



*a look*  
INSIDE

Sewing Basics

Ballet for Adults

LEAP! Lifestyle Enrichment  
for Alzheimer's Prevention

Knafeh and Turkish Coffee

Herbs Simply & Safely

Archery for Youth

Rising to the Challenge:  
Self-Care & Caregiving

# UFM **SPRING** 2017

## COURSE CATALOG

Are you ready for more? We are ready to "Exceed your Expectations!"



## Programs and Services 2017

**Accelerated Opportunity - Kansas**

**GED Preparation**

**Open Door High School  
Diploma Completion**

**Adult Basic & Secondary Education**

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

**Regional Proctored Testing Center**



**EXCEEDING EXPECTATIONS FOR 50 YEARS & COUNTING**

205 S. 4th Street  
Manhattan, KS 66502  
785-539-9009 [www.USD383.org/ALC](http://www.USD383.org/ALC)



**Now offering ESL Courses for ALL Levels of English Learners!**

## Welcome to the new UFM catalog!

Our look has changed – new catalog format, new logo and new website – but our mission remains the same.

We continue to bring you the best selection of personal enrichment classes in the area.

Since 1968, UFM has provided a foundation that brings people together to learn from one another.

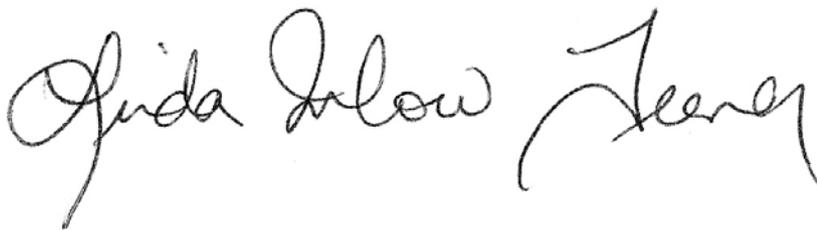
UFM offers around 250 classes each semester. We also offer programs to expand opportunities for underserved populations from teens in our mentoring program, to enrichment classes for special needs adults, to the Osher Institute that offers intellectual enrichment for adults over age 50.

The Manhattan Community Gardens, Lou Douglas Lecture Series, solar energy education and collaboration with other community groups are additional ways that UFM serves the community.

Last year almost 15,000 people participated in UFM activities.

Look through our new catalog. You will likely find more than one class or activity that sparks your interest in taking or teaching a class yourself. We welcome your ideas and experiences that could provide additional opportunities for others to learn from you.

For 49 years UFM has put the community in education by inviting people of all ages and backgrounds to share their passions with others. Please share your ideas with us!



# What's inside...

- 6 AQUATICS
- 12 CAREER & FINANCE
- 13 CREATIVE FREE TIME
- 15 EARTH & NATURE
- 19 FUN FOODS
- 21 ONLINE LEARNING
- 22 HEALTH & WELLNESS
- 30 LANGUAGE
- 31 MARTIAL ARTS
- 32 PERSONAL INTEREST
- 37 RECREATION & FITNESS
- 42 YOUTH
- 44 OSHER LIFELONG LEARNING
- 45 KSU CREDIT COURSES
- 50 REGISTRATION FORM



## UFM SPRING 2017 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.*

## UFM STAFF

- Executive Director | **LINDA INLOW TEENER**
- Education Coordinator | **KAYLA SAVAGE**
- State Outreach/KSU Credit Coordinator | **CHARLENE BROWNSON**
- KSU Credit Coordinator | **ERIN BISHOP**
- Program Assistant | **VAL COLTHARP**
- Program Assistant | **SAMANTHA LOVITT**
- Mentoring Coordinator | **MANDY COLTHARP**
- Swim Coordinator | **MORGAN SHETLER**
- Student Assistant | **KORI HOPSON**

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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 evening phone number and/or email address 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 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.

## 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.

## 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/spring2017/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. 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/spring2017/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.



# 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.**

**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.**



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

**17AAQP**

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.

SEC	DATE	TIME	FEE
E1	02/11 - 03/04 (Sa)	9:30 - 10:05 AM	\$33
A1	02/13 - 03/13 (M)	6:00 - 6:30 PM	\$33
D1	02/16 - 03/16 (Th)	6:00 - 6:30 PM	\$33
A2	03/27 - 04/24 (M)	6:00 - 6:30 PM	\$33
D2	03/30 - 04/27 (Th)	6:00 - 6:30 PM	\$33
E2	04/01 - 04/29 (Sa) (No Class 04/15)	9:30 - 10:05 AM	\$33

### Tot Transition (3-4 yrs)

**17AAQT**

Preschool-age children are taught basic aquatic safety and swimming skills, 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.

SEC	DATE	TIME	FEE
E1	02/11 - 03/04 (Sa)	10:15 - 10:50 AM	\$33
B1	02/14 - 03/14 (T)	6:00 - 6:30 PM	\$33
C1	02/15 - 03/15 (W)	6:00 - 6:30 PM	\$33
B2	03/28 - 04/25 (T)	6:00 - 6:30 PM	\$33
C2	03/29 - 04/26 (W)	6:00 - 6:30 PM	\$33
E2	04/01 - 04/29 (Sa) (No Class 04/15)	10:15 - 10:50 AM	\$33





**Level I: Introduction to Water Skills 17AAQ01**

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.

SEC	DATE	TIME	FEE
A	02/13 - 04/24 (M) (No class 3/20)	6:00 - 6:40 PM	\$57
AA	02/13 - 04/24 (M) (No class 3/20)	6:45 - 7:25 PM	\$57
B	02/14 - 04/25 (T) (No class 3/21)	6:45 - 7:25 PM	\$57
C	02/15 - 04/26 (W) (No class 3/22)	6:45 - 7:25 PM	\$57
D	02/16 - 04/27 (Th) (No class 3/23)	6:45 - 7:25 PM	\$57

**Level II: Fundamental Aquatic Skills 17AAQ02**

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.

SEC	DATE	TIME	FEE
A	02/13 - 04/24 (M) (No class 3/20)	6:45 - 7:25 PM	\$57
B	02/14 - 04/25 (T) (No class 3/21)	6:00 - 6:40 PM	\$57
BB	02/14 - 04/25 (T) (No class 3/21)	6:45 - 7:25 PM	\$57
C	02/15 - 04/26 (W) (No class 3/22)	6:45 - 7:25 PM	\$57
D	02/16 - 04/27 (Th) (No class 3/23)	6:45 - 7:25 PM	\$57

**Level III: Stroke Development 17AAQ03**

Youth lessons. The objective of Level 3 is to build on previously learned skills by providing additional guided practice in deeper water. Participants will learn to swim the front crawl, survival float, 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.

