

# Fall 2016 UFM Community Learning Center



[www.tryufm.org](http://www.tryufm.org) • 785.539.8763 • [info@tryufm.org](mailto:info@tryufm.org)

OR CURRENT RESIDENT

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*Scan here to visit our  
mobile registration site*

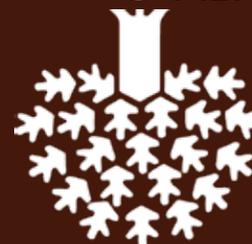


Catalog

UFM

Fall 2016

UFM Community Learning Center  
1221 Thurston St  
Manhattan, KS 66502



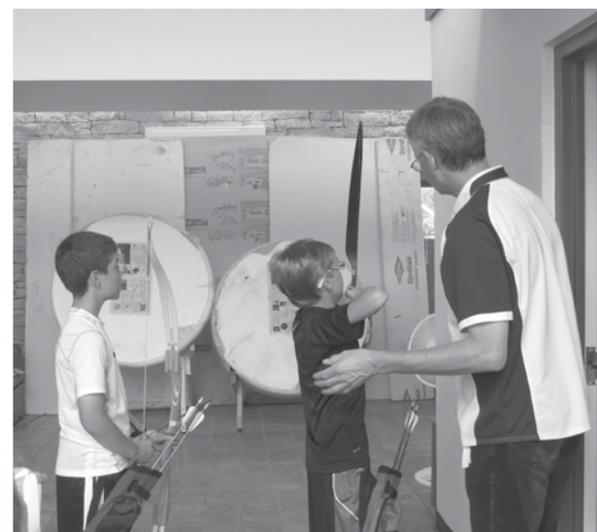
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**COMMUNITY**  
IN EDUCATION!

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# 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 2016 INSTRUCTORS

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

Voices For All, LLC	Randi Dale	Julie Head	Debbie Newton	Linda Teener
Michelle Aramouni	Bill Dorsett	Palma Holden	Fred Newton	Jana Thomas
Carol Barta	Pat Embers	Dave Hoover	Hyung Hwa 'Rick Oh	Abby Thrash
Scott Bean	Isaac Falcon	Confucius Institute	Felisa Osburn	Elsa Toburen
Lorissa Belcher	Ana Franklin	Candy Johansen	Gail Parsons	MHK Trolley
Rachel Benjamin	Jeff Freeborn	Kyoshi Pamela Johansen	Melinda Pickering	Kelly VanCleave
Steven Blaine	Jill Frese	Milo Kelley	Art Rathbun	Kellie Weeks
Betsy Blaser (Blazer)	R. Todd Gabbard	Tom Korte	Kelly Reed-Harkness	Thomas Weeks
Tom Boley	Susanne Glymour	Aimee Kraus	Ruth Rosenblatt	Paul Weidhaas
Dan Boyle	Leslie Graves	Toni Kroll	Mandy Ryan	Amy (Nashid) Werner
Henry Brown	Mary Hammel	Brian Lorenz	Carmen Schober	Dan Wilcox
Patricia Cassinelli	Megan Hartford	Clint McAllister	David Seamon	Jon Wilson
Charles Copeland	Kathryn Harth	David Moore	Ryan Semmel	Stan Wilson

## 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 \$65.00 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/fall2016/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/fall2016/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](mailto: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 | **MORGAN SHETLER**

Student Assistant | **SHELBY MORGAN**

Lou Douglas Lecture Coordinator | **OLIVIA COLLINS**

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S. Lee Taylor

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Marcia Hornung

Lucas Shivers

Andrea Blair

# AQUATICS

## LEARN TO SWIM CLASSES

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

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

**LOCATION: KSU Natatorium - Ahearn Complex on Denison Avenue**

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

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

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

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

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

## Parent and Child Aquatics (6 mos-3 yrs)

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

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

Monday 6:00 PM to 6:30 PM  
16CAQPA1 Sept. 12 to Oct. 10  
16CAQPA2 Oct. 17 to Nov. 28  
\*(No class 10/31, 11/21)

Thursday 6:00 PM to 6:30 PM  
16CAQPD1 Sept. 15 to Oct. 13  
16CAQPD2 Oct. 20 to Nov. 17

Saturday 9:30 AM to 10:00 AM  
16CAQPE1 Sept. 17 to Oct. 15



**Thanks to Konza Rotary  
UFM has scholarships available  
for swim lessons. Contact  
UFM for more information and  
application at [info@tryufm.org](mailto: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](http://www.tryufm.org).

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

Tuesday 6:00 PM to 6:30 PM  
16CAQTB1 Sept. 13 to Oct. 11  
16CAQTB2 Oct. 18 to Nov. 15

Wednesday 6:00 PM to 6:30 PM  
16CAQTC1 Sept. 14 to Oct. 12  
16CAQTC2 Oct. 19 to Nov. 16

Saturday 10:10 AM to 10:40 AM  
16CAQTE1 Sept. 17 to Oct. 15

## BEGINNING & ENDING DATES:

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

Session A: Monday, Sept. 12 to Nov. 28  
(No class 10/31, 11/21)

Session B: Tuesday, Sept. 13 to Nov. 15

Session C: Wednesday, Sept. 14 to Nov. 16

Session D: Thursday, Sept. 15 to Nov. 17

## 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](http://www.tryufm.org). Fee: \$57.00 per session (10 lessons/40 min)

16CAQ01A Monday 6:45 PM to 7:25 PM  
16CAQ01AA Monday 6:00 PM to 6:40 PM  
16CAQ01B Tuesday 6:45 PM to 7:25 PM  
16CAQ01C Wednesday 6:45 PM to 7:25 PM  
16CAQ01D 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](http://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](http://www.tryufm.org).

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

16CAQ02A	Monday	6:45 PM to 7:25 PM
16CAQ02B	Tuesday	6:45 PM to 7:25 PM
16CAQ02BB	Tuesday	6:00 PM to 6:40 PM
16CAQ02C	Wednesday	6:45 PM to 7:25 PM
16CAQ02D	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](http://www.tryufm.org).

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

16CAQ03A	Monday	6:45 PM to 7:25 PM
16CAQ03B	Tuesday	6:45 PM to 7:25 PM
16CAQ03C	Wednesday	6:45 PM to 7:25 PM
16CAQ03CC	Wednesday	6:00 PM to 6:40 PM
16CAQ03D	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](http://www.tryufm.org).

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

16CAQ04A	Monday	6:45 PM to 7:25 PM
16CAQ04B	Tuesday	6:45 PM to 7:25 PM
16CAQ04C	Wednesday	6:45 PM to 7:25 PM
16CAQ04D	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](http://www.tryufm.org), non-credit course descriptions.

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

16CAQ05A	Monday	6:45 PM to 7:25 PM
16CAQ05C	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](http://www.tryufm.org), non-credit course descriptions.

Fee: \$57.00 per session (10 lessons)

16CAQ06A	Monday	6:45 PM to 7:25 PM
16CAQ06C	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)

16CAQ22A	Monday	6:00 PM to 6:40 PM
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## Private Swim Lessons 16CAQ103

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. 12 to Oct. 10
Session A2:	Monday	Oct. 17 to Nov. 28
(No class 10/31, 11/21)		

Session B1:	Tuesday	Sept. 13 to Oct. 11
Session B2:	Tuesday	Oct. 18 to Nov. 15

Session C1:	Wednesday	Sept. 14 to Oct. 12
Session C2:	Wednesday	Oct. 19 to Nov. 16

Session D1:	Thursday	Sept. 15 to Oct. 13
Session D2:	Thursday	Oct. 20 to Nov. 17

Session E1:	Saturday	Sept. 17 to Oct. 15
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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)

16CAQLSA	Monday	6:00 PM to 7:25 PM
16CAQLSB	Tuesday	6:00 PM to 7:25 PM
16CAQLSC	Wednesday	6:00 PM to 7:25 PM
16CAQLSD	Thursday	6:00 PM to 7:25 PM
16CAQLSE	M, Tu, Wed, Th	6:40 PM to 7:25 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)

16CAQLPA	Monday	6:00 PM to 7:25 PM
16CAQLPB	Tuesday	6:00 PM to 7:25 PM
16CAQLPC	Wednesday	6:00 PM to 7:25 PM
16CAQLPD	Thursday	6:00 PM to 7:25 PM

## Open Swim Appreciation 16CAQ31A

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: 10/16/2016 (Su)  
 Time: 5:00 PM to 7:00 PM  
 Fee: No charge  
 Location: Natatorium, KSU Campus

## Sunday Family Swim 16CAQ32

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: 9/25/2016 to 10/16/2016 (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 16CAQSHD

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: 08/22/2016 to 12/08/2016 (M-TH)  
 (No class 9/5, 11/21-11/24)  
 Time: 6:40 PM to 7:25 PM  
 Fee: \$24 for 8 classes  
 \$36 for 16 classes  
 \$48 for 24 classes  
 \$56 for 32 classes  
 \$72 for 48 classes  
 Location: Natatorium, K-State Campus

## Scuba Diving 16CAQ105AZ

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

Date: 08/22/2016 to 10/03/2016 (M)  
 Time: 6:00 PM to 10:00 PM  
 Fee: \$257.00  
 Location: Natatorium, K-State campus

## Scuba Diving 16CAQ105BZ

Instructors: Jeff Freeborn  
 Date: 10/10/2016 to 11/14/2016 (M)  
 Time: 6:00 PM to 10:00 PM  
 Fee: \$257.00  
 Location: Natatorium, K-State campus



# CAREER & FINANCE

## Creating Digital Collages and Scrapbooks with iPad <sup>NEW!</sup> 16CFC157

The iPad is a wonderful creativity tool! In this session we will explore apps for working with your photos and creating digital scrapbooks and collages to share with your family and friends. Bring your own iPad (with plenty of photos!) or use one provided by the Wamego Technology Center.

Instructor: Mary Hammel,  
mhammel@ksu.edu

Date: 09/20/2016 (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.

## My Kids Are on Social Media... Now What? 16CFC147A

Social media has become a staple in American youth culture. Whether texting on cell phones or spending time on sites and apps like Instagram, Snapchat and YouTube, today's kids are engaging in social media at an ever-increasing rate. This class helps parents of pre-teens and teens better understand what social media sites their children are using and how to make social media part of an on-going family discussion.

Instructor: Jana Thomas,  
jana@strictlysosocialmedia.com

Date: 09/13/2016 (T)  
Time: 6:00 PM to 8:00 PM  
Fee: \$19.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## My Kids Are on Social Media... Now What? 16CFC147B

Instructor: Jana Thomas,  
jana@strictlysosocialmedia.com

Date: 09/27/2016 (T)  
Time: 6:00 PM to 8:00 PM  
Fee: \$19.00  
Location: Wamego Technology Center  
Wamego High School, Room 204  
801 Lincoln Street, Wamego



## Social Media Bootcamp 16CFC148A

Are you tasked with managing social media on a daily basis for a company or brand? This 3-hour social media bootcamp takes an in-depth look at each of the most widely used social platforms and the strategy, content and tools necessary to be effective. Also learn how to grow your social media community through promotions, the latest paid advertising options and integrating social media with your other marketing efforts to maximize results. Participants can expect to learn: how to create a social media strategy; how to choose the right social media platforms for your business; how to create content that engages through images, video and promotions; how to keep content planned, organized and executed effectively; knowledge of free and paid monitoring and scheduling tools; an introduction to social media paid advertising; how to measure social media activity and report on results.

Instructor: Jana Thomas,  
jana@strictlysosocialmedia.com

Date: 10/04/2016 (T)  
Time: 5:00 PM to 8:00 PM  
Fee: \$90.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Social Media Bootcamp 16CFC148B

Instructor: Jana Thomas,  
jana@strictlysosocialmedia.com

Date: 10/11/2016 (T)  
Time: 5:00 PM to 8:00 PM  
Fee: \$90.00  
Location: Wamego Technology Center  
Wamego High School, Room 204  
801 Lincoln Street, Wamego

## Financial Literacy: The Talk About Money 16CFC156

While being rich may not be possible for many of us, becoming wealthy is possible for all of us. This class will explain why being wealthy is preferred to being rich and explores why many of us fail to see or understand how wealth is created. It will introduce the market of money and how everyone whether bobbing around the poverty line or well inside the middle class, has the ability to create and build wealth. Highlights include how money comes to us, how we use that money, and how that money can create wealth. It also provides insight into the emotional connections to money and why that adds road blocks to wealth creation. Teens, young adults, parents, and anyone interested in wealth should join this class. Participants are encouraged to share ideas.

Instructor: Milo Kelley

Date: 08/25/2016 to 09/15/2016 (Th)  
Time: 6:30 PM to 8:00 PM  
Fee: \$18.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

## MillionTo1 Life Planning <sup>NEW!</sup> 16CPI160A

Don't wait until January to start setting goals! Start chasing your dreams now, and get all the help you need to go the distance. Carmen - a teacher and mentor at K-State - will provide the tools and accountability necessary to go after what you want and get it. Drawing on her research of successful go-getters and goal-getting strategies, she's created a detailed, easy-to-use workbook\*, weekly lessons to facilitate creativity and action steps, and built-in community to spur you on. Not sure what you want to pursue? No worries - the course will address that too! You'll leave more sure of who you are, what you want, and how to get it. \*Total cost includes workbook.

Instructor: Carmen Schober

Date: 08/25/2016 to 09/15/2016 (Th)  
Time: 7:00 PM to 8:30 PM  
Fee: \$63.00 - includes materials  
Location: Manhattan Public Library -  
Friends Meeting Room

## MillionTo1 Life Planning 16CPI160B

Instructor: Carmen Schober

Date: 10/06/2016 to 10/27/2016 (Th)  
Time: 7:00 PM to 8:30 PM  
Fee: \$63.00 - includes materials  
Location: TBD

# CREATIVE FREE TIME



**NEW!**

## Mosaics

**16CCF253**

Learn the basics of mosaic art! In the first class, participants will design their mosaic using precut CDs. The design process starts with sketching the design on paper. The class will begin with a demonstration on how to prep and cut the CD for the best results. Participants will be given the opportunity to try to cut their own CD, but there will be precut pieces for them to use on their project. If the design work is not finished they can bring it home to work on. In the second class they will grout their project and work on polishing. Ages 8+. Great class for parents and kids or grandparents and kids. Fee includes all materials. Participants will be sent an email before the class with some design ideas to help start the thinking process about their individual project. Instructor: Gail Parsons

Date: 09/17/2016 to 09/24/2016 (Sa)  
 Time: 10:00 AM to 11:30 AM  
 Fee: \$39.00  
 Location: UFM Solar Addition  
 1221 Thurston St.



## Broomstick Lace

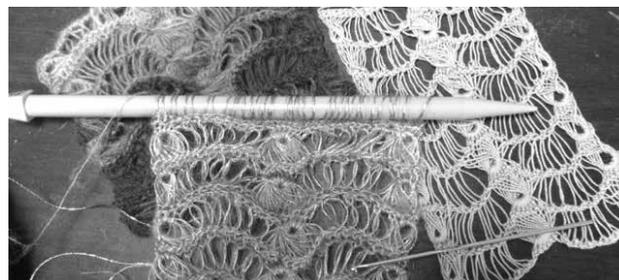
**16CCF234**

Take your crochet projects beyond the basics! Learn broomstick lace while making an infinity scarf. Broomstick lace is a skill that uses a crochet hook and a large knitting needle that can extend to the size of a broomstick. The number and size of loops creates an open, lace-like fabric. The technique can be used for scarves, sweaters, vests, hats or can be incorporated into traditional crochet to create lace inserts. Participants need to be comfortable with the basic crochet skills of chain, single and double crochet. Bring a size I crochet hook. The yarn and "broomstick" are included in the class fee. (Class fee of \$31 includes most materials.)

