the mid-1980’s, with beginnings in North Carolina and later brought to Kansas in 2002. During the informational meeting, we will also provide an introduction to a Native American medicine wheel and lead attendees in designing their own medicine wheel using basic craft materials.

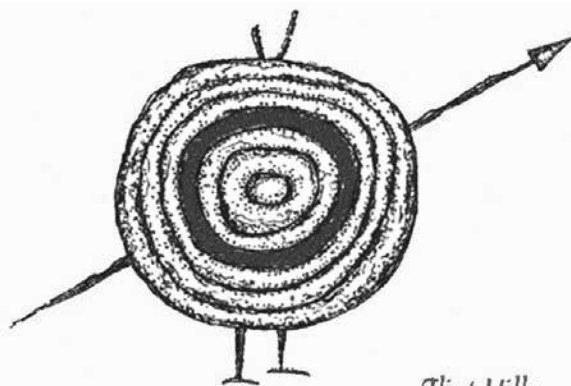
Activities to be enjoyed during this informational meeting are:

- 1) Brief slide presentation of Gathering highlights stories and accounts of past Wisdom Keepers Native American Elders, with summary of key ceremonial and traditional aspects of the Gathering
- 2) Drumming and singing drums available to share
- 3) Medicine Wheel introduction and creation of a medicine wheel to take home

Join us to find out more about the upcoming Flint Hills Wisdom Keepers Gathering in 2016. Connect with an introduction to our indigenous Wisdom Keepers Elders, with the beat of your heart through drumming and singing, and learn about the significance of the Native medicine wheel tradition. To find out more on this informational meeting and other activities sponsored by the Flint Hills Wisdom Keepers in the Manhattan area, contact with Pat Embers at 785-539-2819 or fhwisdomkeepers@gmail.com. For complete, up-to-date website information, go to www.fhwisdomkeepers.org.

Instructor: Pat Embers & Jean Underwood

Date: 10/03/2015 (Sa)
 Time: 1:00 PM to 3:00 PM
 Fee: No Charge
 Location: UU Fellowship Bldg
 481 Zeandale Rd
 Manhattan, KS 66502



Flint Hills
 Wisdom Keepers

Sweet Grass Braiding 15CPI85

Sweet grass is a long, tall, sweet-smelling grass of the north country that can be grown in Kansas from transplant starts, available at a local retail store. In this class you will receive a transplant start from Pat’s established sweet grass garden grown in large pots and a raised bed, where the class will be held (or indoors if raining). You will also receive a prepared handful of harvested sweet grass that will be ready for you to braid as demonstrated in this class. You will learn the symbology of this herb in native tradition and will be given websites to see how sweet grass is harvested, and other related information. Limit of 15 people. This class is sponsored by the Flint Hills Wisdom Keepers Foundation, sponsor of the April 2016 Flint Hills Wisdom Keepers Gathering, Council Grove, KS (www.fhwisdomkeepers.org). Pat is a Flint Hills Wisdom Keepers Foundation Board Member
 Instructor: Pat Embers

Date: 10/24/2015 (Sa)
 Time: 10:00 AM to 12 N
 Fee: \$15.00
 Location: 733 Galaxy Drive
 Manhattan, KS 66502

NEW!

“A Complaint Free Revolution” 15CPI97

This informative film documents a world-wide revolution started by Will Bowen to rise above the act of complaining by going 21 days complaint free. It features firsthand accounts of adults and students who have taken the challenge and improved their abilities to resolve communication issues as well as increased overall health and life success. Palma Holden will facilitate the showing of this film. People’s Grocery and UFM have collaborated to bring you this class.

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

Date: 10/24/2015 (Sa)
 Time: 2:00 PM to 4:00 PM
 Fee: No Charge
 Location: Manhattan Public Library Auditorium
 629 Poyntz Ave.

Palma Holden, M.S., helps people relax, de-stress, and feel better, brighter about life through her practical, spirit-lifting workshops and private consulting. Palma Holden, 785-341-9072, palma@brightlifeconsulting.com.

Making the Most of Our Senior Years: Life Re-imagined 15CPI95

This 5 session class will introduce strategies to plan, adapt, and maintain personal well-being during the autumn years of life. These sessions will address the following objectives: (1) Managing transitions. Finding ways to adapt, make changes, re-imagine, and re-define a changing life situation. (2) Reflection and recapitulation. Utilizing stories of importance in one’s life to define strengths, interests, and meaning that in turn identify attributes that can be used in the future. (3) Increasing and sustaining happiness. Engaging in activities that maintain physical, psychological, and social well-being. (4) Openness and Creativity. Learning to create and take advantage of serendipity and the chance opportunities that are available in every day experience. (5) Overcoming perceived barriers. The opposite of action in life is fear. Fear is most often a paralysis of the unknown; how to break those barriers. (6) Maintaining social support. How we can maintain human connections with opportunities to converse and share thoughts and feelings with other people. (7) Creating a life of meaning. We all leave the planet, so what is the most important legacy that we would like to leave behind? The activities to achieve these objectives will include readings and brief presentations, demonstration of activities to exemplify the concepts, and group discussions and interactions to personalize these ideas to our own lives.

Instructors: Art Rathbun, Fred Newton & Dan Wilcox

Date: 09/15/2015 to 10/13/2015 (T)
 Time: 4:00 PM to 5:30 PM
 Fee: \$9.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

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

Fred Newton, served as Director of Counseling and Professor of Education during the past 34 years at KSU. Since his retirement (2012) his business card describes him as gardener, photographer, traveler, sport psychologist, consultant, writer, (and part-time instructor).

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

Haunted Manhattan Trolley Tour

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.
Instructor: Felicia Osburn

Fee: \$18.00 – Individual per person
\$14.50 – Couple per person
\$12.00 – Family per person -
Limit 6 people
\$11.00 – Group per person -
Limit 14 people

Location: Mr. K's Cafe, 3901 Vanesta Drive

Felicia is a Kansas Native and an avid reader. Even as a child she enjoyed reading about ghosts and spirits. Combining that with Kansas history seemed like a natural mix. She works in Hale Library as the Reserves Specialist and helps supervise the Help Desk students. She has two wonderful grown daughters. Felicia has great resources at Hale Library and hopes to find some stories that will surprise you.