SEC	DATE	TIME	FEE
A	02/13 - 04/24 (M) (No class 3/20)	6:45 - 7:25 PM	\$57
B	02/14 - 04/25 (T) (No class 3/21)	6:45 - 7:25 PM	\$57
C	02/15 - 04/26 (W) (No class 3/22)	6:00 - 6:40 PM	\$57
CC	02/15 - 04/26 (W) (No class 3/22)	6:45 - 7:25 PM	\$57
D	02/16 - 04/27 (Th) (No class 3/23)	6:45 - 7:25 PM	\$57

**Level IV: Stroke Improvement 17AAQ04**

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.

SEC	DATE	TIME	FEE
A	02/13 - 04/24 (M) (No class 3/20)	6:45 - 7:25 PM	\$57
B	02/14 - 04/25 (T) (No class 3/21)	6:45 - 7:25 PM	\$57
C	02/15 - 04/26 (W) (No class 3/22)	6:45 - 7:25 PM	\$57
D	02/16 - 04/27 (Th) (No class 3/23)	6:45 - 7:25 PM	\$57



**Level V: Stroke Refinement 17AAQ05**

Youth lessons. The objectives of Level 5 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 \*\*)

SEC	DATE	TIME	FEE
A	02/13 - 04/24 (M) (No class 3/20)	6:45 - 7:25 PM	\$57
C	02/15 - 04/26 (W) (No class 3/22)	6:45 - 7:25 PM	\$57

**Level VI: Swimming and Skill Proficiency 17AAQ06**

Youth lessons. The objectives of Level 6 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 \*\*)

SEC	DATE	TIME	FEE
A	02/13 - 04/24 (M) (No class 3/20)	6:45 - 7:25 PM	\$57
C	02/15 - 04/26 (W) (No class 3/22)	6:45 - 7:25 PM	\$57

**Adult Swim Lessons 17AAQ22**

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. Ages 14 years and up.

DATE	TIME	FEE
02/13 - 04/24 (M) (No class 3/20)	6:00 - 6:40 PM	\$57

**Private Swim Lessons****17AAQ103**

Private lessons provide one-on-one instruction for any level of swimmer. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS. Class is held during group lessons and other aquatics classes.

\*Availability of private lessons is determined by the amount of staffing and is subject to change after enrollment opens.\*

**\*Semi-private - per student - \$55**

SEC	DATE	TIME	*FEE
E1A	02/11 - 03/04 (Sa)	9:30 - 10:05 AM	\$69
E1B	02/11 - 03/04 (Sa)	10:15 - 10:50 AM	\$69
E1C	02/11 - 03/04 (Sa)	11:00 - 11:35 AM	\$69
A1A	02/13 - 03/13 (M)	6:00 - 6:30 PM	\$69
A1B	02/13 - 03/13 (M)	6:45 - 7:15 PM	\$69
B1A	02/14 - 03/14 (T)	6:00 - 6:30 PM	\$69
B1B	02/14 - 03/14 (T)	6:45 - 7:15 PM	\$69
C1A	02/15 - 03/15 (W)	6:00 - 6:30 PM	\$69
C1B	02/15 - 03/15 (W)	6:45 - 7:15 PM	\$69
D1A	02/16 - 03/16 (Th)	6:00 - 6:30 PM	\$69
D1B	02/16 - 03/16 (Th)	6:45 - 7:15 PM	\$69
A2A	03/27 - 04/24 (M)	6:00 - 6:30 PM	\$69
A2B	03/27 - 04/24 (M)	6:45 - 7:15 PM	\$69
B2A	03/28 - 04/25 (T)	6:00 - 6:30 PM	\$69
B2B	03/28 - 04/25 (T)	6:45 - 7:15 PM	\$69
C2A	03/29 - 04/26 (W)	6:00 - 6:30 PM	\$69
C2B	03/29 - 04/26 (W)	6:45 - 7:15 PM	\$69
D2A	03/30 - 04/27 (Th)	6:00 - 6:30 PM	\$69
D2B	03/30 - 04/27 (Th)	6:45 - 7:15 PM	\$69
E2A	04/01 - 04/29 (Sa) (No Class 04/15)	9:30 - 10:05 AM	\$69
E2B	04/01 - 04/29 (Sa) (No Class 04/15)	10:15 - 10:50 AM	\$69
E2C	04/01 - 04/29 (Sa) (No Class 04/15)	11:00 - 11:35 AM	\$69



**Lap Swimming: Ages 13+**

**17AAQLS**

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 time below.

SEC	DATE	TIME	FEE
A	02/13 - 04/24 (M) (No lap swim 3/20)	6:00 - 7:25 PM	\$19
B	02/14 - 04/25 (T) (No lap swim 3/21)	6:00 - 7:25 PM	\$19
C	02/15 - 04/26 (W) (No lap swim 3/22)	6:00 - 7:25 PM	\$19
D	02/16 - 04/27 (Th) (No lap swim 3/23)	6:00 - 7:25 PM	\$19
E	05/01 - 05/04 (M-Th)	6:40 - 7:25 PM	\$24

**Lap Swimming for Parents**

**17AAQLP**

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. You may choose your 40-minute block of time during the scheduled times below.

SEC	DATE	TIME	FEE
A	02/13 - 04/24 (M) (No lap swim 03/20)	6:00 - 7:25 PM	\$16
B	02/14 - 04/25 (T) (No lap swim 03/21)	6:00 - 7:25 PM	\$16
C	02/15 - 04/26 (W) (No lap swim 03/22)	6:00 - 7:25 PM	\$16
D	02/16 - 04/27 (Th) (No lap swim 03/23)	6:00 - 7:25 PM	\$16
E1	02/11 - 03/04 (Sa)	9:30 - 11:30 AM	\$8
E2	04/01 - 04/29 (Sa) (No lap swim (04/15)	9:30 - 11:30 AM	\$8

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

**Open Swim Appreciation**

**17AAQ31A**

For current 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	TIME	FEE
03/12 (Su)	5:00 - 7:00 PM	No Charge

**Sunday Family Swim**

**17AAQ32**

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. Swim individually or as a family!