Instructor: Linda Teener

Date: 10/13/2016 to 10/20/2016 (Th)  
 Time: 5:30 PM to 7:00 PM  
 Fee: Class fee + materials \$31.00  
 Location: UFM 1221 Thurston St.

Linda taught herself to crochet in college. She has experimented with traditional and 3D crochet, Tunisian crochet and broomstick lace. Linda has been sewing since she was six years old. She enjoys sewing everything from garments to home decor and quilting projects.



## Paper Mache

**NEW!**

**16CCF254**

Get your hands dirty with this fun class and go home with a new pet. In the first class we will build the frame for our project, using mostly recycled materials. If time permits, we can start applying the Paper Mache. In the second class we'll finish the layering process having applied several layers of Paper Mache. In the final class we will paint our finished pieces. Ages 10+. Great class for parents and kids or grandparents and kids to take together. Class fee includes all materials. Instructor: Gail Parsons

Date: 10/15/2016 to 10/29/2016 (Sa)  
 Time: 10:00 AM to 11:30 AM  
 Fee: \$54.00 - includes materials  
 Location: UFM Solar Addition  
 1221 Thurston St.



## Crocheted Plastic Tote Bags

**16CCF247**

Instructions will be given and practice time provided to learn to make tote bags from other plastic bags. The bags can be made in any size, and in solid colors or patterns of color. They are sturdy and practical, and always get compliments. Save up and bring plastic bags from stores, bread sacks, newspaper bags, or any plastic that is soft (not crackly). You'll also need a size K crochet hook and a sharp pair of scissors. Basic crocheting skills are required. Ages 13+.

Class dates - meets every other Tuesday:

- \* 10/04
- \* 10/18
- \* 11/01

Instructor: Julie Head

Date: 10/04/2016 to 11/01/2016 (T)  
 (Class meets every other Tuesday:  
 10/04, 10/18 and 11/01)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$16.00  
 Location: UFM Fireplace Room  
 1221 Thurston St.

Julie has been crocheting since early grade school, which was long, long ago. After many projects made by crocheting with yarn, she decided to make use of plastic bags instead of just recycling them. With a bit of basic information, she was able to make tote bags that she uses for groceries and other shopping. She would like to help others learn the skill.

## CREATIVE FREE TIME

### Introduction to Digital Photography: The Basics 16CCF190

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

Class dates: Wednesdays, 7-9pm, September 21st, 28th, October 5th and 12th

Saturday: a few hours before sunset, September 24th, October 1st and 8th

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

Date: 09/21/2016 to 10/12/2016 (W/Sa)  
Time: 7:00 PM to 9:00 PM  
Fee: \$68.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

Scott Bean  
Photography

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

### Introduction to Photography: Focus on Composition and Field Techniques 16CCF250

NEW!

Focus on composition and the idea of creating a photograph, primarily nature and landscape scenes. The class will consist of a discussion session at UFM (~1 hour) followed by an outing in area parks or other locations to practice nature and landscape field techniques and composing photos. The discussion session on the first class will review some ideas and thoughts on composition. The remaining 2 sessions will be used to discuss results from the previous outing. This class will be geared to people already familiar with the basic concepts of photography such as f-stop, shutter speed, and ISO and how to set these on a camera. Basic camera control will not be covered in the class. Participants will be responsible for their own transportation to the field portion of the class.

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

Date: 10/22/2016 to 11/05/2016 (Sa)  
Time: 4:00 PM to 7:00 PM  
Fee: \$51.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### Introduction to Photographing the Night Sky 16CCF251

NEW!

Get started photographing the night sky. The main emphasis will be on photographing the Milky Way but will also cover photographing constellations and creating star trails. Topics that will be covered will include the basics of long exposures, setting your camera, locating the Milky Way, locating dark skies as well as an overview of editing night sky photographs. Students should have a basic understanding of photographing and how to set the f-stop, shutter speed, and ISO of their camera.

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

Date: 11/16/2016 (W)  
Time: 7:00 PM to 9:00 PM  
Fee: \$32.00  
Location: TBD

Scott Bean has been enjoying the hobby of nature photography for several years. Photography is a wonderful way to enjoy the beauty of nature. Each photograph represents a unique view of our world. Scott would like the chance to help others get started in this wonderful hobby. His goal is to help you avoid some of the common mistakes he experienced as a beginning photographer and help you get the most out of your camera and avoid being frustrated.

### A Closer Look: Portrait Photography 16CCF255

NEW!

This class will build on the basic photography class and take a closer look at how to take great portraits. To get the most from this class, participants should have a digital camera that they can set the f-stop and shutter speeds on. Topics covered will be: choosing a subject and preparing them for the shoot, composition and posing, lighting which includes both studio, window light and on location lighting (though this class deals specifically with on location lighting). We will discuss studio lighting briefly. We will talk about and practice traditional portraits, environmental portraits, candid portraits, glamour portraits, and lifestyle portraits and practice shooting each one. We will also briefly look at sport photography and how to get that perfect shot of your child as he/ she participates in their favorite sport. The participants will be given specific assignments to shoot and we will spend classroom time looking at and discussing the portraits. This class will include 4 classroom meetings (Thurs) and 3 optional field trips (Saturdays). The field trips will be used to practice techniques together that we learn about shooting great portraits. We will discuss exact times for the Saturday field trips at the first class. Participants will be responsible for their own transportation to the field trips.

Instructor: Candy Johansen,  
candysphotos@gmail.com

Date: 10/06/2016 to 10/27/2016 (Th/Sa)  
Time: 7:00 PM to 9:00 PM \*See description  
Fee: \$68.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### Introduction to Adobe Lightroom 16CCF140

Learn basic skills to use 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: 11/29/2016 to 12/08/2016 (T/Th)  
Time: 7:00 PM to 9:00 PM  
Fee: \$56.00  
Location: UFM Computer Lab &  
Conference Room  
1221 Thurston St., 2nd floor

**Playing Blues Harmonica 16CCF249**

This is a beginner's class on the blues harmonica or harp. The sessions will provide an introduction to the harmonica, from the basics (how to hold, playing notes, techniques) to playing in the blues style (bending notes, warbles, and tone), as well as learning some simple tunes. The class will also learn about some of the key blues harp musicians in history. It is not necessary that learners have any musical knowledge or background for this class. \*Learners are expected to bring their own harmonica in the key of A to the class. Harmonicas can be purchased locally at Glenn's Music or Rick's Music Shop, or online at [www.musiciansfriend.com](http://www.musiciansfriend.com). Please make sure that your harmonica is a decent, instrument quality harmonica. These will likely cost in the \$30-\$40 range. Cheaper instruments will not allow you to play effectively.

Instructor: Brian Niehoff, (785) 770-7532  
niehoff@ksu.edu

Date: 09/22/2016 to 10/20/2016 (Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$19.00  
Location: UFM Banquet Room  
1221 Thurston St.

**Sax, Clarinet, Flute Private Instruction 16CCF232**

This class is designed for individual instruction. Whether you are a beginner or have experience you will learn techniques to get your level of performance improved. Each student is responsible for their own instrument, mouthpiece, reeds and music. Please call Betsy Blazer at (785) 406-0172 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 Blaser (Blazer), (785) 406-0172

Date: See description  
Time: TBD  
Fee: 4 classes \$64.00  
8 classes \$128.00  
12 classes \$192.00  
16 classes \$256.00  
Location: UFM 1221 Thurston St.

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

**Piano I 16CCF35AZ**

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: 08/23/2016 to 10/11/2016 (T/Th)  
Time: 9:20 AM to 10:20 AM  
Fee: \$136.00  
Location: K-State McCain Auditorium  
Room 127

**Piano I 16CCF35BZ**

Instructor: Melinda Pickering

Date: 10/13/2016 to 12/08/2016 (Th/T)  
(No class 11/22, 11/24)  
Time: 9:20 AM to 10:20 AM  
Fee: \$136.00  
Location: K-State McCain Auditorium  
Room 127



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**Manhattan Arts Center**

**Musical: Sweeney Todd** Sept 30-Oct 2, Oct 7-9 & 14-16  
Book by Hugh Wheeler, Music & Lyrics by Stephen Sondheim  
Directed by Penny Cullers  
Auditions: August 8 & 9, 7-9pm

**Drama: Painting Churches** Dec 2-4 & Dec 9-11  
Written by Tina Howe  
Directed by Brent Sigman  
Auditions: October 9 & 10, 7-9pm

**Youth: Disney's Alice in Wonderland Jr.** Nov 18 & 19  
Kids in grades 3-8: enroll online at [www.manhattanarts.org](http://www.manhattanarts.org)

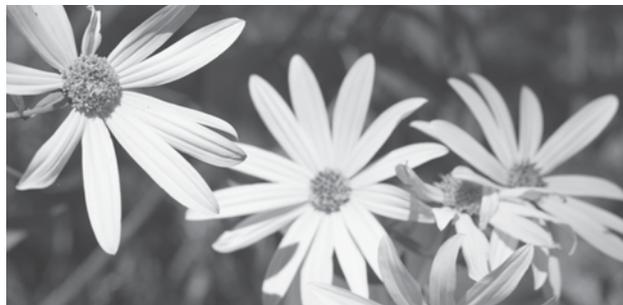
**Theatre Season Sponsor: CivicPlus**  
Theatre Visionary: Sandy Chastan

**Birdhouse Music**  
Front Country Oct 28, 2016 at 7:30pm  
Rob Ickes & Trey Hensley Nov 4, 2016 at 7:30pm  
Smokey & The Mirror Dec 16, 2016 at 7:30pm

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1520 Poyntz Ave, Manhattan, KS 785-537-4420 [www.manhattanarts.org](http://www.manhattanarts.org)

# EARTH & NATURE



**NEW!**

**Introduction to Permaculture 16CEN137**  
Learn how we can create consciously designed landscapes which mimic the patterns and relationships found in nature, yielding an abundance of food, fiber and energy for provision of local needs. Discover how the twelve principles of permaculture design can contribute to a sustainable future.  
Instructor: Carol Barta, (785) 410-8608

Date: 09/11/2016 (Su)  
Time: 6:00 PM to 8:00 PM  
Fee: No Charge  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**In the Zones:  
Designing with Permaculture 16CEN130**  
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: 10/09/2016 (Su)  
Time: 6:00 PM to 8:00 PM  
Fee: No Charge  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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

**Permaculture Guilds** **NEW!** **16CEN138**

Permaculture is based on natural systems like those that we see in forests. In a forest system, there are multiple layers of vegetation growing together in a very diverse setting. We see many types of trees, shrubs, plants, insects, animals, and various other things all living together in a system that continually strengthens itself. All of these components of a natural ecosystem serve a function (or several functions) that support each other like the strands of a web. In this class we will explore how using guilds in your yard and garden can increase productivity.  
Instructor: Carol Barta, (785) 410-8608

Date: 11/06/2016 (Su)  
Time: 6:00 PM to 8:00 PM  
Fee: No Charge  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**Time to Dig Deep Roots:  
A Fall Play with 10 Live Roots & Rhizomes** **NEW!** **16CEN141**

Fall is when plants begin preparing for their winter dormancy, and we dig them up for their plump vital roots. Come join us as we touch, smell, taste and learn how we can best make use of these health-promoting agents for our better wellbeing. Among the live roots presented will be: Angelica, Ashwagandha, Astragalus, Echinacea, Elecampane, Iris, Marshmallow and Valerian. Participants will leave with samples of fresh roots and related handouts.  
Instructor: Ruth Rosenblatt

Date: 10/29/2016 (Sa)  
Time: 2:00 PM to 4:00 PM  
Fee: \$7.00 - Materials Included  
Location: UFM Solar Addition  
1221 Thurston St. Solar

Ruth Rosenblatt, MH, was educated in Israel and England and had practiced and taught Herbal Medicine in Jerusalem for 15 years before moving to this country.



**Attached Solar Greenhouses:  
Design for Plants & Warmth 16CEN21**

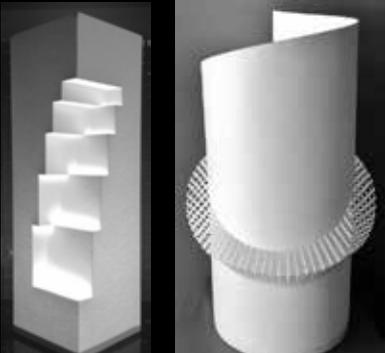
Whether you want winter salad greens, house plants or heat for adjoining rooms, sunrooms are certain to add light and enjoyment to your home. Attached sunrooms are some of the most popular and successful uses of solar energy. There are many choices for storing heat into the night, single or multi-story greenhouses; and many alternatives to glass. Some are as simple as electrical conduit and polyfilm, or elaborate indoor home additions. With slides, we will discuss examples of sunrooms built here in Manhattan and talk of the various design considerations for both growing plants and exporting warmth. Bring your blueprints. Bill will be happy to discuss your particular home and plans. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. [www.fhrec.org](http://www.fhrec.org). Bill has been designing and building sunrooms in Manhattan since 1981.

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

Date: 09/10/2016 (Sa)  
Time: 9:00 AM to 12 N  
Fee: No Charge  
Location: UFM Solar Addition  
1221 Thurston St.




**Strecker-Nelson Gallery**  
has these fine art cotton rag  
**PAPER LAMPS**  
by Jan Joosten  
the glow may be had for \$125-150  
**406 Poyntz Ave. 785-537-2099**






## Solar Electric Installation, Nuts and Bolts

**NEW!**

**16CEN142**

Today we don't need to convince people that solar electricity is cost effective and relatively easy. So in this class, we're not going into the WHY do it questions. We cutting right to the "HOW to do it." We'll start with determining the number of panels that can fit on a suitable roof; fill in the steps of anchoring the rails and panels on your roof, and finish with applying for your income tax credit. Come with your questions and if we have enough time, we can take an attendee's address through to a site plan. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. [www.fhreec.org](http://www.fhreec.org)  
Instructor: Bill Dorsett, (785) 539-1956  
[wmdorsett@sbcglobal.net](mailto:wmdorsett@sbcglobal.net)

Date: 10/01/2016 (Sa)  
Time: 9:00 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.

## Wildflower Walk at Tuttle Creek Lake

**16CEN69**

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 D: (785) 539-8511

Date: 09/10/2016 (Sa)  
Time: 10:00 AM to 12 N  
Fee: No Charge  
Location: Tuttle Creek Lake Visitor Center  
5020 Tuttle Creek Blvd

**NEW!**

## Bicycle Brake System Basics

**16CEN139**

STOP! That's what you will do better with your bicycle after this class. Learn how to trouble shoot and problem solve the bicycle brake system.