15CPI125A

Date: 10/20/2015 (T)
Time: 6:00 PM to 7:45 PM

15CPI125B

Date: 10/20/2015 (T)
Time: 8:30 PM to 10:15 PM

15CPI125C

Date: 10/21/2015 (W)
Time: 6:00 PM to 7:45 PM

15CPI125D

Date: 10/21/2015 (W)
Time: 8:30 PM to 10:15 PM

15CPI125E

Date: 10/22/2015 (Th)
Time: 6:00 PM to 7:45 PM

15CPI125F

Date: 10/22/2015 (Th)
Time: 8:30 PM to 10:15 PM

15CPI125G

Date: 10/27/2015 (T)
Time: 6:00 PM to 7:45 PM

15CPI125H

Date: 10/27/2015 (T)
Time: 8:30 PM to 10:15 PM



***Tours require a minimum of 10 participants with the maximum number of seats available set at 14. If the minimum is not met, tours will be combined or canceled.**

15CPI125I

Date: 10/28/2015 (W)
Time: 6:00 PM to 7:45 PM

15CPI125J

Date: 10/28/2015 (W)
Time: 8:30 PM to 10:15 PM

15CPI125K

Date: 10/29/2015 (Th)
Time: 6:00 PM to 7:45 PM

15CPI125L

Date: 10/29/2015 (Th)
Time: 8:30 PM to 10:15 PM

Holiday Lights Tour

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.

Fee: \$18.00 – Individual per person
\$14.50 – Couple per person
\$12.00 – Family per person -
Limit 6 people
\$11.00 – Group per person -
Limit 14 people

Location: Mr. K's Cafe, 3901 Vanesta Drive

15CPI81A

Date: 12/15/2015 (T)
Time: 6:00 PM to 7:30 PM

15CPI81B

Date: 12/15/2015 (T)
Time: 8:00 PM to 9:30 PM

15CPI81C

Date: 12/16/2015 (W)
Time: 6:00 PM to 7:30 PM

15CPI81D

Date: 12/16/2015 (W)
Time: 8:00 PM to 9:30 PM

15CPI81E

Date: 12/17/2015 (Th)
Time: 6:00 PM to 7:30 PM

15CPI81F

Date: 12/17/2015 (Th)
Time: 8:00 PM to 9:30 PM

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

 Connect with UFM on
Facebook.com/UFMCLC

RECREATION & FITNESS

Level I: Basic Belly Dance 15CRF09

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: 09/10/2015 to 10/29/2015 (Th)
Time: 5:30 PM to 6:30 PM
Fee: \$69.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Nashid began studying dance at the age of 6 with Polynesian and Tahitian style dance. Nashid is the Director of a local performance dance troupe, The Eyes of Bastet. She loves performing and sharing the art with as many people as possible!

Level II: Tribal Fusion Belly Dance 15CRF161

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

Instructor: Kathryn Harth

Date: 09/21/2015 to 11/09/2015 (M)
(No Class 10/12)
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.

Salsa Dance 101 15CRF171

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

About the teacher: As a 14-year salsa dancer, I am excited to share my knowledge and love of dance with my students. Each class will be different from the last class.

Instructor: Isaac Falcon

Date: 09/02/2015 to 10/14/2015 (W)
Time: 6:45 PM to 7:45 PM
Fee: \$50.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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

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

Intermediate-Advanced Salsa & Bachata 15CRF172 **NEW!**

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

Instructor: Isaac Falcon

Date: 09/09/2015 to 10/21/2015 (W)
Time: 7:45 PM to 8:45 PM
Fee: \$50.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor



Introduction to Country Swing Dancing **15CRF117**

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

Instructor: Thomas Weeks

Date: TBD
 Time: TBD
 Fee: \$58.00 - Individual
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Hula Hooping for Fitness **15CRF118**

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

*Class is located in the Old Fellowship Hall at College Avenue United Methodist Church.

Instructor: Pam Lathrop

Date: 09/09/2015 to 09/30/2015 (W)
 Time: 7:00 PM to 7:50 PM
 Fee: \$20.00
 Location: College Avenue United Methodist
 1609 College Ave

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



FitCamp **NEW!** **15CRF180A**

FitCamp is a great way to challenge your body in a fun, relaxed environment. In this class, we will do a combination of body weight resistance exercises, paired with cardiovascular exercises to really get your heart rate up! Every exercise will include modifications and you will always be able to go your own pace! No class will be the same and all classes will include nutrition tips and information! Instructor: Julie Gibbs, (785) 477-0708, jag3933@ksu.edu

Date: 09/03/2015 to 09/24/2015 (Th)
 Time: 5:30 PM to 6:30 PM
 Fee: \$32.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Julie has been an AFAA certified group exercise instructor since 2004. She has also been an ACE certified personal trainer since 2004. Along with her expertise in exercise programming, she holds a bachelor's degree in nutrition and exercise science from Kansas State University, along with a Master's degree in Public Health. Julie has been doing nutrition counseling, exercise instruction, and personal training on the side since 2004. Her main job is the Director of Health Promotion at Lafene Health Center at KSU. She has been at the health center for 5 years, overseeing the department and teaching K-State credit classes.

FitCamp **15CRF180B**

Instructor: Julie Gibbs, (785) 477-0708, jag3933@ksu.edu

Date: 10/01/2015 to 10/22/2015 (Th)
 Time: 5:30 PM to 6:30 PM
 Fee: \$32.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

FitCamp **15CRF180C**

Instructor: Julie Gibbs, (785) 477-0708, jag3933@ksu.edu

Date: 10/29/2015 to 11/19/2015 (Th)
 Time: 5:30 PM to 6:30 PM
 Fee: \$32.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor



Introduction to Golf **15CRF04**

This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play; course etiquette; and the selection and use of equipment. No experience necessary. Clubs and equipment will be provided; students may bring their own golf clubs. Instructor: Brian Lorenz

Date: 09/10/2015 to 09/24/2015 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.