DATE	TIME	FEE
02/19 - 03/12 (Su)	5:00 - 7:00 PM	Individual - \$8 Family - \$20

**Shallow/Deep Water Exercise**

**17AAQSHD**

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 Monday, Tuesday, Wednesday, and Thursday and Deep Water meets Tuesday and Thursday. Ages 16 years and up.

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

DATE	TIME	FEE
01/23 - 05/04 (M/T/W/Th) (No Class 3/20, 3/21, 3/22, 3/23)	6:40 - 7:25 PM	8 classes - \$24 16 classes - \$36 24 classes - \$48 32 classes - \$56 48 classes - \$72



## Blended Learning: Lifeguard Training

17AAQ07

Blended Learning: Lifeguard Training gives you the opportunity to complete part of the coursework online. The coursework covers the same materials covered in the full class. You will be contacted via email with login information and directions to complete the online content before the first in-class skills session. **ONLINE COURSEWORK MUST BE COMPLETED BEFORE IN-CLASS SKILLS SESSION.** Please be sure to check your email frequently and ensure it's in working order. Certification requirements are as follows:

**Part I:** Complete online session by correctly answering at least 80% of the questions 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

**\*\*Prerequisites:** candidates must

- 1) Be 15 years of age on or before the last scheduled day of class;
- 2) Swim 500 yards continuously using these strokes in the following order:
  - \* 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick
  - \* 100 yards of breaststroke using rhythmic breathing and a stabilizing, propellant kick
  - \* 200 yards of front crawl, breaststroke, or combination there of
- 3) Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 lb object, return to the surface, and swim 20 yards back to starting point with both hands on the object and face above the water at all times. Certification requirements: demonstrate competency in all required skills, demonstrate competency in the three final skill scenarios, demonstrate level of maturity and responsibility consistent w/Red Cross standards, and correctly answer at least 80% of questions on written exams.

Class times: Saturday 8:00a-7:00p, Sunday 8:00a-5:00p, class times are subject to change, based on class ability

Instructors: Abby Thrash, Megan Goebel and Kyle Polson  
**\* CPR mask not included in class fee**  
**Required: additional Mask fee of \$14**  
**\* \$85 non-refundable fee**

SEC	DATE	TIME	*FEE
A	04/08 - 04/09 (Sa/Su)	8:00 AM-7:00 PM	\$165
B	04/29 - 04/30 (Sa/Su)	8:00 AM-7:00 PM	\$165
C	05/06 - 05/07 (Sa/Su)	8:00 AM-7:00 PM	\$165
D	05/20 - 05/21 (Sa/Su)	8:00 AM-7:00 PM	\$165



## Blended Learning: Lifeguard Training Recertification 17AAQ35

This is a Blended Learning Recertification class. Students will be emailed a link to follow instructions to complete a portion of the content online before coming to the in-class skills session. Students are required to bring their certificate of completion to the class. The online content is expected to take 4-6 hours to complete.

**Pre-reqs:**

- 1) Must be 15 years old on or before the final scheduled session of this course.
- 2) Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
- 3) Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
- 4) Complete a timed event within 1 minute 40 seconds. Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. Surface dive, feet first or head first, to a depth of 7 to 10 feet to retrieve a 10 pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

The class is a review for those who are already certified Lifeguards, but their certification is coming due or is within 30 days of expiration. Participants will demonstrate all water rescue skills and the pre-reqs. CPR/AED for the Professional Rescuer is included. Plus a prerequisite swim.

Instructor: Megan Goebel & Kyle Polson

**\* \$45 non-refundable fee**

SEC	DATE	TIME	*FEE
A	04/01 (Sa)	9:30 AM - 5:00 PM	\$94
B	04/02 (Su)	8:00 AM - 4:00 PM	\$94
C	04/22 (Sa)	9:30 AM - 5:00 PM	\$94
D	04/23 (Su)	8:00 AM - 4:00 PM	\$94

Check [www.tryufm.org](http://www.tryufm.org) for Water Safety Instructor (WSI) training course.



**Touring Kayak Skill Enhancement 17AAQ08**

This class will incorporate edging to your kayaking maneuvering skills along with use of torso, hips and legs in your stroke. You will learn how to perform a low brace, high brace, two types of draw strokes (to move the boat sideways), bow & stern rudder and low & high brace turn. These kayak classes can be repeated as you build your confidence and mastery. Odds of getting wet in this class is very likely. Ages 16 and up. Required equipment: Clean touring kayak, PFD (life jacket), bilge pump, paddle float, spray/splash skirt, nose plugs (optional), and swim goggles (optional).

Instructor: Larry Storer, (785) 456-2504  
 Larry has been kayaking the waters of Kansas for 14 years, focusing only on touring/sea kayaks and what they can do in all types of water conditions. He has a specialized knowledge and skill base for this part of Kansas and is eager to share it with others who are wanting to expand their skills to the next level. Touring kayaks are amazing vessels that can get to places where many other water craft cannot reach and allow you to see a world you may have never experienced.

SEC	DATE	TIME	FEE
A	01/22 (Su)	8:00 AM - Noon	\$62
B	02/19 (Su)	8:00 AM - Noon	\$62

**Location:** KSU Natatorium

**Touring Kayak Rescues & Rolls 17AAQ09**

This is probably one of the most important kayak classes you can take. It's important to learn not only how to maneuver the kayak and maintain your balance, but also how to be safe when there is a mishap. Many kayakers are so intent on staying balanced in their kayak that they never learn what to do if the kayak tips. You will get wet in this class, but you will also begin to master: Wet Exit Re-entry ("Cowboy" scramble) to the kayak in open water, T-Rescue, Assisted Rescues and the Extended Paddle Roll. Ages 16 and up. Required equipment: Clean touring kayak, PFD (life jacket), bilge pump, paddle float, spray/splash skirt, nose plugs (optional), and swim goggles (optional).

Instructor: Larry Storer, (785) 456-2504

SEC	DATE	TIME	FEE
A	01/29 (Su)	8:00 AM - Noon	\$62
B	03/05 (Su)	8:00 AM - Noon	\$62

**Location:** KSU Natatorium

**Scuba Diving 17AAQ105**

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 \$100 will be assessed at the time of check out dives. However, neither UFM nor K-State are 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. Required textbook for class "NAUI Scuba Diver", ISBN 0-9679903-0-0. Available on the first day of class for \$38 or students can purchase or borrow the book on their own.