Instructor: Clint McAllister, (785) 537-3737

[brewbroshs@gmail.com](mailto:brewbroshs@gmail.com)

Date: 10/23/2016 (Su)  
Time: 5:00 PM to 8:00 PM  
Fee: \$35.00  
Location: Brew Bros Hops & Sprockets  
1110 Laramie Street  
Manhattan, KS 66502

**NEW!**

## Bicycle Drivetrain Basics

**16CEN140**

Wonder where that odd click-ey noise is coming from when you pedal? Have you tried to climb a steep hill only to fail when your gear selector refuses to cooperate? What's that thing that changes the gears called? A doolerator? After this class, all of those questions will be answered and solutions to your problems will offered. Learn how to trouble shoot and problem solve the bicycle drivetrain and its components.

Instructor: Clint McAllister, (785) 537-3737

[brewbroshs@gmail.com](mailto:brewbroshs@gmail.com)

Date: 10/09/2016 (Su)  
Time: 5:00 PM to 8:00 PM  
Fee: \$35.00  
Location: Brew Bros Hops & Sprockets  
1110 Laramie Street  
Manhattan, KS 66502

## Intro to Geocaching

**16CEN103A**

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

Instructor: Ryan Semmel,  
[flintheillsgeocaching@gmail.com](mailto:flintheillsgeocaching@gmail.com)

Date: 09/10/2016 (Sa)  
Time: 1:00 PM to 4:00 PM  
Fee: \$5.00 - Class fee - Family  
\$2.00 - Class fee - Individual  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Intro to Geocaching

**16CEN103B**

Instructor: Ryan Semmel,  
[flintheillsgeocaching@gmail.com](mailto:flintheillsgeocaching@gmail.com)

Date: 10/16/2016 (Su)  
Time: 1:00 PM to 4:00 PM  
Fee: \$5.00 - Class fee - Family  
\$2.00 - Class fee - Individual  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Manhattan Community Gardens

### 2017 Garden sign-ups

Visit [www.tryufm.org/community\\_garden.htm](http://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!

# FUN FOODS



## Sushi Rolling

**16CFF129**

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

This class will cover the following:

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

Instructor: Hyung Hwa 'Rick Oh

Date: 08/30/2016 (T)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$35.00  
 Location: Box Lab Kitchen  
 407 Poyntz Avenue



## Make Your Own Baby Food **16CFF138A**

This class will demystify the process of making and storing your own baby food and will help stay-at-home and working moms alike feel confident in making their own food for their babies. Topics covered include simple supplies needed and the benefits, both nutritionally and economically, of making your own baby food. We will look at examples of food combinations and additional resources that you can consult on your own that have been helpful to the instructor. Finally, we will talk about how to introduce solid food to your baby and tips for getting your baby to eat a variety of foods. (In order for this to be a free class, there won't any hand outs, but there will be a PowerPoint from which you can take notes, so please bring some paper and a writing utensil).

Instructor: Megan Hartford, m.hartford@hotmail.com

Date: 09/12/2016 (M)  
 Time: 7:00 PM to 8:30 PM  
 Fee: No Charge  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

## In Memoriam



Rusty Andrews passed away on May 9, 2016 after a one-year battle with cancer. Rusty shared his passion of entertaining and cocktail mixing with friends, family and UFM patrons, always with his beloved wife Jenne by his side. His martinis were second to none. Rusty will be remembered at UFM as Master of Mixology. We raise our glasses in honor of his memory and his passion.

## Make Your Own Baby Food **16CFF138B**

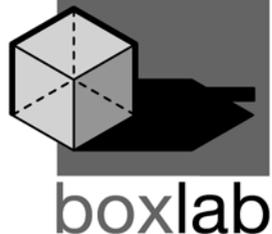
Instructor: Megan Hartford, m.hartford@hotmail.com

Date: 10/19/2016 (W)  
 Time: 5:30 PM to 7:00 PM  
 Fee: No Charge  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

## Make Your Own Baby Food **16CFF138C**

Instructor: Megan Hartford, m.hartford@hotmail.com

Date: 12/10/2016 (Sa)  
 Time: 10:30 AM to 12 N  
 Fee: No Charge  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor



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## FUN FOODS

**NEW!**  
**This Is How You Brew It! 16CFF139A**  
 This class will de-mystify the beer brewing process. Learn how to make beer with malted barley extracts and discover the pleasant aromas of hops. Your life will never be the same. Must be 21 to participate. Instructor: Clint McAllister, (785) 537-3737  
 brewbroshs@gmail.com

Date: 10/02/2016 (Su)  
 Time: 5:00 PM to 8:00 PM  
 Fee: \$35.00  
 Location: Brew Bros Hops & Sprockets  
 1110 Laramie Street  
 Manhattan, KS 66502



**Barley, water, hops and yeast.**

**NEW!**  
**This Is How You Brew It! 16CFF139B**  
 Instructor: Clint McAllister, (785) 537-3737  
 brewbroshs@gmail.com

Date: 10/16/2016 (Su)  
 Time: 5:00 PM to 8:00 PM  
 Fee: \$35.00  
 Location: Brew Bros Hops & Sprockets  
 1110 Laramie Street  
 Manhattan, KS 66502



Full Instructor biographies  
 are available on our website  
[www.tryufm.org](http://www.tryufm.org) >  
 Noncredit > By Instructor >  
 Instructor name



**NEW!**  
**Cinnamon Roll Goodness 16CFF141**

Learn how to make the perfect, melt in your mouth cinnamon rolls! Rachel, owner of 4Cakes, will demonstrate how to prepare the dough, roll it out, add the perfect cinnamon spice, bake and then frost these yummy treats. Students will go home with baked cinnamon rolls and their own dough to roll out and bake. Just in time for the crisp, cool weather of fall!

Instructor: Rachel Benjamin

Date: 10/16/2016 (Sun)  
 Time: 1:00 PM to 3:30 PM  
 Fee: \$39.00  
 Location: 4Cakes  
 121 S. 4th Street Suite 108  
 Manhattan, KS 66502

**NEW!**  
**Slice of Deliciousness 16CFF140**

Bring your favorite pie plate from home to create your own delicious pie! Rachel, owner of 4Cakes, will teach you how to make the perfect pie crust, including the art of a double pie crust. Learn to create a tasty fruit or meringue cream pie and take home your own slice of deliciousness! Fee covers all ingredients and students will take home a whole pie in their own pie plate, as well as recipes.

Instructor: Rachel Benjamin

Date: 11/20/2016 (Sun)  
 Time: 1:00 PM to 3:30 PM  
 Fee: \$39.00  
 Location: 4Cakes  
 121 S. 4th Street Suite 108  
 Manhattan, KS 66502

**NEW!**  
**Holiday Sweets 16CFF142**

Holiday candy and cookie baking can be such a fun tradition. Sharing the results will quickly become a tradition, too! Rachel, owner of 4Cakes, will teach the basics of candy making, how to assemble, test and even store the finished products. We will also learn about baking a variety of cookies that would be perfect for a beautiful assorted tray for gift giving. Come join us, just in time for the Holidays and gift giving. All students will leave with recipes to create on their own and samplings of the day's creations!  
 Instructor: Rachel Benjamin

Date: 12/04/2016 (Sun)  
 Time: 1:00 PM to 3:30 PM  
 Fee: \$39.00  
 Location: 4Cakes  
 121 S. 4th Street Suite 108  
 Manhattan, KS 66502

Rachel Benjamin grew up baking with her mom and grandma and continues that tradition with her own children. Rachel believes that the tradition of passing down recipes keeps them (and all of us) linked from one generation to another. Rachel has been baking cakes and cupcakes for friends and family for over 20 years. Now, she owns and operates 4Cakes in Downtown Manhattan.

**NEW!**  
**Traditional Mediterranean Popular Food 16CFF143**

A full, casual dining experience. Features Falafel with Tahini sauce and assorted pickled vegetables, served on pita, as a main course. This will be complemented with a parsley-based salad, dressed with Extra Virgin olive oil, that is ubiquitous across the Levantine region. Of course, no Mediterranean meal is complete without a side of hummus – my unique spin on the dip that has been satisfying the appetites of my family and friends for years!  
 Instructor: Michelle Aramouni

Date: 09/13/2016 (T)  
 Time: 6:00 PM to 8:00 PM  
 Fee: \$29.00  
 Location: Box Lab Kitchen  
 407 Poyntz Avenue

Michelle Aramouni has been cooking authentic Mediterranean food for her family for years. She learned how to cook from her mother, who had five children to feed. Michelle was born and raised in Beirut, Lebanon and has lived in the United States for 30 years. She incorporates Greek influences from her mother's heritage into her cooking. She makes her meals from scratch and encourages healthy and clean eating, which can be accomplished with a Mediterranean diet.

# ONLINE LEARNING

## NEW Online Classes Being Offered by UFM!

**NEW!**

Learn something new today! UFM is partnering with Ed4Online to offer a variety of online classes. The classes listed here offer online, self-paced, open enrollment programs. These courses are available anytime, anywhere from any computer or mobile device with an internet connection. The courses incorporate a variety of learning methods to support you on your educational journey. We are offering these courses to expand and enhance the learning opportunities available to the Manhattan community and the surrounding area. Please let us know if there are other courses you would like to see added. Also, please give us feedback on the course content and delivery method. Email us at [info@tryufm.org](mailto:info@tryufm.org).

**Refund Policy:** There will be NO refunds issued once the online course is accessed in any manner or books have been ordered and shipped.

Enroll at [www.tryufm.org/onlineclasses](http://www.tryufm.org/onlineclasses)

### Online classes will be offered in the following areas:

- Accounting & Finance
- Computer Applications
- Business
- Personal Development
- Writing & Publishing
- Children, Adolescent & Family
- Customer Service
- Eldercare
- Mental Health & Psychology
- Spanish for various uses



### Blended Learning: First Aid/CPR/AED

**16CHW70A**

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: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com)

Date: 08/31/2016 (W)  
Time: 6:00 PM to 7:00 PM  
Fee: \$64.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### Blended Learning: First Aid/CPR/AED

**15CHW70B**

Instructor: Abby Thrash, [abbythrash@gmail.com](mailto:abbythrash@gmail.com)

Date: 08/31/2016 (W)  
Time: 7:00 PM to 8:00 PM  
Fee: \$64.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### Blended Learning: First Aid/CPR/AED

**15CHW70C**

Instructor: Kelly Reed-Harkness

Date: 10/08/2016 (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: Kelly Reed-Harkness

Date: 11/12/2016 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: \$64.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### A One on One

### Introduction to Voiceovers **16CCF129**

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"? 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 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 the class works. 18 and over. 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 08/22/16 and 12/18/16. Once registered, or for any questions concerning the course, please contact Voices For All at [info@voicesforall.com](mailto:info@voicesforall.com), or call 518-261-1664 or 518-261-1601. Instructor biographies can be found at [https://www.voicesforall.com/life/Home/Resources/1/0/VFA\\_Bios.pdf](https://www.voicesforall.com/life/Home/Resources/1/0/VFA_Bios.pdf).

Date: 08/22/2016 to 12/18/2016 (M)  
Time: 12 M to 12 N  
Fee: \$49.00  
Location: Online

# HEALTH & WELLNESS



## Women's Self Defense 16CHW118AZ

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

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

Date: 08/27/2016 to 09/10/2016 (Sa/Su)  
Time: 1:00 PM to 4:00 PM  
Fee: \$70.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

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

## Women's Self Defense 16CHW118BZ

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

Date: 09/11/2016 to 10/09/2016 (Su)  
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 16CHW118CZ

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

Date: 10/29/2016 to 11/13/2016 (Sa/Su)  
(No class 11/5)  
Time: 1:00 PM to 4:00 PM  
Fee: \$70.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Evening Yoga 16CHW88A

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: 09/12/2016 to 10/10/2016 (M)  
Time: 6:45 PM to 8:15 PM  
Fee: \$29.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Evening Yoga 16CHW88B

Instructor: Debbie Newton, dn72649@gmail.com

Date: 10/17/2016 to 11/21/2016 (M)  
(No class 10/31)  
Time: 6:45 PM to 8:15 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.

## Morning Yoga 16CHW89A

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: 09/17/2016 to 10/15/2016 (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 16CHW89B

Instructor: Debbie Newton, dn72649@gmail.com

Date: 10/22/2016 to 11/19/2016 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: \$29.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Restorative Yoga 16CHW140A

\*\* NEW LOCATION - Ground level entry \*\*

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: 09/18/2016 to 10/16/2016 (Su)  
Time: 6:30 PM to 7:30 PM  
Fee: \$29.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Restorative Yoga 16CHW140B

Instructor: Debbie Newton, dn72649@gmail.com

Date: 10/23/2016 to 11/20/2016 (Su)  
Time: 6:30 PM to 7:30 PM  
Fee: \$29.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Chair Yoga 16CHW156A

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: 09/13/2016 to 10/11/2016 (T)  
Time: 12:00 PM to 1:00 PM  
Fee: \$29.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Chair Yoga 16CHW156B

Instructor: Debbie Newton, dn72649@gmail.com

Date: 10/18/2016 to 11/15/2016 (T)  
Time: 12:00 PM to 1:00 PM  
Fee: \$29.00  
Location: UFM Solar Addition  
1221 Thurston St.

# HEALTH & WELLNESS

## Yoga 1

## 16CHW15AZ

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: 08/22/2016 to 10/12/2016 (M/W)  
(No class 9/5)

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. Her teaching is detail oriented with personal attention given to individual students. Ana says, "I am devoted to communicating the ancient wisdom of yoga in a way that everyone will understand and benefit from this healing tradition".

## Yoga 1

## 16CHW15BZ

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

Date: 08/22/2016 to 10/12/2016 (M/W)  
(No class 9/5)

Time: 4:20 PM to 5:20 PM

Fee: \$99.00

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

## Yoga 1

## 16CHW15CZ

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

Date: 08/22/2016 to 10/12/2016 (M/W)  
(No class 9/5)

Time: 5:30 PM to 6:30 PM

Fee: \$99.00

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

## Yoga 1

## 16CHW15DZ

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

Date: 10/17/2016 to 12/07/2016 (M/W)  
(No class 11/21, 11/23)

Time: 10:30 AM to 11:30 AM

Fee: \$99.00

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

## Yoga 1

## 16CHW15EZ

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

Date: 10/17/2016 to 12/07/2016 (M/W)  
(No class 11/21, 11/23)

Time: 4:20 PM to 5:20 PM

Fee: \$99.00

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

## Yoga 1

## 16CHW15FZ

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

Date: 10/17/2016 to 12/07/2016 (M/W)  
(No class 11/21, 11/23)

Time: 5:30 PM to 6:30 PM

Fee: \$99.00

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

## Yoga Work-In

**NEW!**

## 16CHW214A

Whether you're new to Yoga or have years of experience, this Work-In will have you feeling energized and inspired. Take a new look at Yoga. Learn some "inside information" to enhance the hear of your personal Yoga practice. This 2-hour class is for everyone. Those under 10 years of age should be accompanied by an adult. Please bring your own drinking water, do not eat a meal directly before class, and wear clothes that allow maximum movement and layers to remove or add on.