Half or Full Marathon Training 15CRF68

If you have ever wanted to finish a half or full 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 half or full 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 half or full marathon. Class will meet Tuesday from 5:45-6:45 pm at UFM, 1221 Thurston and work outs will be Thursday from 5:30-6:30 pm at Memorial Stadium outdoor track meet at south end.

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

Date: 09/08/2015 to 10/29/2015 (T/Th)
Time: 5:45 PM to 6:45 PM
Fee: \$140.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Run Happy! Run For Life! 15CRF72

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

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

Date: 09/14/2015 to 10/23/2015 (MWF)
Time: 6:00 PM to 7:00 PM
Fee: \$145.00
Location: K-State Ahearn Field House
Indoor Track

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

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

Boxing 1

15CRF14AZ

Boxing 1 - Get into shape by participating in the sport of USA Olympic Style Boxing. Students will be taken through a boxer's workout in a safe and comfortable environment while learning boxing punches, proper boxing stance, footwork, movement, shadow boxing, and self-defense. Students will be introduced to the many rhythmic bags, heavy bags, and focus mitts. Learning the sport of boxing is a fun way to relieve stress, gain self-confidence, get stronger, leaner, faster, and develop a sense of self through boxing ethics. There will be no sparring in this course. On the first day of class, students will place their order for their proper boxing equipment needed for this course: Safety gloves, curved focus mitts, 180" stretchable hand-wraps. Renting is an option and will be discussed on the first day of class. Equipment total will vary from \$85-\$100+ depending on students choice to rent or buying and quality of equipment they purchase. Ages 13+. Email for questions koboxer86@gmail.com. Available for KSU credit. K.O. Boxing, Inc. is conveniently located in the basement under Shelter Insurance in Manhattan, Kansas.

Instructor: Lorissa Ridley, (785) 341-1708

Date: 08/24/2015 to 10/14/2015 (M/W)
(No class 9/07)
Time: 2:00 PM to 3:00 PM
Fee: \$195.00
Location: K.O. Boxing
2048 Tuttle Creek Blvd.
(In the basement under Shelter Insurance)

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

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

Boxing 1

15CRF14BZ

Instructor: Lorissa Ridley, (785) 341-1708

Date: 08/24/2015 to 10/14/2015 (M/W)
(No class 9/07)
Time: 4:20 PM to 5:20 PM
Fee: \$195.00
Location: K.O. Boxing
2048 Tuttle Creek Blvd.
(In the basement under Shelter Insurance)



Archery for Adults **15CRF01AZ**

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

Instructor: Tom Korte, (785) 494-8889

Date: 08/24/2015 to 12/07/2015 (M)
(No class 9/07, 11/23)
Time: 6:30 PM to 7:30 PM
Fee: \$101.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Archery for Adults **15CRF01BZ**

Instructor: Tom Korte, (785) 494-8889

Date: 08/24/2015 to 12/07/2015 (M)
(No class 9/07, 11/23)
Time: 7:40 PM to 8:40 PM
Fee: \$101.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Archery for Adults **15CRF01CZ**

Instructor: Tom Korte, (785) 494-8889

Date: 08/24/2015 to 12/07/2015 (M)
(No class 9/07, 11/23)
Time: 8:50 PM to 9:50 PM
Fee: \$101.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Archery for Adults **15CRF01DZ**

Instructor: Tom Korte, (785) 494-8889

Date: 08/25/2015 to 12/08/2015 (T)
(No class 11/24)
Time: 8:15 PM to 9:15 PM
Fee: \$101.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor



Beginning Tennis **15CRF164AZ**

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

Instructor: Dave Hoover

Date: 09/01/2015 to 11/10/2015 (T)
Time: 1:30 PM to 3:00 PM
Fee: \$99.00
Location: Body First Wellness & Recreation Center, 3615 Claflin R

Beginning Tennis **15CRF164BZ**

Instructor: Dave Hoover

Date: 09/02/2015 to 11/11/2015 (W)
Time: 1:30 PM to 3:00 PM
Fee: \$99.00
Location: Body First Wellness & Recreation Center, 3615 Claflin R



Archery Skills **15CRF176**

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

Instructor: Tom Korte H: (785) 494-8889

Date: 10/18/2015 to 11/22/2015 (Su)
Time: 5:30 PM to 6:30 PM
Fee: \$40.00
Location: K-State Ahearn Room 304
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

Beginning Fencing

15CRF21Z

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

Instructor: Jeff Gwartz

Date: 08/24/2015 to 12/07/2015 (M)
(No class 9/07, 11/23)
Time: 6:00 PM to 7:30 PM
Fee: \$60.00 - Has equipment
\$93.00 - use instructors
Location: K-State Ahearn Fieldhouse

Intermediate Fencing

15CRF22Z

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

Date: 08/24/2015 to 12/07/2015 (M)
(No class 9/07, 11/23)
Time: 7:30 PM to 9:00 PM
Fee: \$60.00 - Has equipment
\$93.00 - use instructors
Location: K-State Ahearn Fieldhouse

Congratulations
People's Grocery!
Celebrating 40 Years!



History of People's Grocery!

A Manhattan food cooperative started through UFM in spring 1971. Cutting food costs, supporting local farmers, providing access to healthier food, helping to create an ecological awareness and bringing people together were the original goals of this Food Co-op class. These ideas grew support quickly and People's Grocery was established at 811 Colorado in June 1975. An idea that started with a UFM class has grown to an established bulk food program and grocery store 40 years later.

People's Grocery will celebrate 40 years with sales and specials at the store throughout the month of September. The celebration will culminate on September 27th with a special event for co-op owners and their guest in City Park.