There is a non-refundable material fee of \$50 for withdrawing from the class after the first day. Available for KSU credit.

Instructor: Jeff Freeborn

SEC	DATE	TIME	FEE
AZ	01/23 - 03/06 (M)	6:00 PM-10:00 PM	\$257
BZ	03/27 - 05/01 (M)	6:00 PM-10:00 PM	\$257
CZ	01/21 - 03/04 (Sa)	9:30 AM-1:30 PM	\$257

**Location:** KSU Natatorium



# CAREER & FINANCE

AQUATICS

CAREER & FINANCE

CREATIVE FREE TIME

EARTH & NATURE

FUN FOODS

ONLINE LEARNING

HEALTH & WELLNESS

## Financial Literacy:

### The Talk About Money

17AFC156

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

At the age of 27 Milo Kelley earned a BS degree in Math and Psychology from FHSU in Hays, Kansas. In 2015 he wrote a book titled "I Want to be Rich/Not Wealthy". Over the last several years he has identified simple rules of wealth creation he wants to share.

SEC	DATE	TIME	FEE
A	02/09 - 02/23 (Th)	6:30 - 8:00 PM	\$18
B	03/16 - 04/06 (Th) (No class 3/23)	6:30 - 8:00 PM	\$18

**Location:** UFM Conference Room - 2nd floor  
1221 Thurston St.

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



## MCAT Prep Course

NEW!

17AFC158

This class will serve to prep students on the scientific topics that will be tested on the Medical College Admissions Test. Basic concepts and MCAT specific skills and strategies for each section will be discussed. We will spend roughly six weeks covering each of the sections and will review based on the content outlines directly from the AAMC. A majority of the time will be spent solving practice passages and working on assessing individual weaknesses. There will be an emphasis placed on frequent timed quizzes/ tests and practice passages. If you are in a Kaplan/ Princeton/ Exam Krackers or other prep company's course, please save the space for those who are not.

Instructor: Dennis Jilka, (913) 306-6092, [DenJilka@ksu.edu](mailto:DenJilka@ksu.edu), Dennis is a graduate student in physiology. He took the MCAT in the summer of 2016 and scored well. During his time at KSU, he has worked as an organic chemistry teaching assistant and has tutored chemistry and biology through various positions on campus.

SEC	DATE	TIME	FEE
A	01/23 - 05/06 (M/Sa) (No Class 3/20, 3/25)	5:30 - 8:30 PM	\$150
B	01/27 - 05/07 (F/Su) (No Class 3/24, 3/26)	5:30 - 8:30 PM	\$150

**Location:** Justin Hall 256

## Accessing Digital Library Resources with Your iPad

NEW!

17AFC159

An introduction to using an iPad for accessing and reading eBooks and audiobooks. We will explore what is available through your local library's digital resources, specifically the OverDrive app for accessing the Sunflower eLibrary. Time permitting, we will survey other apps for reading and entertainment, such as Open Library, hoopla Digital and LibriVox. iPads will be provided for this hands-on class. This class is a partnership of UFM Community Learning Center, Wamego Technology Center and Wamego Public Library.

Instructor: Mary Hammel  
Mary Hammel is the Associate Director of the Catalyst Technology and Media Services Center in the College of Education at Kansas State University.

DATE	TIME	FEE
03/28 (Tu)	5:30 - 6:45 PM	\$19

**Location:** Wamego Public Library

# CREATIVE FREETIME

AQUATICS

CAREER & FINANCE

CREATIVE FREETIME

EARTH & NATURE

FUN FOODS

ONLINE LEARNING

HEALTH & WELLNESS

## Sax, Clarinet, Flute Private Instruction

17ACF232

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

DATE	TIME	FEE
See description	TBD	4 classes - \$64 8 classes - \$128 12 classes - \$192 16 classes - \$256

Location: UFM 1221 Thurston St.

## Piano I

17ACF35

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

SEC	DATE	TIME	FEE
AZ	01/17 - 03/07 (T/Th)	9:20 - 10:20 AM	\$136
BZ	03/09 - 05/04 (Th/T) (No class 3/21, 3/23)	9:20 - 10:20 AM	\$136

Location: K-State McCain Auditorium Room 127



## Pysanky

NEW!

17ACF252

Learn the ancient art of Pysanky. This Ukrainian art uses a batik method of layering wax and dye on an egg. You will use a traditional kistka, bee's wax and dyes. In this class, you will receive instruction on a basic design and you will be able to embellish the design during the process. Ages 16+. Class ending time may vary.

Instructor: Gail Parsons

DATE	TIME	FEE
04/08 (Sa)	10:00 AM - Noon	\$52

Location: UFM Solar Addition, 1221 Thurston St.

## Alcohol Inks

NEW!

17ACF256

Have fun with this exciting medium. Learn how alcohol and ink combine to make incredible designs, abstracts and pictures. Also, learn how to save money by making your own inks the quick and simple way. All supplies will be provided. The class will start with students experimenting on a non-porous paper; they will then have a choice of surfaces to choose from for their finished project. Ages 10+.

Instructor: Gail Parsons

DATE	TIME	FEE
02/18 (Sa)	10:00 - 11:30 AM	\$42

Location: UFM Solar Addition, 1221 Thurston St.



**Barn Quilt Make & Take****17ACF227**

Have you wondered what the quilt blocks are that are hanging on barns, sheds and other outdoor structures? What are they made of? In this class you will learn the history of Donna Sue Groves, the quilt trail movement and how to make a "barn" quilt block for your outdoor structure. A primed board will be supplied, ready for you to draw your pattern and paint! The "kit" will include a 2' x 2' board, tape, foam brushes and paint. The color choices will be primary red, blue, yellow, green, black and white. Several patterns will be available to choose at the class. You will hear a brief presentation about the history of barn quilts and the Kansas Flint Hills Quilt Trail. Next, we will choose a quilt block pattern and then draw your design on the board. Then, it's on to taping and painting the block to take home with you.