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

Date: 08/20/2016 (Sa)

Time: 3:00 PM to 5:00 PM

Fee: \$37.00

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



INTERESTED IN TEACHING A CLASS FOR UFM?  
SPRING 2017 SUBMISSION DEADLINE IS SEPTEMBER 30, 2016.  
FOR MORE INFORMATION EMAIL KAYLA@TRYUFM.ORG

# HEALTH & WELLNESS



**Yoga Work-In** **NEW!** **16CHW214B**  
 Instructor: Ana Franklin, (785) 537-8224  
 yogaconnection@gmail.com

Date: 09/17/2016 (Sa)  
 Time: 3:00 PM to 5:00 PM  
 Fee: \$37.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

**Yoga Work-In** **NEW!** **16CHW214C**  
 Instructor: Ana Franklin, (785) 537-8224  
 yogaconnection@gmail.com

Date: 10/15/2016 (Sa)  
 Time: 3:00 PM to 5:00 PM  
 Fee: \$37.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

Heart Space  
  
**yoga**  
 Ana Franklin  
 321 Poyntz Avenue  
 Suite A  
 Manhattan, KS 66505  
**785-341-9908**  
 www.yogaconnection.byregion.net

**Gentle Yoga for All** **16CHW99A**

The goal of this class is to provide students with a clear idea of how to practice yoga in a way that is most beneficial for each person's individual needs and abilities. Medical science has begun to understand the many benefits of daily yoga practice. Please attend class with an empty stomach, and wear comfortable clothes that do not restrict movement. You may bring your own mat or use one of ours. Class meets 6 times.  
 Instructor: Ana Franklin, (785) 537-8224  
 yogaconnection@gmail.com

Date: 08/23/2016 to 09/27/2016 (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** **16CHW99B**

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

Date: 10/04/2016 to 11/08/2016 (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** **16CHW99C**

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

Date: 11/15/2016 to 12/27/2016 (T)  
 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](http://www.tryufm.org)
- By phone @  
 785.539.8763
- Stop in and see us @  
 1221 Thurston St

**Lower Your Blood Pressure Naturally: Part A - Foods & Natural Supplements** **16CHW209**

Discover the foods, spices, mineral/vitamin supplements and essential oils/scents that can lower your blood pressure naturally. People's Grocery and UFM have collaborated to bring you this class  
 Instructor: Palma Holden, (785) 341-9072  
 palma@brightlifeconsulting.com

Date: 09/08/2016 (Th)  
 Time: 6:00 PM to 7:00 PM  
 Fee: No Charge  
 Location: UFM Solar Addition  
 1221 Thurston St.

**NEW!**

**Lower Your Blood Pressure Naturally: Part B - Relaxing the Body & Breath** **16CHW194**

Practice guided relaxation exercises and breathing techniques that can lower your blood pressure naturally -- without medication or invasive surgery. Although it's not necessary, feel free to bring your arm or wrist blood pressure monitor and test out the effects of these methods in real time.  
 Instructor: Palma Holden, (785) 341-9072  
 palma@brightlifeconsulting.com

Date: 10/05/2016 (W)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$36.00  
 Location: UFM Solar Addition  
 1221 Thurston St.



## Bright Life Strategies: Shifting Into Compassion 16CHW143

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: 09/28/2016 (W)  
Time: 6:00 PM to 7:30 PM  
Fee: \$36.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Bright Life Strategies: Peeling the Layers 16CHW145

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: 11/03/2016 (Th)  
Time: 6:00 PM to 7:30 PM  
Fee: \$36.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Bright Life Strategies: Creating an Abundance Vision Board 16CHW193

Have you ever heard the adage, "If I can see it, I'll believe it!" Do you want to bring more good into your life in the form of health, happiness, or success? The easiest way to bring more abundance to your life is by envisioning what that will look and feel like to you. Come discover your definition of abundance, and begin creating a meaningful vision board using images, words, and colors.

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

Date: 10/26/2016 (W)  
Time: 6:00 PM to 7:30 PM  
Fee: \$36.00  
Location: UFM Solar Addition  
1221 Thurston St.

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



**NEW!**

## Self-Help with Reiki 16CHW192

Would you like to feel balanced and more at peace with yourself? Learn how to listen to your Self and balance your needs with Reiki. Reiki is the healing aspect of universal energy, channeled to assist the body in becoming balanced and healthy. How will Reiki help me? Reiki will align the body's ki (life force) to promote emotional, energetic, and spiritual balance. Self-Help with Reiki is an introductory class to learn how to alleviate stress and boost our immune systems through self-healing. We will learn the history of Reiki, a meditation practice, and practical applications for healthier living. Please wear comfortable clothing, and be prepared to have some fun while learning! People's Grocery and UFM have collaborated to bring you this class.

Instructor: Mandy Ryan

Date: 09/12/2016 (M)  
Time: 6:00 PM to 7:30 PM  
Fee: No Charge  
Location: UFM Solar Addition  
1221 Thurston St.

Mandy Ryan received her certification in the Usui Reiki Ryoho system in January 2011. She enjoys facilitating learning experiences and passing on tools for healthier living.

**PALMA HOLDEN**  
Bright Life Consulting  
& Intuitive Guidance

*Clear the way to greater joy and success*

**Helpful Insight & Stress Release  
for the issues of your Life**

career - health & wellness - relationships - & more

palma@brightlifeconsulting.com      785-341-9072

## Ayurvedic Self Massage 16CHW184

One of the traditions associated with Ayurveda and Vedic healing techniques is oil massage or Abhyanga. This is often done on oneself as part of a preventive daily practice to cleanse the body and help its immune and other systems to function as they should. There are many kinds of oils and many reasons to use this self-massage on a daily basis. Ana Franklin invites you to her studio, Heart Space Yoga, to explore this topic and learn some insight into how oil massage works to keep joints and skin healthy. We're looking forward to seeing you at this special FREE class from People's Grocery's Education Committee! People's Grocery and UFM have collaborated to bring you this class. Ana is a certified Natural Health Consultant.

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

Date: 10/29/2016 (Sa)  
Time: 2:00 PM to 3:00 PM  
Fee: No Charge  
Location: Heart Space Yoga  
321 Poyntz Ave, Ste A



**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>

## HEALTH & WELLNESS

### Fall Cleanse

**16CHW139**

When the season is changing, our bodies go through some changes as well, in preparation for the colder (or warmer) weather that is approaching. We can help ourselves to transition into the new season with ease, and lessen any negative reactions to changing weather conditions. In winter, food choices will change according to what is available. Also, our appetite may change, and no matter what the season, an occasional fast, or smaller intake of food can help rest our organs so they may function better. In this 90 minute class, we'll begin with mindfulness of our bodies, with some classic Yoga techniques. Elimination is very important, and certain methods have proven very effective to aid the body in elimination of accumulations that may be inhibiting its natural process. In addition, there are certain herbs and foods that we'll talk about which are great helpers for the various organs. Instructor, Ana Franklin, has been an informal student of Ayurvedic self-help techniques for decades. She is also a certified Natural Health Consultant and a certified Yoga Teacher, and owns Heart Space Yoga studio, in downtown Manhattan, KS, where this class will be held. People's Grocery and UFM have collaborated to bring you this class.

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

Date: 10/15/2016 (Sa)  
Time: 11:00 AM to 12:30 PM  
Fee: No Charge  
Location: Heart Space Yoga  
321 Poyntz Ave, Ste A

### Common Culprits Of Weight Loss Resistance

**16CHW191**

We're often told that we need to lose weight to get healthy. But what if I told you that in order to lose weight you must get healthy first?! If your hormones, digestive system, adrenals, or detoxification systems are imbalanced or you have systemic inflammation, your body is working hard to survive and can't even start to think about letting go of weight so where do you even begin? In this class we will talk about some of the common overlooked issues that make it difficult to lose weight -- even when you seem to be doing everything right.

Instructor: Leslie Graves

Date: 09/12/2016 (Th)  
Time: 7:00 PM to 8:30 PM  
Fee: \$19.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### Building Healthy Nutrition Habits

**NEW!**

**16CHW195A**

This 8 week course will focus on practical steps to build healthy nutrition and lifestyle habits into your normal busy routine. We will focus on some key habits that will encourage long term success. Each week will consist of education, a review of the previous week, a new challenge, and support/accountability from the group. We will progressively add a new challenge each week based on goals and health needs. This class is geared toward helping you improve your health by nourishing your body and taking the small steps that help create big change.

Instructor: Leslie Graves

Date: 08/24/2016 to 10/12/2016 (W)  
Time: 12:10 PM to 12:50 PM  
Fee: \$106.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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



## 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 10 • 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](http://aggievilleminimakerfaire.com)

Thank you to

**THE MERCURY**

MANHATTAN, KANSAS

for their support  
and  
printing the  
UFM Catalog!

### Building Healthy Nutrition Habits

**NEW!**

**16CHW195B**

Instructor: Leslie Graves

Date: 10/19/2016 to 12/14/2016 (W)  
(No class 11/23)  
Time: 12:10 PM to 12:50 PM  
Fee: \$106.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**NEW!**

### Young Living Essential Oils

**16CHW196**

Embrace the wonderful world of aroma therapy and stimulate your sense of smell, boost your immune system and enhance your overall health. Learn how these oils can eliminate unwanted bacteria, viruses, fungus and inflammation. Only quality oils can do this for you. Did you know there are over 130 references in the Bible on healing oils? Let's have some fun exploring all of this together.

Instructor: Patricia Cassinelli

Date: 09/24/2016 (Sa)  
Time: 9:30 AM to 12 N  
Fee: \$37.00  
Location: 513 Leavenworth  
Body, Mind, and Spirit  
(across from the Manhattan Post Office)

# HEALTH & WELLNESS

## Blended Learning: First Aid/CPR/AED

**16CHW70A**

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

### Part I

Complete online session by correctly answering at least 80% of the questions 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: Abby Thrash. abbythrash@gmail.com

Date: 08/31/2016 (W)  
Time: 6:00 PM to 7:00 PM  
Fee: \$64.00  
\*\$45 non-refundable fee  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Blended Learning: First Aid/CPR/AED

**16CHW70B**

Instructor: Abby Thrash. abbythrash@gmail.com

Date: 08/31/2016 (W)  
Time: 7:00 PM to 8:00 PM  
Fee: \$64.00  
\*\$45 non-refundable fee  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor



Featured UFM  
Instructor

## Kelly Reed-Harkness



Kelly Reed-Harkness started her career with UFM teaching swimming lessons and then as a water aerobics instructor. After doing that for several years, she changed gears and focused on teaching CPR/AED and First Aid and Babysitting classes. Kelly really enjoys teaching these classes and getting to know her students. She looks forward to teaching future classes so she may continue serving the people in our community and the surrounding areas.

## Blended Learning: First Aid/CPR/AED

**16CHW70C**

Instructor: Kelly Reed-Harkness

Date: 10/08/2016 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: \$64.00  
\*\$45 non-refundable fee  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Blended Learning: First Aid/CPR/AED

**16CHW70D**

Instructor: Kelly Reed-Harkness

Date: 11/12/2016 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: \$64.00  
\*\$45 non-refundable fee  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor



## Responding to Emergencies 16CHW19Z

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: 10/09/2016 to 10/29/2016 (Sat/Su)  
(No class 10/22)  
Time: Noon to 6:30 PM  
Fee: \$154.00  
Location: UFM Banquet Room  
1221 Thurston St.



# LANGUAGE

## Beginning Conversational Sign Language

**16CLA23**

If you like to laugh, have fun and learn all at the same time, this class is for you! Through our years of friendship and working together, we have a deep well of knowledge to share. This class is intended for beginners, and will build a basic knowledge of American Sign Language, including vocabulary used in everyday conversation. It will also cover a little about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language. This class is intended for ages 16 and over.

Instructor: Toni Kroll & Aimee Kraus

Date: 09/06/2016 to 10/25/2016 (T)  
Time: 6:30 PM to 8:00 PM  
Fee: \$79.00  
Location: Justin Hall 256  
Kansas State University

## Introductory Conversational French

**NEW!**

**16CLA41**

A gentle introduction to conversational French, with emphasis on a general ability to express oneself and comprehend others. Focus will be on day-to-day casual scenarios. Ideal for students traveling to Francophone countries, or anyone intrigued by the French language.

Instructor: Michelle Aramouni

Date: 09/26/2016 to 11/07/2016 (T)  
Time: 7:00 PM to 8:00 PM  
Fee: \$59.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Mandarin Chinese for Parent & Child

**16CLA69**

The Confucius Institute offers practical and fun parent and child Chinese classes in which one or both parents/caregivers and their children learn the language together. The course lasts for 12 weeks (1 class meeting per week). \*Class time and dates determined with parents. Once enrolled, call or email the Confucius Institute to schedule your time. Confucius Institute contact information:

www.ksu.edu/confucius, confucius@ksu.edu  
Instructor: Confucius Institute, 785-532-3680

Date: 08/18/2016 to 12/16/2016  
Time: \*See Class Description - Class time will be determined with parents  
Fee: \$120.00  
Location: Confucius Institute  
1800 Claflin Rd, Suite 205, MHK

## Mandarin Chinese

**16CLA70A1**

The Confucius Institute offers practical and fun Mandarin Chinese classes for children and adults. Both beginners and experienced learners are welcome. You will be moved into groups based on your Chinese language knowledge the first day of class. Choose from a variety of days and times. The class meets once a week for 12 weeks and you may enroll in multiple days for more contact hours. For more information about the classes, contact the Confucius Institute at [www.ksu.edu/confucius](http://www.ksu.edu/confucius), [confucius@ksu.edu](mailto:confucius@ksu.edu), 785-532-3680.

Instructor: Confucius Institute

Date: 08/29/2016 to 11/28/2016 (M)  
Time: 4:00 PM to 5:00 PM  
Fee: \$120.00  
Location: Confucius Institute  
1800 Claflin Rd, Suite 205, MHK

## Mandarin Chinese

**16CLA70A2**

Instructor: Confucius Institute

Date: 08/29/2016 to 11/28/2016 (M)  
Time: 6:00 PM to 7:00 PM  
Fee: \$120.00  
Location: Confucius Institute  
1800 Claflin Rd, Suite 205, MHK

## Mandarin Chinese

**16CLA70B1**

Instructor: Confucius Institute

Date: 08/30/2016 to 11/15/2016 (T)  
Time: 4:00 PM to 5:00 PM  
Fee: \$120.00  
Location: Confucius Institute  
1800 Claflin Rd, Suite 205, MHK

## Mandarin Chinese

**16CLA70B2**

Instructor: Confucius Institute

Date: 08/30/2016 to 11/15/2016 (T)  
Time: 6:00 PM to 7:00 PM  
Fee: \$120.00  
Location: Confucius Institute  
1800 Claflin Rd, Suite 205, MHK

## Mandarin Chinese

**16CLA70C1**

Instructor: Confucius Institute

Date: 08/31/2016 to 11/16/2016 (W)  
Time: 4:00 PM to 5:00 PM  
Fee: \$120.00  
Location: Confucius Institute  
1800 Claflin Rd, Suite 205, MHK

## Mandarin Chinese

**16CLA70C2**

Instructor: Confucius Institute

Date: 08/31/2016 to 11/16/2016 (W)  
Time: 6:00 PM to 7:00 PM  
Fee: \$120.00  
Location: Confucius Institute  
1800 Claflin Rd, Suite 205, MHK

## Mandarin Chinese

**16CLA70D1**

Instructor: Confucius Institute

Date: 09/01/2016 to 11/17/2016 (Th)  
Time: 4:00 PM to 5:00 PM  
Fee: \$120.00  
Location: Confucius Institute  
1800 Claflin Rd, Suite 205, MHK

## Mandarin Chinese

**16CLA70D2**

Instructor: Confucius Institute

Date: 09/01/2016 to 11/17/2016 (Th)  
Time: 6:00 PM to 7:00 PM  
Fee: \$120.00  
Location: Confucius Institute  
1800 Claflin Rd, Suite 205, MHK

## Mandarin Chinese

**16CLA70E1**

Instructor: Confucius Institute

Date: 09/02/2016 to 11/18/2016 (F)  
Time: 4:00 PM to 5:00 PM  
Fee: \$120.00  
Location: Confucius Institute  
1800 Claflin Rd, Suite 205, MHK

## Mandarin Chinese

**16CLA70E2**

Instructor: Confucius Institute

Date: 09/02/2016 to 11/18/2016 (F)  
Time: 6:00 PM to 7:00 PM  
Fee: \$120.00  
Location: Confucius Institute  
1800 Claflin Rd, Suite 205, MHK

Full Instructor biographies  
are available on our website  
[www.tryufm.org](http://www.tryufm.org) >  
Noncredit > By Instructor >  
Instructor name

# MARTIAL ARTS

## Tae Kwon Do I

**16CMA01Z**

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: 08/23/2016 to 12/08/2016 (T/Th)  
(No class 11/22, 11/24)  
Time: 8:00 PM to 9:00 PM  
Fee: \$72.00  
Location: Sun Yi's Academy  
1650 Hayes Dr.