UFM Community Learning Center would like to congratulate People's Grocery on 40 years!

YOUTH

NEW!
Stories from My Grandparent and Me For Our Genealogy Tree 15CYO96

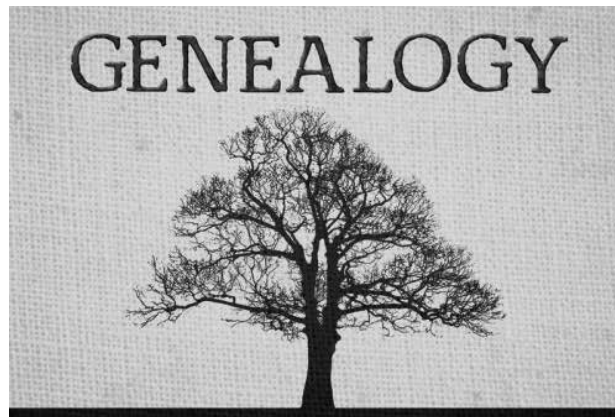
Become an investigator. With your grandparent (another family member may be substituted for a grandparent), together collect information to start your genealogy tree book/stories. To prepare for the class, gather as much information as you can to bring to class (you will be emailed instructions about what stories and information to start collecting to bring to the class.) Bring at least one picture from 4x6 to the size of a page 8x11. We recommend buying plastic sleeves for each page (acetone free) and a three ring notebook for the finished product. We will concentrate on one ancestor and a memorable time together; bring his/her photo to class. We will focus on structuring the booklet, looking for thoughts/things, writing the story, researching, and sharing ideas to continue at home. There will be a short online demonstration on researching your ancestors. Grandparents: If your grandchild doesn't live nearby and can't attend class with you, you are still welcome to enroll in this class to get the information to get started working together on your project. This class is sponsored by UFM and Riley County Genealogical Society www.rileycgs.com

Instructors: Marlene Sedillos & Charlene Brownson, (785) 539-8763, cmb@ksu.edu

Date: 10/24/2015 (Sa)
 Time: 10:00 AM to 11:30 AM
 Fee: \$9.00
 Location: Riley Co. Genealogy Library - 2005 Claflin Rd.

Marlene Sedillos is an instructor at the Tech. College. She started teaching Kindergarden-12th grade with a teaching certificate in Art Education; however, Dr. Sedillos has been teaching communications (written and oral) at the college level for twenty-five years. She encourages her grandchildren to capture history in writing.

Charlene Brownson coordinates educational programs at UFM. She also volunteers with the Riley County Genealogical Society. Charlene & Marlene's ancestors were some of the first settlers to move to Riley County when it was still Kansas Territory. They enjoy finding new facts and information about their ancestors.



NEW!
Photography from My Grandparent and Me For Our Genealogy Tree 15CYO97

In this class you will learn tips and get ideas for taking photos so that you can start building your family history book. Taking photos of family members, homes, places, sports, and other family activities is a great way to start building your family genealogy tree. This class is for a child & grandparent to attend the class together and then start your photos projects together (another family member may be substituted for a grandparent.) You will take home a list of ideas for family photo projects. Please bring your camera to class. This class is sponsored by UFM and Riley County Genealogical Society www.rileycgs.com
 Instructor: Sue Smith

Date: 09/26/2015 (Sa)
 Time: 2:00 PM to 3:30 PM
 Fee: \$9.00
 Location: UFM Solar Addition 1221 Thurston St.

Sue Smith is a retired Physical Education teacher of over 40 years. She has shared her knowledge and enthusiasm for photography with many school, after school, church groups, and individuals. Her fascination started as child watching and helping her Dad in his photography darkroom. Sue loves capturing everything...family, friends, pets, homes, schools, sports, and nature. She is a new member of the Riley County Genealogical Society and is having a wonderful time organizing her family pictures and documents.

American Red Cross Babysitter's Clinic 15CYO23

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

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

Instructor: Kelly Reed-Harkness

Date: 10/17/2015 (Sa)
 Time: 9:00 AM to 4:00 PM
 Fee: \$56.00
 Location: UFM Conference Room 1221 Thurston St., 2nd floor

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

Ask us about our scholarship opportunities!



Archery Skills

15CRF176

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

Instructor: Tom Korte, (785) 494-8889

Date: 10/18/2015 to 11/22/2015 (Su)
(No Class 5/24)
Time: 5:30 PM to 6:30 PM
Fee: \$40.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Introduction to Ballet and Tap Dancing

15CYO73

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

Instructor: Randi Dale

Date: 09/03/2015 to 09/10/2015 (Th)
Time: 6:00 PM to 6:30 PM
Fee: \$14.00
Location: UFM Banquet Room
1221 Thurston St.

Pre-School Dance

15CYO63

This class is designed for boys and girls ages 3.5-6 years. Basic dance movements like marching, hopping, skipping, leaping and ballet, peppy music and pre-tap techniques. Dance games and creative dance will make this class fun and exciting. No dance attire is needed. Call Randi Dale for more information 785.539.5767.

Instructor: Randi Dale

Date: 09/03/2015 to 09/10/2015 (Th)
Time: 5:30 PM to 6:00 PM
Fee: \$14.00
Location: UFM Fireplace Room
1221 Thurston St.