Instructor: Sue Hageman

DATE	TIME	FEE
03/04 (Sa) *Enrollment deadline 2/24	9:00 AM - 2:00 PM	\$40

**Location:** Blueville Nursery 4539 Anderson Ave  
Manhattan, KS

**Sewing Basics****NEW!****17ACF257**

Learn how to use that sewing machine in your closet. This class will focus on basic sewing skills with emphasis on using a sewing machine. For each class, students are required to provide their own sewing machine as well as a basic sewing kit including scissors, hand sewing needles, sewing machine needles, pins, a pin cushion or pin holder of some kind, thread, a small ruler and a seam ripper. Other supplies will be specified for each class. For the first class, bring 1/4 yard of a solid, light colored cotton fabric and a spool of thread.

Instructor: Linda Teener

DATE	TIME	FEE
02/21 - 03/07 (T)	5:30 - 7:30 PM	\$24

**Location:** UFM Multipurpose Room, 1221 Thurston St.

**How to Write Great Fiction****NEW!****17ACF36**

Have you ever dreamed of being a writer? Do you have a great idea but you don't know how to turn that idea into a story or a novel? Are you already working on a novel but you'd like to get feedback from others to see if you're on the right track? Whether you're a complete beginner or you've been writing for years, this class can help you hone your skills and be a successful writer. In addition to learning what it takes to write great fiction, we will also cover selling your finished work both to the traditional New York publishers and independently through Amazon's self-publishing process. How to Write Great Fiction will introduce the fundamentals of writing as well as selling your finished novels and short stories. We will provide feedback on issues related to student manuscripts. Please bring a sample of a work in progress or begin a project after the first class session. Each class provides guided workshop time where students learn through participation. Students will receive a copy of Glenn's newly released non-fiction book titled How to Write Great Fiction. It is included in the class fee.

Instructor: Glenn Sixbury, (785) 587-9561 x 2003

DATE	TIME	FEE
04/04 - 04/18 (T)	7:30 - 9:30 PM	\$26

**Location:** UFM Multipurpose Room 1221 Thurston St.

## Featured UFM Instructor

.....

*Linda Teener*

Linda Teener, the UFM director, is also a long-time UFM instructor. Linda taught her first class, guitar, as a K-State undergraduate student. Through the years she has taught off loom weaving, stress management, mountain and hammered dulcimer, autoharp, quilting, beginning sewing and crochet. Linda enjoys sharing her passions and getting to know others in the community through her classes.



# EARTH & NATURE

AQUATICS

CAREER & FINANCE

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FUN FOODS

ONLINE LEARNING

HEALTH & WELLNESS



## Introduction to Beekeeping 17AEN124

If you are thinking about starting a beehive or just want to learn about what's involved in beekeeping, this is an introduction to these fascinating and important insects. We'll discuss basic honeybee biology and their current challenges, what is involved in a beekeeping year, and equipment needed to get started.

Instructor: Konza Beekeepers Association, [konzabeekeepers@gmail.com](mailto:konzabeekeepers@gmail.com)

DATE	TIME	FEE
01/28 (Sa)	9:00 AM - Noon	\$20

**Location:** Sunset Zoo Education Building 2333 Oak St Manhattan, KS

## Home Landscape Design 17AEN08

Property values can be increased by as much as 10-20% by smart landscape design. Learn the basics of landscaping your home and create your own design on paper to get one step closer to creating the look you want! Locally available resources will be presented. Edible landscaping will be discussed. This course is a must for residents new to the Manhattan community or those of us with "brown thumbs." Single home owner and/or couples are encouraged to enroll.

Instructor: Gregg Eyestone

Gregg has been instructing others on gardening practices for 22 years through K-State Research and Extension. A native of Manhattan, he has been gardening his whole life. His orchard contains just about one of everything.

DATE	TIME	FEE
02/01 - 02/15 (W)	6:30 - 8:30 PM	Individual - \$21 Couple - \$30

**Location:** Pottorf Hall at Cico Park-Clover Room

## Photovoltaics 101 17AEN114

Solar energy is naturally democratic. Like rain, it falls on your house and mine. And unlike coal or natural gas pipelines, it's hard for monopolies to corner the market. You own the wiring in your house and its roof. Homeowners can do their own electrical work, so for about the cost of a used car, you can generate much of your own power. It's easier than you think. We will be discussing advances in solar technology from grid tie with battery back-up to microgrids for villages or even individual neighborhoods. Do you have questions about solar lease programs, or community solar? Bring your own knowledge and favorite topic. We'll attempt to answer as many questions as time allows. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. (FHREEC) [www.fhrec.org](http://www.fhrec.org)

Instructor: FHREEC, Bill Dorsett, (785) 539-1956, [wmdorsett@sbcglobal.net](mailto:wmdorsett@sbcglobal.net). Bill Dorsett has been working in solar energy since 1975, both in passive and active thermal systems and in solar electric applications.

DATE	TIME	FEE
02/04 (Sa)	9:00 AM - Noon	No Charge

**Location:** UFM Solar Addition 1221 Thurston St.



**Bicycle Brake System Basics 17AEN139**

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

DATE	TIME	FEE
03/19 (Su)	5:00 - 8:00 PM	\$35

**Location:** Brew Bros Hops & Sprockets -  
1110 Laramie Street, Manhattan, KS 66502

**Bicycle Drivetrain Basics 17AEN140**

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

DATE	TIME	FEE
03/12 (Su)	5:00 - 8:00 PM	\$35

**Location:** Brew Bros Hops & Sprockets -  
1110 Laramie Street, Manhattan, KS 66502

**Intro to Geocaching 17AEN103**

Geo is a prefix for earth. Cache is a hiding place used to store items. Today there are over 2.5 million geocaches hidden around the world. They can be found deep in the woods, under water and even stuck to the underside of park benches and the containers are getting increasingly more clever. Geocaching has become a hobby for many individuals, friends and families. Has your interest been piqued? Here's your chance to find out more. The first hour of the class will cover the terms, basic information and how-to for geocaching. After that, the class will be hands-on and geocaching will 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

DATE	TIME	FEE
02/25 (Sa)	1:00 - 5:00 PM	Family - \$5 Individual - \$2

**Location:** UFM Conference Room - 2nd floor  
1221 Thurston St.

**Bushcraft Skills 17AEN117Z**

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

Class dates/times/locations:

\* 02/22 (W) 6:00pm - 8:00p -- UFM

\* 03/04 - 03/05 (Sat/Sun) 11:00am - 6:00pm -- Tuttle

Instructor: Daniel Schapaugh, scha@ksu.edu  
Daniel Schapaugh has been intensely involved in a variety of backcountry experiences for over 20 years.