## Shindo Jitsu

**NEW!**

**16CMA23A**

This martial arts curriculum utilizes the arts of Okinawan Kempo, Ju jitsu, Kata and Western Boxing. Shindo Jitsu takes an offensive approach to training utilizing strikes, kicks, and joint locks while incorporating fighting drills, boxing, and kicking combinations. With a strong emphasis on contemporary martial science, students will learn to defend themselves in numerous modern self-defense situations along with learning street smarts, the psychology of a fight, and also learn tips on how NOT to become a victim. Fee includes shirt for practice. Class is geared for adults, children, teens and families. \*Gi pants will be for sale for \$20 at the first class. Gi pants are strongly encouraged, but not required.

Instructor: Steven Blaine & Jon Wilson

Date: 08/23/2016 to 12/06/2016 (T)  
Time: 4:00 PM to 5:15 PM  
Fee: \$135.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

Sensei Blaine is an internationally recognized Black Belt Instructor who has been training for nearly a decade and has been teaching for the last five years with Shugosha Contemporary Martial Science in Shawnee, Kansas. He holds a degrees in three systems with a 2 nd Degree Black Belt in Shindo Jitsu, 1 st Degree Black Belt in Okinawan Jujitsu, and a 1 st Degree Black Belt in Karate-Jujitsu.

## Shindo Jitsu

**NEW!**

**16CMA23B**

Instructor: Steven Blaine & Jon Wilson

Date: 08/25/2016 to 12/08/2016 (Th)  
Time: 4:00 PM to 5:15 PM  
Fee: \$135.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor



**NEW!**

## Kansas Pai Lum Kung Fu

**16CMA21**

This is a system that combines hard, soft, and internal methods in one system. The first lower level has "bows", stances, blocks, punches, kicks, strikes and one step sparring. We will start on the second lower level if we have time. The student will get a copy of the manual for the first two levels and the book, "General Theory of Self-Defense". 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: 09/12/2016 to 11/14/2016 (M)  
(No class 10/31)  
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.

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

## Celebrating 100 Years!

**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

**Free Admission**  
**at all sites!**

[www.rileychs.com](http://www.rileychs.com)

**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

# PERSONAL INTEREST

## **Peaceful Communication** **NEW!** 16CPI133

Learn ways to communicate in a more peaceful way. Focus on the learning and practicing of specific practical skills that will greatly enhance your ability to convey your own message and enable you to hear others' intended messages more easily and fully. Discover that peaceful communication is not about being nice, but about being deeply authentic in one's interpersonal interactions. Tools learned will promote your ability to engage in meaningful dialogue with others, without the heat or fear in typical conflicts. \*The book "Nonviolent Communication" by Marshall Rosenberg is not required, but strongly recommended. Books will be available on the first day of class or you can purchase on your own. Please indicate when registering if you intend to purchase a book for \$22.00.

Instructor: Susanne Glymour,  
785-477-4469 - text preferred

Date: 08/25/2016 to 10/06/2016 (Th)  
(No class 9/01)  
Time: 7:00 PM to 8:30 PM  
Fee: \$12.00  
Location: TBA

Susanne Glymour is dedicated to the pursuit of safe, authentic, connecting and effective interpersonal communication. Susanne is Director of the Manhattan Nonviolence Initiative.

## **Genealogy Essentials: Cemetery Research** 16CPI155

Researching a cemetery involves more than sitting at a computer and looking up graves on the computer. Come find out how to research a cemetery, clean a stone, make a stone rubbing, and learn how to witch a grave. This class is interactive and quite popular. If need be, bring a lawn chair! \*Class fee includes copies and handouts

Instructor: Jill Frese

Date: 10/15/2016 (Sa)  
Time: 10:00 AM to 12 N  
Fee: \$30.00 - materials included  
Location: Sunset Cemetery  
Manhattan, KS

\*Class will meet at Sunset Cemetery on 17th Street East side entrance, by the old water tower.

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

## **Life Reimagined: Facilitating the Transition for the Next Great Adventure** 16CPI95

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: 10/18/2016 to 11/15/2016 (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 Kansas State University for more than 20 years as coordinator of the Biofeedback/Stress Management laboratory. He is also an ordained minister, counselor and horse breeder. Art has taught a course on Stress Management/Performance Enhancement with both online and workshop formats for the past 20 years.

Fred Newton, served as Director of Counseling and Professor of Education during the past 34 years at Kansas State University. 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.

## **MillionTo1 Life Planning** **NEW!** 16CPI160A

Don't wait until January to start setting goals! Start chasing your dreams now, and get all the help you need to go the distance. Carmen - a teacher and mentor at K-State - will provide the tools and accountability necessary to go after what you want and get it. Drawing on her research of successful go-getters and goal-getting strategies, she's created a detailed, easy to use workbook\*, weekly lessons to facilitate creativity and action steps, and built-in community to spur you on. Not sure what you want to pursue? No worries - the course will address that too! You'll leave more sure of who you are, what you want, and how to get it. \*Total cost includes workbook.  
Instructor: Carmen Schober

Date: 08/25/2016 to 09/15/2016 (Th)  
Time: 7:00 PM to 8:30 PM  
Fee: \$63.00 - includes materials  
Location: Manhattan Public Library -  
Friends Meeting Room

## **MillionTo1 Life Planning** **NEW!** 16CPI160B

Instructor: Carmen Schober

Date: 10/06/2016 to 10/27/2016 (Th)  
Time: 7:00 PM to 8:30 PM  
Fee: \$63.00 - includes materials  
Location: TBD

**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.



**\*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.**

**16CPI125A**

Date: 10/24/2016 (M)  
 Time: 6:00 PM to 7:45 PM

**16CPI125B**

Date: 10/24/2016 (M)  
 Time: 8:30 PM to 10:15 PM

**16CPI125C**

Date: 10/25/2016 (T)  
 Time: 6:00 PM to 7:45 PM

**16CPI125D**

Date: 10/25/2016 (T)  
 Time: 8:30 PM to 10:15 PM

**16CPI125E**

Date: 10/26/2016 (W)  
 Time: 6:00 PM to 7:45 PM

**16CPI125F**

Date: 10/26/2016 (W)  
 Time: 8:30 PM to 10:15 PM

**16CPI125G**

Date: 10/27/2016 (Th)  
 Time: 6:00 PM to 7:45 PM

**16CPI125H**

Date: 10/27/2016 (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

**16CPI81A**

Date: 12/13/2016 (T)  
 Time: 6:00 PM to 7:30 PM

**16CPI81B**

Date: 12/13/2016 (T)  
 Time: 8:00 PM to 9:30 PM

**16CPI81C**

Date: 12/14/2016 (W)  
 Time: 6:00 PM to 7:30 PM

**16CPI81D**

Date: 12/14/2016 (W)  
 Time: 8:00 PM to 9:30 PM

**16CPI81E**

Date: 12/15/2016 (Th)  
 Time: 6:00 PM to 7:30 PM

**16CPI81F**

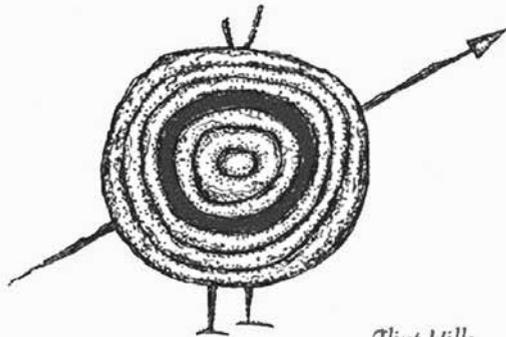
Date: 12/15/2016 (Th)  
 Time: 8:00 PM to 9:30 PM

Follow us on Facebook  
 for information and updates  
 on classes and events.

UFM Community Learning Center



Facebook.com/UFMCLC



**Sweet Grass Braiding 16CPI85**

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](http://www.fhwisdomkeepers.org)). Pat is a Flint Hills Wisdom Keepers Foundation Board Member  
Instructor: Pat Embers

Date: 10/01/2016 (Sa)  
Time: 10:00 AM to 12 N  
Fee: \$15.00  
Location: 733 Galaxy Drive  
Manhattan, KS 66502

**Philosophy of Gurdjieff & Ouspensky 16CPI136**

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

Date: 09/15/2016 to 10/27/2016 (Th)  
Time: 7:30 PM to 9:00 PM  
Fee: \$19.00  
Location: UFM Solar Addition  
1221 Thurston St.

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

**Wood Turning for Beginners 16CPI151A**

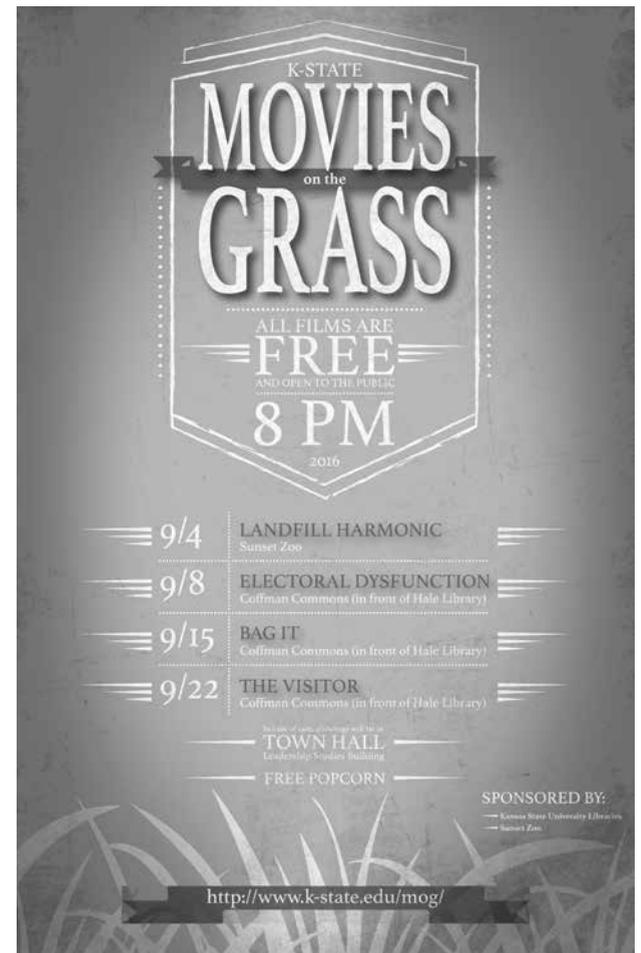
Learn how to make a wood bowl on a wood lathe. Learn wood selection, mounting the wood on the lathe, and which tools to use in which way to make a bowl. The class will cover safety, wood and tool selection, tool sharpening, and wood finishing procedures. This is a Saturday class and we'll take a lunch break but spend part of that talking about additional bowl design considerations. Dry wood will be provided. We'll have lunch at a place in Wamego. Must be 18 years old to participate in the class.  
Instructor: Tom Boley

Date: 08/27/2016 (Sa)  
Time: 9:00 AM to 5:00 PM  
Fee: \$85.00  
Location: Red Oak Hollow Lathe Works  
4025 Walnut Creek Drive  
Wamego, KS 66547

Tom Boley has been a woodturner since about 1995.

**Wood Turning for Beginners 16CPI151B**

Instructor: Tom Boley  
Date: 10/29/2016 (Sa)  
Time: 9:00 AM to 5:00 PM  
Fee: \$85.00  
Location: Red Oak Hollow Lathe Works  
4025 Walnut Creek Drive  
Wamego, KS 66547



**Private Pilot Ground School 16CPI145**

Looking to become a pilot? This course is designed as a first step for those who want to attain a private pilot's license and/or as a supplemental step for those who are currently studying to become a pilot, but who are seeking a more controlled approach. This course is taught by Certified Flight Instructors and Advanced Ground Instructors. Students who demonstrate competency in the required knowledge deemed necessary by FAR part 61.105 will be endorsed by the CFI/AGI to take the aeronautical written test. It should be emphasized that this is not a ground school designed to simply memorize the right answer for the written test. Instead, this course is designed to prepare students by providing an understanding of aircraft, flying and regulations. The skills learned will be applicable to actual flying as well as passing the oral and practical exam. Our goal is to get you flying!  
Instructor: Charles Copeland, Adv. Ground Instructor, CFI, (785) 320-1218, [charlie@goflexair.com](mailto:charlie@goflexair.com)

Date: 08/25/2016 to 12/15/2016 (Th)  
Time: 6:00 PM to 8:30 PM  
Fee: \$200.00  
Location: KSU Campus  
Ackert Hall 231  
<http://www.k-state.edu/maps/>

# RECREATION & FITNESS



## Half or Full Marathon Training 16CRF68

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: 09/06/2016 to 10/27/2016 (T/Th)  
Time: 5:45 PM to 6:45 PM  
Fee: \$140.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach.

## Run Happy! Run For Life! 16CRF72

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: 09/07/2016 to 10/17/2016 (M/W/F)  
Time: 6:00 PM to 7:00 PM  
Fee: \$145.00  
Location: K-State Ahearn Field House  
Indoor Track

## Level I: Basic Belly Dance 16CRF09

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

Instructor: Amy (Nashid) Werner

Date: 10/06/2016 to 11/10/2016 (Th)  
Time: 5:30 PM to 6:30 PM  
Fee: \$69.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor



## Level II: Tribal Fusion Belly Dance 16CRF161

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

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

Instructor: Kathryn Harth

Date: 10/04/2016 to 11/15/2016 (T)  
(No class 3/14)  
Time: 6:45 PM to 7:45 PM  
Fee: \$64.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Level III: Advanced Belly Dance 16CRF11

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

Instructor: Amy (Nashid) Werner

Date: 10/05/2016 to 11/09/2016 (W)  
Time: 5:30 PM to 6:30 PM  
Fee: \$52.00  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor

Full Instructor biographies are available on our website  
[www.tryufm.org](http://www.tryufm.org) > Noncredit > By Instructor > Instructor name

## Archery for Adults **16CRF01AZ**

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: 08/22/2016 to 12/05/2016 (M)  
(No class 9/5, 11/21)  
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 **16CRF01BZ**

Instructor: Tom Korte, (785) 494-8889

Date: 08/22/2016 to 12/05/2016 (M)  
(No class 9/5, 11/21)  
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 **16CRF01CZ**

Instructor: Tom Korte, (785) 494-8889

Date: 08/22/2016 to 12/05/2016 (M)  
(No class 9/5, 11/21)  
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 **16CRF01DZ**

Instructor: Tom Korte, (785) 494-8889

Date: 08/23/2016 to 12/06/2016 (T)  
(No class 11/22)  
Time: 8:15 PM to 9:15 PM  
Fee: \$101.00  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor



## Introduction to Country Swing Dancing **16CRF117A**

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. \* Soft-sole, non-marking tennis shoes are required. No boots allowed on room floor. \*  
Instructor: Thomas & Kellie Weeks

Date: 09/09/2016 to 09/30/2016 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: \$58.00 - per person  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

Thomas has been dancing in the Manhattan area for the last three years. He's been involved with the K-State two step and swing club during his time at K-State. He is now the team captain for the Swingin Spurs a new country swing dance performing team here in Manhattan. He's taught lessons to youth groups, fraternity and sorority members, students living in the dorms, and friends and family. Thomas enjoys dancing as well as helping others to be more successful at it.