Archery for Youth

15CYO01A

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: 09/22/2015 to 10/13/2015 (T)
Time: 7:00 PM to 8:00 PM
Fee: \$35.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Archery for Youth

15CYO01B

Instructor: Tom Korte, (785) 494-8889

Date: 10/20/2015 to 11/10/2015 (T)
Time: 7:00 PM to 8:00 PM
Fee: \$35.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor



{Teen Mentoring!}

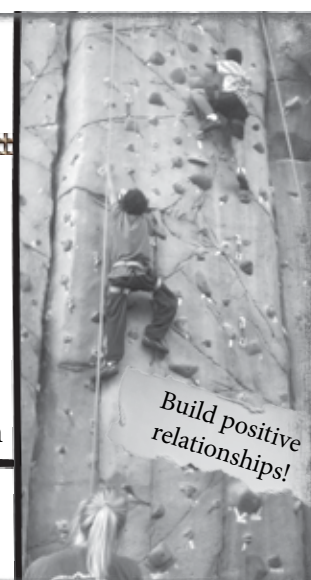
High School - Tuesdays
September 15 - December 1

Middle School - Wednesdays
September 16 - December 2

3:00pm to 5:00pm

Field trips ~ Games ~ Creative Arts ~ Recreation

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



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

OSHER



The Heritage of Kansas Workers: Homesteaders, Miners, Farmers and More

Presented by Greg Stephens, Tom Fleming,
Debi Aaron, Dee Boyd & Bob Storer
Wednesdays, Sept. 16, 23 & 30 - 6:30pm to 8:30pm
College Avenue United Methodist Church
Fellowship Hall, 1609 College Ave., Manhattan
\$40.00

During the course we'll examine the history of the forgotten Cloud County town of Minersville, unique in Kansas history as a major coal mining community with a rich labor cooperative movement, the classic '50s film, *Salt of the Earth*, about striking mine workers and addressed labor, migrant and women's issues and the homestead era of north central Kansas, and how it provided an environment for labor and farmer organizations such as the Grange and Knights of Labor.

Why Hitchcock Matters

Presented by Eric Monder
Mondays, Oct. 5, 12 & 19 - 2:00pm to 4:00pm
Manhattan Art Center
1520 Poyntz Ave., Manhattan
\$40.00

This course explores little-known, but significant aspects of the work of Alfred Hitchcock, one of the most revered yet controversial film directors. The course looks at what made Hitchcock both ahead of his time and still relevant today—artistically, historically and politically.

The Romance of the Old Trade Routes

Presented by Charlotte Kennedy Takahashi
Thursdays, Sept. 24, Oct. 1 & 8 - 2:00pm to 4:00pm
Via Christi Retirement Community
2800 Willow Grove Rd., Manhattan
\$40.00

This course traces old global trade routes in Asia, the Middle East, Europe and the Americas, assessing the economic, political and military impact for each route. We'll conclude with a discussion of issues surrounding global trade today.

The Farmer's Iron Horse: Railroads and Agricultural Extension in the 20th Century American West

Presented by David Vail, Ph.D.
Thursdays, Oct. 15, 22 & 29 - 6:30pm to 8:30pm
College Avenue United Methodist Church
Fellowship Hall, 1609 College Ave., Manhattan
\$40.00

In this course, we'll examine railroads, agriculture and the environment in the Great Plains and greater West. We'll pay special attention to how farmers, agricultural scientists, and railroad companies worked together through special trains and cars (demonstration trains) to address environmental and technological challenges in the 20th century. We will also explore how pests recognized the value of these trains, using them to move from one field to the next.

Improvisation -- Say "YES and...!"

Presented by Sally Bailey, MFA, MSW
Mondays, Nov. 2, 9 & 16 - 6:30pm to 8:30pm
K-State's West Stadium - Drama Room #117
Denison Rd. & Anderson Ave., Manhattan
\$40.00

Learn to think on your feet and develop your spontaneity in this acting improvisation class. We will play drama games and practice the basic techniques of improvisation in short scenes and skits. Improve your ability to: express yourself, stay in "the-here-and-now," listen and make the most of whatever you are offered by your scene partners. You won't have to memorize a thing because we make up everything as we go along.

**See the complete
Osher catalog & register at
www.osher.ku.edu
or
Toll-free 877-404-5823**

The Vietnam War

Presented by Robert Smith, Ph.D.
Tuesdays, Sept. 29, Oct 6 & 13 - 6:30pm to 8:30pm
Meadowlark Hills Community Room
2121 Meadowlark Rd, Manhattan
\$40.00

The Vietnam conflict was one of the longest and most divisive wars in American history during which tremendous social and political change took place in the United States. Today, fifty years later, Americans are still living with its legacy. The first class considers the French involvement in the aftermath of the Second World War, the rise of Vietnamese nationalism and communist influence, and America's initial involvement. The second class looks at America's deepening military commitment, the major military operations, and the Tet Offensive. Finally, we'll examine the social and political unrest in the United States that contributed to America's gradual withdrawal, the final American military and pacification operations, the Paris Peace talks, and finally the North Vietnamese invasion and occupation of South Vietnam.

Kansas Cowntowns

Presented by Roy Bird
Tuesdays, Oct. 20 & 27, Nov. 3 - 2:00pm to 4:00pm
Manhattan Art Center
1520 Poyntz Ave., Manhattan
\$40.00

The 150th anniversary of the arrival at Abilene of the first trail herd of longhorn cattle from Texas on the Chisholm Trail will happen in 2017. Texas beef had been driven earlier to other places in Kansas, but Abilene was the first to be designed as a cowtown. For the next two decades, Kansas became the destination, not only for herds of cattle, but also the most romantic American characters of all, the cowboys. Our discussions will include where these men came from, who they were, what they accomplished, and cowboys as products of their times. We will also learn about the cowtowns themselves--Abilene, Wichita, Dodge City, and more--and the impact of cattle and cowboys on each.