DATE	TIME	FEE
02/22 - 03/05 (W/Sa/Su)	See Description	\$90

**Location:** UFM Conference Room - 2nd floor  
1221 Thurston St.



**The Traditional Self-Bow** **NEW!** 17AEN144Z

The Traditional Self-Bow Course is designed to give students detailed instruction and hands on experience in the creation of a wooden self-bow. The course will include 16 contact hours. First session is a two-hour classroom introduction on Wednesday evening from 6-8 pm. This will be followed by two field sessions, Saturday and Sunday from 11:00 am to 6:00 pm. The class experience is immersive in nature, includes detailed instruction, regular debrief, and short exams via individual student demonstration and written responses. Upon completion of the course students will be well versed in traditional bow history, design, tool safety, selecting and finishing wood staves, and crafting flemish strings. Students will complete the course with a functional self-bow of their own making. Outdoor sessions will be held in portions of the Tuttle Creek State Park operated by KDWP. Transportation to and from outdoor class locations will be provided. Students need to be prepared to spend extended periods of time outdoors in a variety of weather conditions. All materials and tools are included in the class fees, the course text pamphlet is the responsibility of each student. Available for KSU credit.

Instructor: Daniel Schapaugh, scha@ksu.edu

DATE	TIME	FEE
04/26 - 04/30 (W/Sa/Su)	W: 6-8pm & Sat/Sun: 11am - 6pm	\$223

**Location:** UFM Conference Room, 2nd floor  
1221 Thurston St.

**Modern Global Warming and the Geologic Record of Climate Change** **NEW!** 17AEN120

During these three sessions we will explore what controls the Earth's climate, and how geologists go about reconstructing past climate change. We will then look at how the climate of the Earth has changed from times of "icehouse" conditions to those of "greenhouse" conditions. Lastly, we will look at the evidence for modern climate change and its causes. This is an extremely important topic, and one that is receiving increasing public attention and debate. There will be plenty of opportunity to ask questions, so please bring yours.

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

DATE	TIME	FEE
04/08 - 04/22 (Sa)	7:00 - 9:00 PM	No Charge

**Location:** UFM Conference Room - 2nd floor  
1221 Thurston St.



UFM PUTS THE  
**COMMUNITY**  
IN EDUCATION

**NEW!****Growing Daylilies for Beginners** 17AEN143

Daylilies are rugged, adaptable, vigorous perennials that endure in a garden for many years. Daylilies adapt to a wide range of soil and light conditions. They establish quickly and survive winters with little or no injury. While each bloom lasts only one day, hence the name, their multiple blooms last for many weeks, making a striking show of bright colors in the garden landscape. Daylilies are major attractors to the many beneficial insects and hummingbirds that seek out the nectar these plants provide. Once established, daylilies require little care and provide a dramatic backdrop for annuals and other plants season after season. This class will demonstrate that even amateur gardeners can have a show of daylilies among their plantings. It will cover things you need to know about soil, optimal planting locations, and how to take care of daylilies long-term. The course will be taught by members of the Flint Hills Daylily Society. The Flint Hills Daylily Society is the sponsor of this class.

Instructor: Flint Hills Daylily Society

DATE	TIME	FEE
04/01 (Sa)	1:30 - 3:30 PM	No Charge

**Location:** UFM Solar Addition 1221 Thurston St.





### Wildflower Walk at Tuttle Creek Lake

**17AEN69**

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: Melissa Bean

DATE	TIME	FEE
05/13 (Sa)	10:00 AM to Noon	No Charge

**Location:** Tuttle Creek Lake Visitor Center 5020 Tuttle Creek Blvd

### Introduction to Permaculture

**NEW!**
**17AEN137**

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

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

DATE	TIME	FEE
02/12 (Su)	6:00 - 8:00 PM	No Charge

**Location:** UFM Conference Room - 2nd floor  
1221 Thurston St.

### Permaculture Guilds

**NEW!**
**17AEN138**

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	TIME	FEE
03/12 (Su)	6:00 - 8:00 PM	No Charge

**Location:** UFM Conference Room - 2nd floor  
1221 Thurston St.

### Feed Your Soil:

### Composting the Permaculture Way

**17AEN81**

No matter what your physical condition or living circumstances you can use permaculture techniques to feed your soil by using your own green waste. Find what works for you, and you will be as happy as your plants.

Instructor: Carol Barta, (785) 410-8608

DATE	TIME	FEE
04/22 (Sa)	10:00 AM - Noon	No Charge

**Location:** 1425 Collins Ln., Sunflower Permaculture, Manhattan, KS 66502

**NEW AND  
RETURNING GARDENER  
SIGNUPS AT  
UFM COMMUNITY  
LEARNING CENTER :**

Returning Gardeners:  
• JANUARY 10, 6:00PM

NEW GARDENERS:  
• JANUARY 24, 6:00PM  
• FEBRUARY 15, 6:00 PM  
• MARCH 11, 6:00PM



# FUN FOODS

AQUATICS

CAREER & FINANCE

CREATIVE FREE TIME

EARTH & NATURE

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ONLINE LEARNING

HEALTH & WELLNESS



## What to Expect When You're Extracting

**NEW!**

**17AFF145**

How do I make my own beer recipes? How much of this do I put into that? This class will delve deep into how to calculate, formulate and postulate beer recipes. Bring your math hats and some sort of note taking device. You won't regret it! Must be 21 to participate.

Instructor: Clint McAllister, (785) 537-3737  
brewbroshs@gmail.com

DATE	TIME	FEE
04/09 (Su)	5:00 - 8:00 PM	\$35

**Location:** Brew Bros Hops & Sprockets - 1110 Laramie Street, Manhattan, KS 66502

## Knafeh and Turkish Coffee

**NEW!**

**17AFF146**

Come and savor the Queen of Mediterranean dessert! If you love luscious, melted cheese topped with sweet semolina and orange blossom syrup, this dessert is for you. Join us for a special evening of Knafeh and Turkish coffee!

Instructor: Michelle Aramouni

DATE	TIME	FEE
03/08 (W)	6:00 - 8:00 PM	\$29

**Location:** HyVee Club Room - 601 3rd Place



## This Is How You Brew It!

**17AFF139**

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.