## Introduction to Country Swing Dancing **16CRF117B**

\* Soft-sole, non-marking tennis shoes are required. No boots allowed on room floor. \*  
Instructor: Thomas & Kellie Weeks

Date: 10/07/2016 to 10/28/2016 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: \$58.00 - per person  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Introduction to Country Swing Dancing **16CRF117C**

\* Soft-sole, non-marking tennis shoes are required. No boots allowed on room floor. \*  
Instructor: Thomas & Kellie Weeks

Date: 11/04/2016 to 12/02/2016 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: \$58.00 - per person  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor

## Salsa Dance 101

**16CRF171**

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: 09/14/2016 to 10/26/2016 (W)  
Time: 6:45 PM to 7:45 PM  
Fee: \$50.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

Isaac's passion for dancing has introduced him to a wide variety of dances, (e.g. Chacha, Mambo, Swing, Waltz, Fox trot, Two step, Tango, Rumba, Bachata, Merengue). He is a graduate student in Family Studies and Human Services at K-State and tries to learn something new every day.

## Zumba Dance

**16CRF08AZ**

Zumba Dance is a fusion of Latin, international, and hip hop music with dance themes geared toward all levels of class participants. The dance routines will feature fun and basic choreography that is easily interpreted for all levels of dancers.  
Instructor: Elsa Toburen, (785) 844-2016  
etoburen@ksu.edu

Date: 08/23/2016 to 12/06/2016 (T)  
(No Class 11/22)  
Time: 5:30 PM to 6:30 PM  
Fee: \$75.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

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

## Beginning Tennis

**16CRF164AZ**

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: 09/06/2016 to 11/15/2016 (T)  
Time: 1:00 PM to 2:30 PM  
Fee: \$99.00  
Location: Body First Wellness &  
Recreation Center, 3615 Claflin R  
(785) 776-6060

## Beginning Tennis

**16CRF164BZ**

Instructor: Dave Hoover

Date: 09/07/2016 to 11/16/2016 (W)  
Time: 1:00 PM to 2:30 PM  
Fee: \$99.00  
Location: Body First Wellness &  
Recreation Center, 3615 Claflin R  
(785) 776-6060

Follow us on Facebook  
for information and updates  
on classes and events.

UFM Community Learning Center



Facebook.com/UFMCLC





## Introduction to Golf **16CRF04A**

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, PGA Instructor

Date: 09/15/2016 to 09/29/2016 (Th)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$41.00  
 Location: Stagg Hill Golf Club  
 4441 Fort Riley Blvd.

## Introduction to Golf **16CRF04B**

Instructor: Brian Lorenz, PGA Instructor

Date: 10/13/2016 to 10/27/2016 (Th)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$41.00  
 Location: Stagg Hill Golf Club  
 4441 Fort Riley Blvd.

INTERESTED IN TEACHING  
 A CLASS FOR UFM?  
 SPRING 2017 SUBMISSION DEADLINE IS  
 SEPTEMBER 30, 2016.  
 FOR MORE INFORMATION EMAIL  
 KAYLA@TRYUFM.ORG

## Beginning Fencing **16CRF21Z**

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

Instructor: R. Todd Gabbard

Date: 08/22/2016 to 12/05/2016 (M)  
 (No class 9/5, 11/21)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$93.00  
 Location: K-State Ahearn Fieldhouse

## Intermediate Fencing **16CRF22Z**

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

Date: 08/22/2016 to 12/05/2016 (M)  
 (No class 9/5, 11/21)  
 Time: 7:30 PM to 9:00 PM  
 Fee: \$93.00  
 Location: K-State Ahearn Fieldhouse

**NEW!**

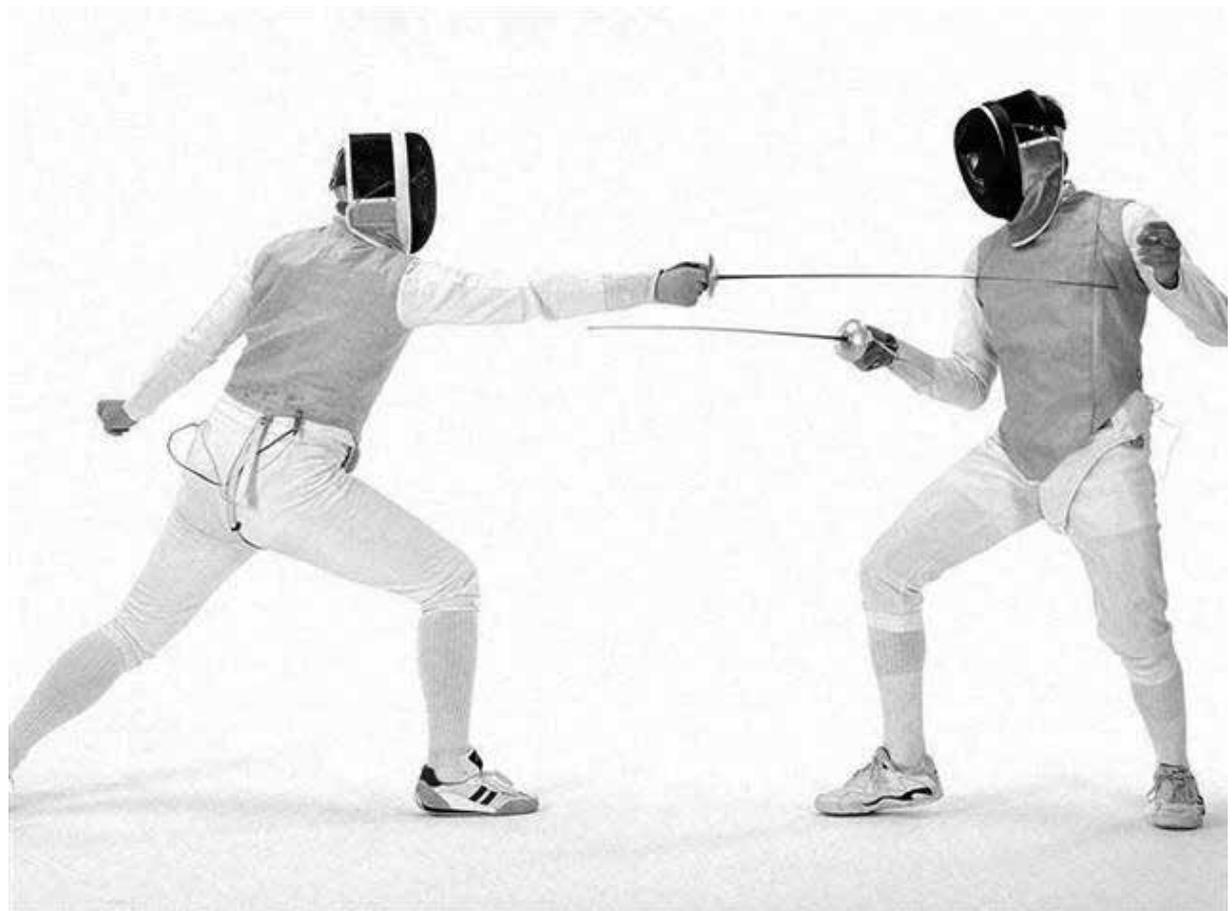
## Fencing: Open Practice **16CRF183**

This open practice time is offered during the Intermediate Fencing class and there will be no instruction. Pre-requisites: Must have completed both Beginning and Intermediate Fencing or get permission.

Instructor: R. Todd Gabbard

Date: 08/22/2016 to 12/05/2016 (M)  
 (No class 9/5, 11/21)  
 Time: 7:30 PM to 9:00 PM  
 Fee: \$29.00  
 Location: K-State Ahearn Fieldhouse

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



## Boxing 1

**16CRF14AZ**

Learn the "Sweet Science". Get in the best shape of your life and stay there! This 8 week introductory course will introduce students to the sport of USA Olympic Style Boxing in a safe and comfortable environment. This course is for both men and women of all shapes and sizes that have the desire to learn how to box. Whether you are interested in losing weight, getting in great shape, stress relief, self-protection, gaining boxing knowledge, and even wish to become an amateur boxer and compete with Manhattan's Boxing Team, this is where your training begins. No sparring during this course. See video here: <https://youtu.be/5313wNkE6GY>. Ages 13+. Available for KSU credit. Email for questions [koboxer86@gmail.com](mailto:koboxer86@gmail.com).

BOXING101 Package Pricing - see [www.tryufm.org](http://www.tryufm.org) for complete fee details.

Bareknuckles - \$275  
Rental package - \$300  
Basic package - \$335  
Champion package - \$360

Instructor: Coach Lorissa Belcher, (785) 341-1708  
[koboxer86@gmail.com](mailto:koboxer86@gmail.com)

Date: 08/22/2016 to 10/12/2016 (M/W)  
(No class 9/05)  
Time: 2:00 PM to 3:00 PM  
Fee: See class description  
Location: K.O. Boxing  
2048 Tuttle Creek Blvd.

(In the basement under Shelter Insurance)

## Boxing 1

**16CRF14BZ**

Instructor: Coach Lorissa Belcher, (785) 341-1708  
[koboxer86@gmail.com](mailto:koboxer86@gmail.com)

Date: 08/22/2016 to 10/12/2016 (M/W)  
(No class 9/05)  
Time: 4:20 PM to 5:20 PM  
Fee: See class description  
Location: K.O. Boxing  
2048 Tuttle Creek Blvd.

(In the basement under Shelter Insurance)

## Boxing 1

**16CRF14CZ**

Instructor: Coach Lorissa Belcher, (785) 341-1708  
[koboxer86@gmail.com](mailto:koboxer86@gmail.com)

Date: 08/22/2016 to 10/12/2016 (M/W)  
(No class 9/05)  
Time: 6:30 PM to 7:30 PM  
Fee: See class description  
Location: K.O. Boxing  
2048 Tuttle Creek Blvd.

(In the basement under Shelter Insurance)



## Boxing 1

**16CRF14DZ**

Instructor: Coach Lorissa Belcher, (785) 341-1708  
[koboxer86@gmail.com](mailto:koboxer86@gmail.com)

Date: 08/23/2016 to 10/11/2016 (T/Th)  
Time: 2:00 PM to 3:00 PM  
Fee: See class description  
Location: K.O. Boxing  
2048 Tuttle Creek Blvd.

(In the basement under Shelter Insurance)

## Boxing 1

**16CRF14EZ**

Instructor: Coach Lorissa Belcher, (785) 341-1708  
[koboxer86@gmail.com](mailto:koboxer86@gmail.com)

Date: 08/23/2016 to 10/11/2016 (T/Th)  
Time: 6:30 PM to 7:30 PM  
Fee: See class description  
Location: K.O. Boxing  
2048 Tuttle Creek Blvd.

(In the basement under Shelter Insurance)

## Boxing 1

**16CRF14FZ**

Instructor: Coach Lorissa Belcher, (785) 341-1708  
[koboxer86@gmail.com](mailto:koboxer86@gmail.com)

Date: 10/13/2016 to 12/08/2016 (Th/T)  
(No class 11/22, 11/24)  
Time: 2:00 PM to 3:00 PM  
Fee: See class description  
Location: K.O. Boxing  
2048 Tuttle Creek Blvd.

(In the basement under Shelter Insurance)

## Boxing 1

**16CRF14GZ**

Instructor: Coach Lorissa Belcher, (785) 341-1708  
[koboxer86@gmail.com](mailto:koboxer86@gmail.com)

Date: 10/13/2016 to 12/08/2016 (Th/T)  
(No class 11/22, 11/24)  
Time: 6:30 PM to 7:30 PM  
Fee: See class description  
Location: K.O. Boxing  
2048 Tuttle Creek Blvd.

(In the basement under Shelter Insurance)

## Boxing 1

**16CRF14HZ**

Date: 10/17/2016 to 12/07/2016 (M/W)  
(No class 11/21, 11/23)  
Time: 2:00 PM to 3:00 PM  
Fee: See class description  
Location: K.O. Boxing  
2048 Tuttle Creek Blvd.

(In the basement under Shelter Insurance)

## Boxing 1

**16CRF14IZ**

Date: 10/17/2016 to 12/07/2016 (M/W)  
(No class 11/21, 11/23)  
Time: 4:20 PM to 5:20 PM  
Fee: See class description  
Location: K.O. Boxing  
2048 Tuttle Creek Blvd.

(In the basement under Shelter Insurance)

## Boxing 1

**16CRF14JZ**

Instructor: Coach Lorissa Belcher, (785) 341-1708  
[koboxer86@gmail.com](mailto:koboxer86@gmail.com)

Date: 10/17/2016 to 12/07/2016 (M/W)  
(No class 11/21, 11/23)  
Time: 6:30 PM to 7:30 PM  
Fee: See class description  
Location: K.O. Boxing  
2048 Tuttle Creek Blvd.

(In the basement under Shelter Insurance)

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USD 383  
205 S 4th St, Manhattan, KS  
66502  
Phone: (785) 539-9009

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Manhattan Adult Learning Center



*"Exceeding All Expectations Since 1966"*

## **Programs and Services 2016-2017**

### **Accelerated Opportunity Kansas (AOK)**

Beginning August 2016, students who have not finished high school or have weak reading/math skills (qualification determined by TABE score), are eligible to enroll in this collaborative effort between the Manhattan Area Technical College (MATC) and the ALC! While working on the GED students can complete certification in CNA/Allied Health, Building Trades or Welding! Students interested in this program can enroll at either MATC or the ALC. Schedule a time with the AOK Coordinator about dates, times and costs!\*

### **Work Keys Certification/Computer Instruction/Online Proctoring**

Computer Instruction based on results of North Star digital literacy assessments.

Individual Instructional Plans are created for those interested in learning or advancing their computer skills.

Certified Test Proctoring for any online test. \$20/test or \$20/hour.

### **Other services offered by the Manhattan Adult Learning Center**

#### **Adult Basic Education (ABE)**

Students are taught basic reading and math skills. Instruction includes real-life issues pertaining to the adult learners' role as employee, family member, citizen and student.

**Classes are M-R 9-11am; 4-6pm**

#### **Class Starts**

2016–August 22 October 3 November 14

2017–January 23 March 6 April 24

#### **English as a Second Language (ESL)**

English literacy programs offer instruction in speaking, listening, reading, and writing, using real-life settings pertaining to the adults' roles as worker, family member, citizen and lifelong learner. Computer literacy skills are part of the program.