Special Event:

An Excursion to Historic Marysville and Marshall County

Friday, September 25

- 8:30 a.m. Charter coach departs from Manhattan Town Center, parking lot west of Dillard's
- With an additional stop at Meadowlark Hills main entrance 8:40 a.m.
- 5:30 p.m. Approximate return to Manhattan
- Fee: \$65 includes transportation, admissions and lunch.
- * Registration deadline is Sept. 15

Special Event:

Kansas State Capitol Tours

Friday, November 13

- 7:30 a.m. Charter coach departs from Meadowlark Hills main entrance
- With an additional stop at Manhattan Town Center, parking lot west of Dillard's 7:40 a.m.
- 5:00 p.m. Approximate return to Manhattan
- Fee: \$50 includes transportation, admissions and lunch.
- * Registration deadline is Nov. 6

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

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

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

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

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

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<u>DANCE 599</u>				
16819 - Ballroom Dance	6:45-7:45PM	8/26/2015 to 12/9/2015 (W)	\$337.90	Ahearn 304
16854 - Mid Eastern Dance	6:45-7:45PM	8/27/2015 to 12/10/2015 (Th)	\$337.90	Ahearn 301
16856 - Yoga I	10:30-11:30AM	8/24/2015 to 10/14/2015 (M/W)	\$337.90	Ahearn 301
16813 - Yoga I	4:20-5:20PM	8/24/2015 to 10/14/2015 (M/W)	\$337.90	Ahearn 301
16855 - Yoga I	5:30-6:30PM	8/24/2015 to 10/14/2015 (M/W)	\$337.90	Ahearn 301
16814 - Yoga I	10:30-11:30AM	10/19/2015 to 12/09/2015 (M/W)	\$337.90	Ahearn 301
16816 - Yoga I	4:20-5:20PM	10/19/2015 to 12/09/2015 (M/W)	\$337.90	Ahearn 301
16815 - Yoga I	5:30-6:30PM	10/19/2015 to 12/09/2015 (M/W)	\$337.90	Ahearn 301
16818 - Zumba	1:00-2:00PM	8/24/2015 to 10/14/2015 (M/W)	\$441.80	Body First
16817 - Zumba	1:00-2:00PM	10/19/2015 to 12/09/2015 (M/W)	\$441.80	Body First
<u>MUSIC 206</u>				
17229 - Piano I	9:20-10:20AM	8/25/2015-10/13/2015 (T/Th)	\$337.90	McCain 127
17230 - Piano I	9:20-10:20AM	10/15/2015-12/10/2015 (T/Th)	\$337.90	McCain 127
<u>KIN 101</u>				
16812 - Bootcamp Fitness	12:00-1:00PM	8/24/2015 to 10/14/2015 (M/W)	\$441.80	Pro Fitness
16800 - Bootcamp Fitness	12:00-1:00PM	10/19/2015 to 12/09/2015 (M/W)	\$441.80	Pro Fitness
16763 - Bootcamp Fitness	9:30-10:30AM	8/25/2015 to 10/13/2015 (T/Th)	\$441.80	Pro Fitness
16958 - Bootcamp Fitness	9:30-10:30AM	10/15/2015 to 12/10/2015 (T/Th)	\$441.80	Pro Fitness
16792 - Bootcamp Fitness	4:00-5:00PM	8/25/2015 to 10/13/2015 (T/Th)	\$441.80	Pro Fitness
16793 - Bootcamp Fitness	4:00-5:00PM	10/15/2015 to 12/10/2015 (T/Th)	\$441.80	Pro Fitness
16803 - Yogilates	9:00-10:00AM	8/24/2015 to 10/14/2015 (M/W)	\$441.80	Pro Fitness
17120 - Yogilates	9:00-10:00AM	10/19/2015 to 12/09/2015 (M/W)	\$441.80	Pro Fitness
16804 - Yogilates	1:30-2:30PM	8/24/2015 to 10/14/2015 (M/W)	\$441.80	Pro Fitness
16802 - Yogilates	1:30-2:30PM	10/19/2015 to 12/09/2015 (M/W)	\$441.80	Pro Fitness
16801 - Yogilates	12:00-1:00PM	8/25/2015 to 10/13/2015 (T/Th)	\$441.80	Pro Fitness
17028 - Yogilates	12:00-1:00PM	10/15/2015 to 12/10/2015 (T/Th)	\$441.80	Pro Fitness
16806 - Total Body Toning	1:30-2:30PM	8/25/2015 to 10/13/2015 (T/Th)	\$441.80	Pro Fitness
16807 - Total Body Toning	1:30-2:30PM	10/15/2015 to 12/10/2015 (T/Th)	\$441.80	Pro Fitness
16809 - Total Body Toning	10:30-11:30AM	8/24/2015 to 10/14/2015 (M/W)	\$441.80	Pro Fitness
16808 - Total Body Toning	10:30-11:30AM	10/19/2015 to 12/09/2015 (M/W)	\$441.80	Pro Fitness