\*Session A class meets on March 5 & 26  
\*Session B class meets on April 2 & 23

Instructor: Clint McAllister, Aaron Thornton,  
(785) 537-3737, brewbroshs@gmail.com

SEC	DATE	TIME	FEE
A	03/05 - 03/26 (Su)	5:00 - 8:00 PM	\$35
B	04/02 - 04/23 (Su)	5:00 - 8:00 PM	\$35

**Location:** Brew Bros Hops & Sprockets - 1110 Laramie Street, Manhattan, KS 66502





## Sushi Rolling 17AFF129

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

Rick worked for a sushi restaurant management company, Open Sushi Bars. Rick also trained others to manage sushi restaurants (approximately 200 sushi bars in Texas). He is currently the sushi menu developer at Derby Dining Center as a doctoral student in the Department of Hospitality Management and Dietetics at Kansas State University.

DATE	TIME	FEE
02/03 (F)	6:00 - 7:30 PM	\$40

**Location:** HyVee Club Room - 601 3rd Place



## Bengali Cooking

NEW!

17AFF144

This course will focus on Bengali cooking from the eastern part of India (and Bangladesh), but will also touch on North Indian cooking if time permits. People's Grocery, UFM, and Ecumenical Campus Ministry (ECM) have collaborated to bring you this class.

Instructor: Amit Chakrabarti

Amit Chakrabarti is a physicist and chef. A native of India, Dr. Chakrabarti was appointed Interim Dean of the College of Arts & Sciences in 2015. He enjoys cooking and sharing delicious food with friends.

DATE	TIME	FEE
04/08 (Sa)	3:30 - 5:00 PM	No Charge

**Location:** Ecumenical Campus Ministry (ECM) - Kitchen  
904 Sunset Avenue



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# ONLINE LEARNING

AQUATICS

CAREER & FINANCE

CREATIVE FREE TIME

EARTH & NATURE

FUN FOODS

ONLINE LEARNING

HEALTH & WELLNESS

See Page 10 for class descriptions and additional information for Red Cross Blended Learning: Lifeguard Training and Blended Learning: Lifeguard Training Recertification classes below:

**Blended Learning: Lifeguard Training** **17AAQ07**  
 \* CPR mask not included in class fee  
 Required: additional Mask fee of \$14  
 \* \$85 non-refundable fee

SEC	DATE	TIME	*FEE
A	04/08 - 04/09 (Sa/Su)	8:00 AM-7:00 PM	\$165
B	04/29 - 04/30 (Sa/Su)	8:00 AM-7:00 PM	\$165
C	05/06 - 05/07 (Sa/Su)	8:00 AM-7:00 PM	\$165
D	05/20 - 05/21 (Sa/Su)	8:00 AM-7:00 PM	\$165

**Blended Learning: Lifeguard Training Recertification** **17AAQ35**  
 \* \$45 non-refundable fee

SEC	DATE	TIME	*FEE
A	04/01 (Sa)	9:30 AM - 5:00 PM	\$94
B	04/02 (Su)	8:00 AM - 4:00 PM	\$94
C	04/22 (Sa)	9:30 AM - 5:00 PM	\$94
D	04/23 (Su)	8:00 AM - 4:00 PM	\$94

See Page 27 for class descriptions and additional information for Red Cross Blended Learning: First Aid/CPR/AED classes below:

**Blended Learning: First Aid/CPR/AED** **17AHW70**  
 \* \$45 non-refundable fee

SEC	DATE	TIME	*FEE
A	01/21 (Sa)	9:30 - 11:00 AM	\$64
B	01/28 (Sa)	10:00 - 11:00 AM	\$64
C	01/28 (Sa)	11:00 AM - Noon	\$64
D	01/28 (Sa)	Noon - 1:00 PM	\$64
E	03/11 (Sa)	9:30 - 11:00 AM	\$64
F	05/06 (Sa)	9:30 - 11:00 AM	\$64

**Location:** UFM Conference Room - 2nd floor  
 1221 Thurston St.

Check [www.tryufm.org](http://www.tryufm.org) for Water Safety Instructor (WSI) training course.

**A One on One Introduction to Voiceovers** **17ACF129**

This fun and empowering 90 minute, one-on-one Introductory workshop covers the different types of voiceovers and what tools are needed to find success. You'll be coached as you read a script, and be recorded so you can receive a professional voice evaluation later. You'll 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.

**Instructor:** Voices For All, LLC

DATE	TIME	FEE
01/17 - 05/04 (T)	TBD	\$49

**Location:** One on One Video Chat

## Online Courses

Start learning something new today! UFM is partnering with Ed4Online to expand our educational offerings. 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 enhance and expand learning opportunities available in and around the Manhattan community. Please let us know if there are other courses you would like to see added.

**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)**

## Personal Enrichment Courses

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# HEALTH & WELLNESS

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FUN FOODS

ONLINE LEARNING

HEALTH & WELLNESS

## Building Healthy Nutrition Habits 17AHW195

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

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. For more information visit: [www.gracegoalsandguts.com](http://www.gracegoalsandguts.com)

SEC	DATE	TIME	FEE
A	01/25 - 03/15 (W)	12:15 - 12:45 PM	\$106
B	03/29 - 05/17 (W)	12:15 - 12:45 PM	\$106

**Location:** UFM Conference Room - 2nd floor  
1221 Thurston St.

## Eating with the Season NEW! 17AHW197

Familiarize yourself with the basics of seasonal eating! We'll talk through the fundamentals of seasonal eating, what it means in general, and particularly in Manhattan. We'll identify regional foods, their growing season and when they're available here. We'll discuss ways to grow your own seasonal foods or connect with producers in Manhattan, Kansas! An interest in connecting to your local food system is all that's required! We'll hold the class at People's Grocery so we can have samples available & celebrate Earth Day early! People's Grocery and UFM have collaborated to bring you this class.

Instructor: Rial Carver

Rial Carver studied Civic Agriculture and Food Studies at Virginia Tech and then worked as the Sustainability Coordinator for Virginia Tech Dining Services, where local sourcing was a key part of her job.

DATE	TIME	FEE
04/20 (Th)	6:30 - 7:30 PM	No Charge

**Location:** People's Grocery 1620 Fort Riley Blvd.

## Common Culprits Of Weight Loss Resistance 17AHW191

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	TIME	FEE
02/02 (Th)	7:00 - 8:30 PM	\$19

**Location:** UFM Conference Room - 2nd floor  
1221 Thurston St.





## Women's Self Defense

17AHW118

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. 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.