Courses are offered by level at the ALC and Fort Riley.

**Classes are M-R 9:00-2:00PM and 5-6PM. Call for more details on specific times.**

#### **Class Starts:**

2016 -August 22 October 3 November 14

2017 - January 23 March 6 April 24

#### **Reading Instruction**

Using Reading Horizons, emergent and beginning readers in ABE and ESL classes are taught reading fundamentals.

**Class are M-R 11:00- 12PM**

#### **Class Starts:**

2016 – August 22, October 3, November 14

2017 – January 23, March 6, April 24

#### **Open Door Diploma Completion (MHS)**

Students may complete a Manhattan High School diploma in a face-to-face setting. Using independent study contracts, students design an instructional program to complete necessary coursework required for a diploma. Tutorial assistance is provided by secondary certified teachers. Over 200 classes are available!

**Classes are M-R 9AM- 6:30PM**

#### **Classes Start**

2016-August 22,30 September 14 October 18 November 2

2017-January 23 February 1 March 1 April 5

#### **TOEFL Preparation Courses**

TOEFL preparation is offered to ESL Students who have degrees, and are seeking to enter post-secondary education. TOEFL instruction is broken into two sections: beginning TOEFL and Advanced TOEFL Preparation. Beginning TOEFL is a pre-requisite for Advanced TOEFL.

Open to Level 11-12 ESL Students ONLY.

**Class are M-R 2:30-5PM.**

#### **Class Starts:**

2016 – October 3 & November 14

2017 – January 23 & March 6

**Cost of Course: \$300**

#### **Adult Secondary Education (GED)**

ASE provides instruction in reading through the content areas of science and social studies, writing and math to prepare students for GED completion in a small group., tutorial with computer assisted instruction.

**Students who complete coursework through Level 5 will qualify to take a GED Module of their choice for FREE.**

**Classes are M-R 9:30-11AM; 4:30-6:30PM**

#### **Class Starts:**

2016 – August 22, 31; September 14, October 18, November 2, 14

2017 – January 23, February 1, March 1, April 5, 24

Students qualifying under the WIOA grant are given preferential enrollment.

**No student shall be denied enrollment for inability to pay.** Classes start with three days of orientations and conferences which may be outside of scheduled, published class times. Attending all three days of orientation is mandatory at the beginning of each session.

**\*under AOK, the GED exam is free to MATC enrolled students.**

<http://www.usd383.org/alc>

# YOUTH

## Archery for Youth

**16CYO01A**

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: 09/20/2016 to 10/11/2016 (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

**16CYO01B**

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

Date: 10/25/2016 to 11/15/2016 (T)  
 Time: 7:00 PM to 8:00 PM  
 Fee: \$35.00  
 Location: K-State Ahearn Room 304  
 College Heights St., 3rd floor

**NEW!**

## Youth Introduction to Golf

**16CYO109**

This class is designed to cover all the basics to get your junior interested in the game of golf. We will be covering rules and etiquette, putting, chipping, and the basic fundamentals of the golf swing. Students are encouraged to bring their own equipment if they have golf clubs, if not they will be provided to the student.

Instructor: Brian Lorenz, PGA Golf Professional

Date: 09/13/2016 to 09/27/2016 (T)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$41.00  
 Location: Stagg Hill Golf Club  
 4441 Fort Riley Blvd.

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



## American Red Cross Babysitter's Clinic

**16CYO23A**

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: 09/17/2016 (Sa)  
 Time: 9:00 AM to 4:00 PM  
 Fee: \$56.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

## American Red Cross Babysitter's Clinic

**16CYO23B**

Instructor: Kelly Reed-Harkness

Date: 10/22/2016 (Sa)  
 Time: 9:00 AM to 4:00 PM  
 Fee: \$56.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

## Address the Mess

**16CYO110**

Kids, are you tired of hearing your parents say "Go clean your room this instant!?" Do you wish you could actually clean your room in an instant? This class will let you in on one big secret to cleaning your room! Under the bed, in the closet, behind the drapes, there are so many places to hide your mess without your parents having a clue. Bring a detailed map of your room and let our expert give you hands-on tips and tricks for decluttering your room in seconds, without actually having to organize or put anything away.

Instructor: Seymore Stuf

Date: 09/17/2016 (Sa)  
 Time: 9:00 AM to 4:00 PM  
 Fee: -\$1.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

## Pre-School Dance

**16CYO63**

This class is designed for boys and girls ages 3.5-7 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. Tennis shoes can be used. Students can continue the class. Call Randi Dale for more information (785) 539-5767.

Instructor: Randi Dale

Date: 08/25/2016 to 09/01/2016 (Th)  
 Time: 5:45 PM to 6:15 PM  
 Fee: \$14.00  
 Location: UFM Fireplace Room  
 1221 Thurston St.

Ask us about our scholarship opportunities!



**UFM PROGRAMS**



## {Teen Mentoring!}

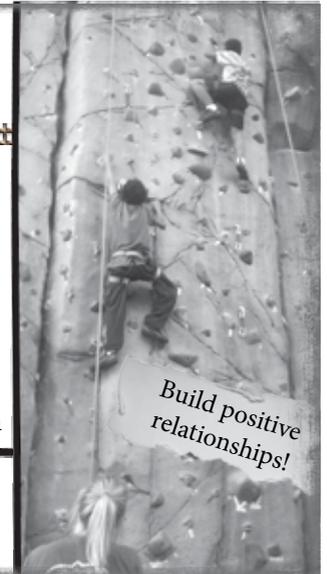
Sept. 12 - Nov. 28 • 9th grade  
Sept. 13 - Nov. 29 • 10th - 12th grade  
Sept. 15 - Dec. 1 • 7th & 8th grade

••••••••••

3:00 - 5:00 pm

Field trips ~ Games ~ Creative Arts ~ Recreation

To apply or for more information about the mentoring program, visit [www.tryufm.org](http://www.tryufm.org) or email [mandy@tryufm.org](mailto:mandy@tryufm.org)



## Lou Douglas Lecture Series on Public Issues Fall 2016

**Lecia Brooks**

Outreach Director, Southern Poverty Law Center

**“Toward a Civil Discourse  
in a Time of Change”**

Tuesday, September 27, 2016 at 7 pm  
K-State Student Union Main and West Ballroom

Sponsored by UFM Community Learning Center  
In Partnership with the College of Education



**Tim Wise**

Anti-Racist Writer, Educator and Author

**“Combating Racism in the Post-Obama Era”**

Tuesday, October 11, 2016 at 7 pm,  
K-State Student Union Grand Ballroom

Sponsored by UFM Community Learning Center  
Co-Sponsored by the College of Education, Housing  
and Dining Services, K-State First, Office of Diversity  
and Student Governing Association



Lecia Brooks leads the Southern Poverty Law Center’s outreach efforts on key initiatives and social justice issues. As outreach director, she frequently gives presentations around the country to promote tolerance and diversity. She also serves as director of the Civil Rights Memorial Center in Montgomery, Ala., an interpretive center designed to provide visitors to the Civil Rights Memorial with a deeper understanding of the civil rights movement. She joined the SPLC staff in 2004 as director of Mix It Up at Lunch Day, a Teaching Tolerance program designed to help break down racial, cultural and social barriers in schools. Previously, she worked for 12 years in a number of capacities for the National Conference for Community and Justice in its Los Angeles office. She is a graduate of Loyola Marymount University.



Tim Wise is among the most prominent anti-racist writers and educators in the United States. He has spent the past 20 years speaking to audiences in all 50 states, on over 1,000 college and high school campuses, at hundreds of professional and academic conferences, and to community groups across the country. He has also lectured internationally, in Canada and Bermuda, and has trained corporate, government, entertainment, media, law enforcement, military, and medical industry professionals on methods for dismantling racism in their institutions. Wise has provided anti-racism training to educators and administrators nationwide. Wise is the author of seven books, including his latest, *Under the Affluence: Shaming the Poor, Praising the Rich and Sacrificing the Future of America*.

All Lou Douglas Lectures are free and open to all and include an open-ended question and answer period after each presentation.

# OSHER



## **The Korean War, 1950-1953**

*Presented by Robert Smith, Ph.D.*

Tuesdays, Aug. 30 Sept. 6 & 13 • 6:30pm to 8:30pm  
Meadowlark Hills Community Room  
2121 Meadowlark Rd., Manhattan  
\$50.00 (Discount with additional classes)

The Korean conflict was the first major war in the aftermath of WWII and signaled the ongoing struggle between competing political ideologies that would characterize the Cold War. The first class will consider the partition of Korea, the North's invasion of the south, the U.N. and the U.S. reactions, the fall of Seoul, and the deployment of U.S. forces. Then we'll examine General MacArthur's assumption of command, the Inchon landings, and the advance to the Yalu River. Finally, we'll focus on Chinese interventions, the allied retreat from the Yalu, MacArthur's removal, armistice negotiations, Eisenhower's election, and the subsequent armistice.

## **Female Artists of the Flint Hills**

*Presented by Cally Krallman, Kim Casebeer & Barbara Waterman-Peters*

Mondays, Oct. 3, 10 & 17 • 6:30pm to 8:30pm  
KSU Tower  
2323 Anderson Ave., Third Floor, Manhattan  
\$50.00 (Discount with additional classes)

Meet some of the female artists of the Flint Hills. In this series, Kim Casebeer, Cally Krallman, and Barbara Waterman-Peters will share the behind the scenes information about their art work and their journeys as an artist. You will discover how they get motivated, learn about their passion for art, find out about the meaning behind their art work, and more. All three artist have shown their art work nationally and locally at the Strecker-Nelson Gallery in Manhattan.

## **Apocalypse--WOW!**

*Presented by Barry Crawford, Ph.D.*

Thursdays, Sept. 15, 22 & 29 • 2:00pm to 4:00pm  
Meadowlark Hills Community Room  
2121 Meadowlark Rd., Manhattan  
\$50.00 (Discount with additional classes)

There has been a lot of talk lately among politicians, pundits and news commentators--not to mention the general public--about apocalyptic passages in the Bible and what they might mean for our time. These are the texts describing the end of the world as we know it and the dawn of a new order. There has also been a recent flood of books and films depicting the final conflagration and the fate of unfortunates "left behind." In this course, we will examine selected writings from the Bible within their historical, social and cultural contexts to understand what they were saying, how they were understood in their own time, and how best to read them today.

## **Brown vs. Board of Education**

*Presented by Russ Hutchins*

Wednesdays, Oct. 12, 19 & 26 • 6:30pm to 8:30pm  
KSU Tower  
2323 Anderson Ave., Third Floor, Manhattan  
\$50.00 (Discount with additional classes)

Brown vs. Board of Education, the landmark Supreme Court case that changed the face of education in America, resulted from a lawsuit seeking to desegregate the schools in the state capital, Topeka. The course will cover the history of various legal cases that led to the historic decision ending "separate but equal" schools in the United States. We'll cover the personalities on both sides of the case, the famous doll study, the Menninger contribution, and how the Supreme Court arrived at its 9-0 decision. We will also discuss how Brown vs. Board changed public education and society in America.

## **Beginning Family History: Skills that Turn the Hobbyist into a Better Genealogist**

*Presented by Kelsee Walker*

Tuesdays, Sept. 20, 27 & Oct. 4 • 6:30pm to 8:30pm  
KSU Tower  
2323 Anderson Ave., Third Floor, Manhattan  
\$50.00 (Discount with additional classes)

For generations, people have pursued their fascination with understanding their roots. With recent advances in technology and a growing interest nationwide, family history has become one of the fastest-growing industries in the United States. This course will be an introduction to family history with a specific focus on useful beginner resources, websites, organization tips, research logs, citations and more. We'll also learn to research a variety of record types and localities.

## **A History of Manhattan and Kansas State University**

*Presented by Jim Sherow*

Thursdays, Oct. 27, Nov. 3 & 10 • 2:00pm to 4:00pm  
Manhattan Arts Center  
1520 Poyntz Avenue, Manhattan  
\$50.00 (Discount with additional classes)

This Osher class is an illustrated overview of the history of Manhattan and Kansas State University. The course will treat topics dating from the founding of the city and university, to the building and opening of the Flint Hills Discovery Center.

**Welcome to the Osher Institute where adult learners come to enrich their lives, meet new friends, and engage with their community.**

**No homework. No tests. No pressure. It's just learning for the joy of it.**

**Osher Lifelong Learning Institute: A collaboration with K-State, UFM Community Learning Center, and the University of Kansas.**

Special Event:

### **Sweeney Todd: Behind the Scenes at the MAC**

Sunday, October 2 • noon - 4:30pm

Manhattan Arts Center

1520 Poyntz Ave., Manhattan

\*\$32.00

\*Limited tickets available. Sept. 26 is the deadline for registration. Request for refund will be honored on or before Sept. 26, minus a \$15 administrative fee.

Course fee includes lunch, pre-performance presentation, and tickets for *Sweeney Todd*.

This special event begins with lunch at the MAC. Director Penny Cullers will stop by to add her special insights. Following the presentation, you can sit back, relax, and enjoy the Manhattan Arts Center's production of *Sweeney Todd*. A musical thriller, *Sweeney Todd* is the unsettling tale of a barber who was unjustly exiled for years by a corrupt judge and his return to London to seek revenge. The road to revenge turns indiscriminately murderous, leading him and his resourceful accomplice, Mrs. Lovett into a unique plan that helps them both and leads them down a dangerous, thrilling path with deadly consequences. This performance is not recommended for children. Dr. Anne Longmuir, Associate Professor at Kansas State University Dept. of English will give a short talk related to *Sweeney Todd* and the Penny Dreadful.