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<u>KIN 101 (continued)</u>				
16810 - Intro to Crossfit	3:30-4:45PM	8/25/2015 to 10/13/2015 (T/Th)	\$355.90	Natatorium 4
16811 - Intro to Crossfit	3:30-4:45PM	10/15/2015 to 12/10/2015 (T/Th)	\$355.90	Natatorium 4
16805 - TurboKick	7:00-8:00PM	8/24/2015 to 12/11/2015 (T)	\$337.90	Ahearn 301
17516 - TurboKick	12:00PM-1:00PM	10/19/2015 to 12/09/2015 (M/W)	\$337.90	Ahearn 304
17730 - Marathon Training: 5K to Half	7:00-8:15AM	8/25/2015 to 10/15/2015 (T/Th)	\$355.90	Gym 07
17666 - High-Intensity Interval Training	10:45-11:45AM	10/19/2015 to 12/09/2015 (M/W)	\$337.90	Ahearn 304
17792 - Indoor Cycling	8:30-9:30AM	10/15/2015 to 12/10/2015 (T/Th)	\$355.90	Rec Complex
17817 - Pilates	7:30-8:30PM	8/24/2015 to 10/14/2015 (M/W)	\$441.80	Pro Fitness
17815 - Pilates	7:30-8:30PM	10/19/2015 to 12/09/2015 (M/W)	\$441.80	Pro Fitness
<u>KIN 102</u>				
16798 - Fitness Swim	6:00-7:30PM	8/25/2015 to 10/13/2015 (T/Th)	\$337.90	Natatorium
16797 - Fitness Swim	6:00-7:30PM	10/15/2015 to 12/10/2015 (T/Th)	\$337.90	Natatorium
<u>RRES 200</u>				
16755 - Archery	6:30-7:30PM	8/24/2015 to 12/07/2015 (M)	\$337.90	Ahearn 304
16756 - Archery	7:40-8:40PM	8/24/2015 to 12/07/2015 (M)	\$337.90	Ahearn 304
16753 - Archery	8:50-9:50PM	8/24/2015 to 12/07/2015 (M)	\$337.90	Ahearn 304
17119 - Archery	8:15-9:15PM	8/25/2015 to 12/8/2015 (T)	\$337.90	Ahearn 304
16754 - Beginning Bowling	2:30-3:20PM	8/26/2015 to 12/09/2015 (W)	\$337.90	Student Union
16757 - Beginning Bowling	2:30-3:20PM	8/25/2015 to 12/08/2015 (T)	\$337.90	Student Union
16747 - Beginning Bowling	10:30-11:20AM	8/25/2015 to 12/08/2015 (T)	\$337.90	Student Union
16745 - Beginning Bowling	10:30-11:30AM	8/24/2015 to 12/07/2015 (M)	\$337.90	Student Union
16746 - Intermediate Bowling	2:30-3:30PM	8/24/2015 to 12/07/2015 (M)	\$337.90	Student Union
16751 - Beginning Fencing	6:00-7:30PM	8/24/2015 to 12/07/2015 (M)	\$337.90	Ahearn FH
16750 - Intermediate Fencing	7:30-9:00PM	8/24/2015 to 12/07/2015 (M)	\$337.90	Ahearn FH
16743 - Beginning Tennis	1:30-3:00PM	9/01/2015 to 11/10/2015(T)	\$425.80	Body First
16744 - Beginning Tennis	1:30-3:00PM	9/02/2015 to 11/11/2015 (W)	\$425.80	Body First
16722 - Boxing 1	2:00-3:00PM	8/24/2015 to 10/14/2015 (M/W)	\$447.80	K.O. Boxing
16721 - Boxing 1	4:20-5:20PM	8/24/2015 to 10/14/2015 (M/W)	\$447.80	K.O. Boxing
16720 - Boxing 1	6:30-7:30PM	8/24/2015 to 10/14/2015 (M/W)	\$447.80	K.O. Boxing
16715 - Boxing 1	2:00-3:00PM	10/19/2015 to 12/09/2015 (M/W)	\$447.80	K.O. Boxing
16718 - Boxing 1	4:20-5:20PM	10/19/2015 to 12/09/2015 (M/W)	\$447.80	K.O. Boxing
16719 - Boxing 1	6:30-7:30PM	10/19/2015 to 12/09/2015 (M/W)	\$447.80	K.O. Boxing
16716 - Boxing 1	2:00-3:00PM	8/25/2015 to 10/13/2015 (T/Th)	\$447.80	K.O. Boxing
16717 - Boxing 1	6:30-7:30PM	8/25/2015 to 10/13/2015 (T/Th)	\$447.80	K.O. Boxing
16714 - Boxing 1	2:00-3:00PM	10/15/2015 to 12/10/2015 (T/Th)	\$447.80	K.O. Boxing
16713 - Boxing 1	6:30-7:30PM	10/15/2015 to 12/10/2015 (T/Th)	\$447.80	K.O. Boxing
16730 - Boxing 2	12:00-1:00PM	8/24/2015 to 10/14/2015(M/W)	\$447.80	K.O. Boxing
16727 - Boxing 2	7:30-8:30PM	8/24/2015 to 10/14/2015 (M/W)	\$447.80	K.O. Boxing