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](http://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](http://k-state.edu/accesscenter), (785)-532-6441, or email [accesscenter@k-state.edu](mailto: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
<b><u>DANCE 599</u></b>				
17051 - Ballroom Dance	6:45-7:45PM	8/24/2016 to 12/7/2016 (W)	\$354.40	Ahearn 304
17052 - Mid Eastern Dance	6:45-7:45PM	8/25/2016 to 12/8/2016 (Th)	\$354.40	Ahearn 301
17042 - Yoga I	10:30-11:30AM	8/22/2016 to 10/12/2016 (M/W)	\$354.40	Ahearn 301
17043 - Yoga I	4:20-5:20PM	8/22/2016 to 10/12/2016 (M/W)	\$354.40	Ahearn 301
17046 - Yoga I	5:30-6:30PM	8/22/2016 to 10/12/2016 (M/W)	\$354.40	Ahearn 301
17044 - Yoga I	10:30-11:30AM	10/17/2016 to 12/7/2016 (M/W)	\$354.40	Ahearn 301
17048 - Yoga I	4:20-5:20PM	10/17/2016 to 12/7/2016 (M/W)	\$354.40	Ahearn 301
17045 - Yoga I	5:30-6:30PM	10/17/2016 to 12/7/2016 (M/W)	\$354.40	Ahearn 301
17041 - Zumba	5:30-6:30PM	8/23/2016 to 12/6/2016 (T)	\$354.40	Ahearn 301
<b><u>MUSIC 206</u></b>				
17281 - Piano I	9:20-10:20AM	8/23/2016-10/11/2016 (T/Th)	\$354.40	McCain 127
17280 - Piano I	9:20-10:20AM	10/13/2016-12/8/2016 (T/Th)	\$354.40	McCain 127
<b><u>KIN 101</u></b>				
17266 - Bootcamp Fitness	12:00-1:00PM	8/22/2016 to 10/12/2016 (M/W)	\$458.30	FSTF
17275 - Bootcamp Fitness	12:00-1:00PM	10/17/2016 to 12/7/2016 (M/W)	\$458.30	FSTF
17271 - Bootcamp Fitness	9:30-10:30AM	8/23/2016 to 10/11/2016 (T/Th)	\$458.30	FSTF
17267 - Bootcamp Fitness	9:30-10:30AM	10/13/2016 to 12/8/2016 (T/Th)	\$458.30	FSTF
17272 - Bootcamp Fitness	9:00-10:00AM	8/22/2016 to 10/12/2016 (M/W)	\$458.30	FSTF
17188 - Bootcamp Fitness	9:00-10:00AM	10/17/2016 to 12/7/2016 (M/W)	\$458.30	FSTF
17270 - Bootcamp Fitness	4:00-5:00PM	8/23/2016 to 10/11/2016 (T/Th)	\$458.30	FSTF
17274 - Bootcamp Fitness	4:00-5:00PM	10/13/2016 to 12/8/2016 (T/Th)	\$458.30	FSTF
17265 - Yogilates	11:30A-12:30P	8/23/2016 to 10/11/2016 (T/Th)	\$458.30	FSTF
17197 - Yogilates	11:30A-12:30P	10/13/2016 to 12/8/2016 (T/Th)	\$458.30	FSTF
17194 - Yogilates	1:30-2:30PM	8/22/2016 to 10/12/2016 (M/W)	\$458.30	FSTF
17193 - Yogilates	1:30-2:30PM	10/17/2016 to 12/7/2016 (M/W)	\$458.30	FSTF
17268 - Total Body Toning	1:30-2:30PM	8/23/2016 to 10/11/2016 (T/Th)	\$458.30	FSTF
17269 - Total Body Toning	1:30-2:30PM	10/13/2016 to 12/8/2016 (T/Th)	\$458.30	FSTF
17191 - Total Body Toning	10:30-11:30AM	8/22/2016 to 10/12/2016 (M/W)	\$458.30	FSTF
17192 - Total Body Toning	10:30-11:30AM	10/17/2016 to 12/7/2016 (M/W)	\$458.30	FSTF
16807 - Intro to Crossfit	9:30-10:45AM	8/23/2016 to 10/11/2016 (T/Th)	\$354.40	Natatorium 4

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<b><u>KIN 101 (continued)</u></b>				
16808 - Intro to Crossfit	9:30-10:45AM	10/13/2016 to 12/8/2016 (T/Th)	\$354.40	Natatorium 4
16809 - Intro to Crossfit	3:30-4:45PM	8/23/2016 to 10/11/2016 (T/Th)	\$354.40	Natatorium 4
16810 - Intro to Crossfit	3:30-4:45PM	10/13/2016 to 12/8/2016 (T/Th)	\$354.40	Natatorium 4
17928 - Intro to Crossfit	3:15-4:30PM	10/17/2016 to 12/7/2016 (M/W)	\$354.40	Natatorium 4
17705 - Strength Training	1:30-2:20PM	8/23/2016 to 10/11/2016 (T/Th)	\$354.40	Gym 07
17706 - Strength Training	1:30-2:20PM	10/13/2016 to 12/8/2016 (T/Th)	\$354.40	Gym 07
16813 - TurboKick	5:30-6:30PM	8/23/2016 to 10/11/2016 (T/Th)	\$354.40	Ahearn 304
16814 - TurboKick	5:30-6:30PM	10/13/2016 to 12/8/2016 (T/Th)	\$354.40	Ahearn 304
16811 - Marathon Training	7:00-8:15AM	9/6/2016 to 10/25/2016 (T/Th)	\$354.40	Gym 07
16812 - HIIT-Interval Training	6:40-7:40PM	8/25/2016 to 12/8/2016 (Th)	\$354.40	Ahearn 304
17545 - Indoor Cycling	8:30-9:30AM	8/23/2016 to 10/11/2016 (T/Th)	\$354.40	Peters Rec
17544 - Indoor Cycling	8:30-9:30AM	10/13/2016 to 12/8/2016 (T/Th)	\$354.40	Peters Rec
17196 - Pilates	7:30-8:30PM	8/22/2016 to 10/12/2016 (M/W)	\$458.30	FSTF
17227 - Pilates	7:30-8:30PM	10/17/2016 to 12/7/2016 (M/W)	\$458.30	FSTF
17704 - Basketball	9:30-10:20AM	8/23/2016 to 10/11/2016 (T/Th)	\$354.40	Gym M
17703 - Basketball	9:30-10:20AM	10/13/2016 to 12/8/2016 (T/Th)	\$354.40	Gym M
<b><u>KIN 102</u></b>				
16866 - Fitness Swim	6:00-7:30PM	8/23/2016 to 10/11/2016 (T/Th)	\$354.40	Natatorium
16867 - Fitness Swim	6:00-7:30PM	10/13/2016 to 12/8/2016 (T/Th)	\$354.40	Natatorium
<b><u>RRES 200</u></b>				
16829 - Archery	6:30-7:30PM	8/22/2016 to 12/5/2016 (M)	\$354.40	Ahearn 304
16828 - Archery	7:40-8:40PM	8/22/2016 to 12/5/2016 (M)	\$354.40	Ahearn 304
16831 - Archery	8:50-9:50PM	8/22/2016 to 12/5/2016 (M)	\$354.40	Ahearn 304
16832 - Archery	8:15-9:15PM	8/23/2016 to 12/6/2016 (T)	\$354.40	Ahearn 304
16834 - Beginning Bowling	2:30-3:20PM	8/23/2016 to 12/6/2016 (T)	\$354.40	Student Union
16835 - Beginning Bowling	2:30-3:20PM	8/24/2016 to 12/7/2016 (W)	\$354.40	Student Union
16827 - Beginning Bowling	10:30-11:30AM	8/22/2016 to 12/5/2016 (M)	\$354.40	Student Union
16830 - Beginning Bowling	10:30-11:20AM	8/23/2016 to 12/6/2016 (T)	\$354.40	Student Union
16833 - Intermediate Bowling	2:30-3:30PM	8/22/2016 to 12/5/2016 (M)	\$354.40	Student Union
17414 - Beginning Fencing	6:00-7:30PM	8/22/2016 to 12/5/2016 (M)	\$354.40	Ahearn FH
17415 - Intermediate Fencing	7:30-9:00PM	8/22/2016 to 12/5/2016 (M)	\$354.40	Ahearn FH
16837 - Beginning Tennis	1:00-2:30PM	9/6/2016 to 11/15/2016 (T)	\$442.30	Body First
16836 - Beginning Tennis	1:00-2:30PM	9/7/2016 to 11/16/2016 (W)	\$442.30	Body First
17236 - Boxing 1	2:00-3:00PM	8/22/2016 to 10/12/2016 (M/W)	\$464.30	K.O. Boxing
17234 - Boxing 1	4:20-5:20PM	8/22/2016 to 10/12/2016 (M/W)	\$464.30	K.O. Boxing
17231 - Boxing 1	6:30-7:30PM	8/22/2016 to 10/12/2016 (M/W)	\$464.30	K.O. Boxing
17235 - Boxing 1	2:00-3:00PM	10/17/2016 to 12/7/2016 (M/W)	\$464.30	K.O. Boxing
17233 - Boxing 1	4:20-5:20PM	10/17/2016 to 12/7/2016(M/W)	\$464.30	K.O. Boxing
17232 - Boxing 1	6:30-7:30PM	10/17/2016 to 12/7/2016 (M/W)	\$464.30	K.O. Boxing

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<b><u>RRES 200 (continued)</u></b>				
17229 - Boxing 1	2:00-3:00PM	08/23/2016 to 10/11/2016 (T/Th)	\$464.30	K.O. Boxing
17223 - Boxing 1	6:30-7:30PM	08/23/2016 to 10/11/2016 (T/Th)	\$464.30	K.O. Boxing
17230 - Boxing 1	2:00-3:00PM	10/13/2016 to 12/8/2016 (T/Th)	\$464.30	K.O. Boxing
17228 - Boxing 1	6:30-7:30PM	10/13/2016 to 12/8/2016 (T/Th)	\$464.30	K.O. Boxing
17206 - Boxing 2	5:30-6:30PM	8/22/2016 to 10/12/2016(M/W)	\$464.30	K.O. Boxing
17205 - Boxing 2	7:30-8:30PM	8/22/2016 to 10/12/2016 (M/W)	\$464.30	K.O. Boxing
17204 - Boxing 2	5:30-6:30PM	10/17/2016 to 12/7/2016 (M/W)	\$464.30	K.O. Boxing
17212 - Boxing 2	7:30-8:30PM	10/17/2016 to 12/7/2016 (M/W)	\$464.30	K.O. Boxing
17201 - Boxing 2	5:30-6:30PM	8/23/2016 to 10/11/2016 (T/Th)	\$464.30	K.O. Boxing
17213 - Boxing 2	7:30-8:30PM	8/23/2016 to 10/11/2016 (T/Th)	\$464.30	K.O. Boxing
17203 - Boxing 2	5:30-6:30PM	10/13/2016 to 12/8/2016 (T/Th)	\$464.30	K.O. Boxing
17210 - Boxing 2	7:30-8:30PM	10/13/2016 to 12/8/2016 (T/Th)	\$464.30	K.O. Boxing
17202 - Boxing 3	5:30-6:30PM	8/22/2016 to 10/12/2016 (M/W)	\$464.30	K.O. Boxing
17177 - Boxing 3	7:30-8:30PM	8/22/2016 to 10/12/2016 (M/W)	\$464.30	K.O. Boxing
17178 - Boxing 3	5:30-6:30PM	10/17/2016 to 12/7/2016 (M/W)	\$464.30	K.O. Boxing
17179 - Boxing 3	7:30-8:30PM	10/17/2016 to 12/7/2016 (M/W)	\$464.30	K.O. Boxing
17211 - Boxing 3	5:30-6:30PM	8/23/2016 to 10/11/2016 (T/Th)	\$464.30	K.O. Boxing
17215 - Boxing 3	7:30-8:30PM	8/23/2016 to 10/11/2016 (T/Th)	\$464.30	K.O. Boxing
17216 - Boxing 3	5:30-6:30PM	10/13/2016 to 12/8/2016 (T/Th)	\$464.30	K.O. Boxing
17217 - Boxing 3	7:30-8:30PM	10/13/2016 to 12/8/2016 (T/Th)	\$464.30	K.O. Boxing
17214 - Boxing 4	7:30-8:30PM	8/22/2016 to 10/12/2016 (M/W)	\$464.30	K.O. Boxing
17221 - Boxing 4	7:30-8:30PM	10/17/2016 to 12/7/2016 (M/W)	\$464.30	K.O. Boxing
17222 - Boxing 4	7:30-8:30PM	8/23/2016 to 10/11/2016 (T/Th)	\$464.30	K.O. Boxing
17218 - Boxing 4	7:30-8:30PM	10/13/2016 to 12/8/2016 (T/Th)	\$464.30	K.O. Boxing
17259 - First Aid/CPR/AED	Noon-7:30PM	8/27/2016 and 8/28/2016 (Sat/Sun)	\$434.30	UFM
17254 - First Aid/CPR/AED	Noon-7:30PM	9/10/2016 and 9/11/2016 (Sat/Sun)	\$434.30	UFM
17258 - First Aid/CPR/AED	Noon-7:30PM	9/18/2016 and 9/25/2016 (Sun)	\$434.30	UFM
17255 - First Aid/CPR/AED	Noon-7:30PM	10/1/2016 and 10/2/2016 (Sat/Sun)	\$434.30	UFM
17252 - First Aid/CPR/AED	Noon-7:30PM	10/30/2016 and 11/6/2016 (Sun)	\$434.30	UFM
17256 - First Aid/CPR/AED	Noon-7:30PM	11/12/2016 and 11/13/2016 (Sat/Sun)	\$434.30	UFM
17257 - First Aid/CPR/AED	Noon-7:30PM	12/3/2016 and 12/4/2016 (Sat/Sun)	\$434.30	UFM
16820 - Golf	1:30-3:30PM	8/26/2016 to 10/14/2016(F)	\$474.30	Wamego Club
16819 - Golf	2:30-4:30PM	8/24/2016 to 10/12/2016 (W)	\$474.30	Wamego Club
16821 - Golf	5:30-7:30PM	8/25/2016 to 10/13/2016 (Th)	\$474.30	Wamego Club
17263 - RTE	Noon-6:30PM	10/9/2016 to 10/29/2016 (Sat/Sun)	\$868.60	UFM
17542 - Scuba Diving	6:00-10:00PM	8/22/2016 to 10/3/2016 (M)	\$510.40	Natatorium
17546 - Scuba Diving	6:00-10:00PM	10/10/2016 to 11/14/2016 (M)	\$510.40	Natatorium
17251 - Tae Kwon Do	8:00-9:00PM	8/23/2016 to 12/8/2016 (T/Th)	\$434.30	Sun Yi
17260 - Women's Self Defense	1:00-4:00PM	8/27/2016 to 9/10/2016 (Sat/Sun)	\$354.40	Ahearn 301
17262 - Women's Self Defense	1:00-4:00PM	9/11/2016 to 10/9/2016 (Sat/Sun)	\$354.40	Ahearn 301
17261 - Women's Self Defense	1:00-4:00PM	10/29/2016 to 11/13/2016 (Sat/Sun)	\$354.40	Ahearn 301

### **RRES 200 (continued)**

17444 - Fund. of Canoeing	8:30AM-4:30PM	10/1/2016 and 10/2/2016 (Sat/Sun)	\$456.30	UFM/Tuttle
17253 - Backcountry Skills	6:00-8:00PM, 11:00AM-6:00PM	11/30/2016 to 12/4/2016 (W/Sat/Sun)	\$434.30	UFM/Tuttle
17264 - Backcountry Experience	6:00-8:00PM, 8:00AM-12:00PM	11/2/2016 to 11/13/2016 (F/Sat/Sun) Overnight Saturday-Sunday	\$434.30	UFM
17408 - Trad. Self-Bow	6:00-8:00PM, 11AM-6PM	10/5/2016 to 10/16/2016 (W/Sat/Sun)	\$509.30	UFM/Tuttle
17632 - Rock Climbing	1:30-3:30PM	10/12/2016 to 12/7/2016 (W)	\$406.40	Peters Rec

### **Addresses:**

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

Body First Wellness & Recreation Center, 3615 Claflin Rd

FSTF - The Foundation Sports Training Facility, 2800 Amherst Ave.

K-State Peters Rec Complex

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

Natatorium, K-State pools in Ahearn Complex, KSU

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

**intersession**

on-campus and online classes between terms

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**ON TRACK**  
to your degree

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.

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Elsa Toburen, bachelor's student

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[ontrack.k-state.edu](http://ontrack.k-state.edu)

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>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](http://www.tryufm.org) | [info@tryufm.org](mailto: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: 16CCF251		Introduction to Photographing the Night Sky	32.00

Tax Deductible Donation \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

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

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

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

Name on card (please print) \_\_\_\_\_

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

### UFM Liability Participant Statement

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

Signature (Signature of Parent or Guardian required for minors) \_\_\_\_\_

Date \_\_\_\_\_

### UFM Refund and Cancellation Policies

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