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<u>RRES 200 (continued)</u>				
16726 - Boxing 2	7:30-8:30PM	8/25/2015 to 10/13/2015 (T/Th)	\$447.80	K.O. Boxing
16731 - Boxing 2	12:00-1:00PM	10/19/2015 to 12/09/2015 (M/W)	\$447.80	K.O. Boxing
16728 - Boxing 2	7:30-8:30PM	10/19/2015 to 12/09/2015 (M/W)	\$447.80	K.O. Boxing
16729 - Boxing 2	7:30-8:30PM	10/15/2015 to 12/10/2015 (T/Th)	\$447.80	K.O. Boxing
17111 - Boxing 2	5:30-6:30PM	8/25/2015 to 10/13/2015 (T/Th)	\$447.80	K.O. Boxing
17115 - Boxing 2	5:30-6:60PM	10/15/2015 to 12/10/2015 (T/Th)	\$447.80	K.O. Boxing
17114 - Boxing 2	5:30-6:30PM	8/24/2015 to 10/14/2015 (M/W)	\$447.80	K.O. Boxing
17112 - Boxing 2	5:30-6:30PM	10/19/2015 to 12/9/2015 (M/W)	\$447.80	K.O. Boxing
16732 - Boxing 3	12:00-1:00PM	8/25/2015 to 10/13/2015 (T/Th)	\$447.80	K.O. Boxing
16734 - Boxing 3	7:30-8:30PM	8/25/2015 to 10/13/2015 (T/Th)	\$447.80	K.O. Boxing
16733 - Boxing 3	12:00-1:00PM	10/15/2015 to 12/10/2015 (T/Th)	\$447.80	K.O. Boxing
16737 - Boxing 3	7:30-8:30PM	10/15/2015 to 12/10/2015 (T/Th)	\$447.80	K.O. Boxing
16736 - Boxing 3	7:30-8:30PM	8/24/2015 to 10/14/2015 (M/W)	\$447.80	K.O. Boxing
16738 - Boxing 3	7:30-8:30PM	10/19/2015 to 12/9/2015 (M/W)	\$447.80	K.O. Boxing
17107 - Boxing 3	5:30-6:30PM	8/25/2015 to 10/13/2015 (T/Th)	\$447.80	K.O. Boxing
17106 - Boxing 3	5:30-6:30PM	10/15/2015 to 12/10/2015 (T/Th)	\$447.80	K.O. Boxing
17117 - Boxing 3	5:30-6:30PM	8/24/2015 to 10/14/2015 (M/W)	\$447.80	K.O. Boxing
17108 - Boxing 3	5:30-6:30PM	10/19/2015 to 12/9/2015 (M/W)	\$447.80	K.O. Boxing
16742 - Boxing 4	7:30-8:30PM	8/24/2015 to 10/14/2015 (M/W)	\$447.80	K.O. Boxing
16739 - Boxing 4	7:30-8:30PM	8/25/2015 to 10/13/2015 (T/Th)	\$447.80	K.O. Boxing
16741 - Boxing 4	7:30-8:30PM	10/15/2015 to 12/10/2015 (T/Th)	\$447.80	K.O. Boxing
16740 - Boxing 4	7:30-8:30PM	10/19/2015 to 12/9/2015 (M/W)	\$447.80	K.O. Boxing
16936 - First Aid/CPR/AED	Noon-7:30PM	8/29/2015 and 8/30/2015 (Sat/Sun)	\$417.80	UFM
16932 - First Aid/CPR/AED	Noon-7:30PM	9/12/2015 and 9/13/2015 (Sat/Sun)	\$417.80	UFM
16933 - First Aid/CPR/AED	Noon-7:30PM	10/11/2015 and 10/18/2015 (Sun/Sun)	\$417.80	UFM
16924 - First Aid/CPR/AED	Noon-7:30PM	10/24/2015 and 10/25/2015 (Sat/Sun)	\$417.80	UFM
16937 - First Aid/CPR/AED	Noon-7:30PM	10/31/2015 and 11/1/2015 (Sat/Sun)	\$417.80	UFM
16926 - First Aid/CPR/AED	Noon-7:30PM	11/7/2015 and 11/8/2015 (Sat/Sun)	\$417.80	UFM
16931 - First Aid/CPR/AED	Noon-7:30PM	11/14/2015 and 11/15/2015 (Sat/Sun)	\$417.80	UFM
16922 - Fly Fishing	6:00-8:00PM	11/2/2015 to 11/12/2015 (M/T/W/Th)	\$345.90	Durland Hall
16927 - Golf	1:30-3:30PM	8/28/2015 to 10/16/2015 (F)	\$457.80	Wamego Club
16919 - Golf	5:30-7:30PM	8/25/2015 to 10/13/2015 (T)	\$457.80	Wamego Club
16917 - Golf	2:30-4:30PM	8/26/2015 to 10/14/2015 (W)	\$457.80	Wamego Club
16748 - Judo I	8:00-9:00PM	8/24/2015 to 12/10/2015 (M/Th)	\$337.90	Ahearn 301
16724 - Judo II	8:00-9:30PM	8/24/2015 to 12/10/2015 (M/Th)	\$337.90	Ahearn 301
16929 - RTE	Noon-6:30PM	9/20,9/26,9/27 and 10/3,10/4 (Sat/Sun)	\$835.60	UFM
16749 - Scuba Diving	6:00-10:00PM	8/24/2015 to 10/5/2015 (M)	\$493.90	Natatorium
16752 - Scuba Diving	6:00-10:00PM	10/12/2015 to 11/16/2015 (M)	\$493.90	Natatorium
16723 - Tae Kwon Do	5:00-6:00PM	8/25/2015 to 12/10/2015 (T/Th)	\$417.80	Sun Yi
16934 - Women's Self Defense	1:00-4:00PM	9/13/2015 to 10/3/2015 (Sat/Sun)	\$337.90	Ahearn 301
16944 - Women's Self Defense	1:00-4:00PM	10/4/2015 to 10/25/2015 (Sat/Sun)	\$337.90	Ahearn 301

RRES 200 (continued)

16935 - Women's Self Defense	1:00-4:00PM	11/1/2015 to 11/15/2015 (Sat/Sun)	\$337.90	Ahearn 301
16820 - Fund. of Canoeing	1:00-4:30PM/8:30-4:00	10/3/2015 and 10/4/2015 (Sat/Sun)	\$439.80	UFM
16998 - Backcountry Skills	Varies	11/18/2015, 11/21, 11/22 (Sat/Sun)	\$417.80	UFM
16999 - Backcountry Skills	Varies	10/7/2015, 10/10, 10/11 (Sat/Sun)	\$417.80	UFM
17514 - Backcountry Experience	Varies	10/23, 10/30 and 11/1/2015 (F/Sun)	\$417.80	UFM

Addresses:

Ahearn 301 and 304, Ahearn Complex, 3rd floor, Gymnasium door entry, College Heights Rd

Body First Wellness & Recreation Center, 3615 Claflin Rd

Durland Hall, KSU, Room 1061

K-State Peters Rec Complex

K.O. Boxing, 2048 Tuttle Creek Blvd. - (In the basement under Shelter Insurance)

Natorium, K-State pools in Ahearn Complex, KSU

Pro Fitness, 1125 Laramie St, Lower Level

Sun Yi's Academy, 1650 Hayes Drive

Wamego Country Club Golf Course, 1900 Country Club Drive, Wamego, KS

UFM Building, 1221 Thurston Street

Union Bowling Alley, Union Student Center, KSU

evening college

on-campus classes offered after hours

ON CAMPUS ONLINE
ON TRACK
to your degree

intersession

on-campus and online classes between terms

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

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

Elsa Toburen, bachelor's student

flexible classes you can complete from anywhere

online

KANSAS STATE
UNIVERSITY

ontrack.k-state.edu

ENROLL TODAY!

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

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

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

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

Class registration confirmations will be sent via email.



UFM REGISTRATION FORM

1221 Thurston St | Manhattan KS 66502

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



Student Name _____ Address _____ City _____ State _____ Zip _____

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

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

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

Course Code	Session	Course Name	Fee \$
Example: 15CFF134	A	Coffee Brewing Basics	15.00

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.