SEC	DATE	TIME	FEE
AZ	01/28 - 02/11 (Sa/Su)	1:00 - 4:00 PM	\$70
BZ	02/18 - 03/04 (Sa/Su)	1:00 - 4:00 PM	\$70

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

## Self-Help with Reiki

17AHW192

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 & UFM have collaborated to bring you this class.

Instructor: Mandy Ryan

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

DATE	TIME	FEE
03/13 (M)	6:00 - 8:00 PM	No Charge

**Location:** UFM Solar Addition 1221 Thurston St.

## Spring Cleanse

17AHW139

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

Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com. Ana has studied Natural Healing and Herbal Healing with the American Botanical Pharmacy, and earned a certificate as a Natural Health Consultant with Herbalist Richard Schulze.

DATE	TIME	FEE
03/04 (Sa)	11:15 AM to 1:15 PM	No Charge

**Location:** Heart Space Yoga - 321 Poyntz Ave, Ste A



## Bright Life Strategies: Peeling the Layers

17AHW145

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

DATE	TIME	FEE
03/02 (Th)	6:30 - 8:00 PM	\$36

**Location:** UFM Solar Addition 1221 Thurston St.

## Bright Life Strategies: Lower Your Blood

### Pressure Naturally: Part A

17AHW209

Discover the foods, spices, mineral/vitamin supplements, and essential oils/scents that can lower your blood pressure naturally.

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

DATE	TIME	FEE
03/29 (W)	6:30 - 8:00 PM	\$36

**Location:** UFM Solar Addition 1221 Thurston St.

## Bright Life Strategies: Lower Your Blood

### Pressure Naturally: Part B

17AHW194

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	TIME	FEE
04/12 (W)	6:30 - 8:00 PM	\$36

**Location:** UFM Solar Addition 1221 Thurston St.

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*Heart Space Yoga*

*MARPC*

## Herbs for Spring

NEW!

17AHW217

When North American bears first emerge from their deep hibernation, they look for plants that can help them cleanse their digestive system and prepare them to face yet another year. They dig up Osha roots (*Ligusticum porteri*) and eat them. They also chew the roots to a watery paste, spit it on their paws and wash their faces with it, then they spread the paste all over their bodies. Osha has been found to possess antibacterial properties, to ease stomachache, sore throat, and to repel insects. Like the bear, we may also be on a journey to the quietness of our cave this winter, so that we digest the year's experience, and we are in touch with the power of introspection, in silence. When its time to reemerge, we're renewed, ready to discover a new pathway to the honey of the world outside. It is then that herbs come forth to help us. Let us explore together how to use simple herbs for cleansing and rejuvenating our digestive and respiratory systems in preparation for spring.

Instructor: Ruth Rosenblatt

Ruth Rosenblatt, MH, was educated in Israel and England and practiced and taught Herbal Medicine in Jerusalem for 15 years before moving to this country. She currently lives with her husband in Manhattan, Kansas.

DATE	TIME	FEE
03/11 (Sa)	2:00 - 4:00 PM	\$9

**Location:** UFM Solar Addition 1221 Thurston St.



## Herbs Simply & Safely **NEW!** 17AHW218

In this class, we will explore how to use herbs simply and safely. Learn ways to avoid problems with herb usage, and understand that there are various ways that an herb can be taken. Would you want capsules? Tinctures? Teas? Oil? And why? Learn the four questions you should know about any herb before you use it, and when to use which part of a plant. Meet some of the plant powerhouses of vitamins and minerals, a good place to start learning about healing plants: nettles, oatstraw, dandelion, red clover. Come and explore a method of energy self-testing that you can use any time to help you determine which plant is best suited to ally with you for a particular concern. The class includes herb infusions sampling.

Instructor: Joanne Bauman

Joanne is a Kansas wise woman herbalist, teacher, writer, herb grower, and medicine-maker with two decades of experience. Joanne presents at The Mother Earth News Fair and various herb conferences. She also serves as Herbalists Without Borders (HWB) Community Herbal Apothecary Project Coordinator and is Coordinator of Kansas Chapter of HWB.

DATE	TIME	FEE
02/04 (Sa)	1:00 - 3:00 PM	\$30

**Location:** UFM Solar Addition 1221 Thurston St.

## Herbs to Ease Pain **NEW!** 17AHW219

Pain can be stressful, distracting, and in some cases, debilitating. There are many types and causes of pain: joint, muscle, nerve, tendon, etc and there are a variety of herbs to reduce pain, stiffness, soreness, fluid, and inflammation. Herbs also encourage strength, healing, and improve function and performance. Discussion will include topical and internal applications, including teas, tinctures, oils, salves, liniments, poultices, baths and even some food/nutritional help to ease pain. Participants will make an herbal liniment.

Instructor: Joanne Bauman

DATE	TIME	FEE
03/04 (Sa)	1:00 - 3:00 PM	\$30

**Location:** UFM Solar Addition 1221 Thurston St.

## Herbal First Aid **NEW!** 17AHW220

If you are intrigued by herbal first-aid but don't know where to begin, this is your class. Learn how to use herbal remedies and prepare a first aid kit. Plants readily available right in the backyard will be identified and utilized as well. Learn how to stop the itch and sting of insect bites and ease spider bites. Learn ways to draw out splinters, treat boils, minor cuts, scrapes and wounds, staunch minor bleeding, and naturally sanitize and disinfect. Ease the pain and discoloration from bruises & sprains. Soothe sunburn, minor burns, rashes and poison ivy. Calm an upset tummy or diarrhea. Relieve headaches, ear aches and other aches/pains. Use antifungal herbs to alleviate athlete's foot and more. Recipes are included to easily and confidently create and use your own herbal first aid. Participants will make an all purpose first aid salve.

Instructor: Joanne Bauman

DATE	TIME	FEE
04/08 (Sa)	3:00 - 5:00 PM	\$30

**Location:** UFM Solar Addition 1221 Thurston St.

## Common Healing Yard Weeds **NEW!** 17AHW221

Ordinary yard weeds have extraordinary nutritional and medicinal values. This class will cover how to find, identify, harvest, prepare and use common weeds as food and remedies including tinctures, oils, salves, vinegars, poultices, etc. We'll discuss their use as remedies for such issues as skin conditions, cough and bronchitis, hot flashes, women's reproductive concerns, cysts and swollen glands, joint aches, osteoporosis, urinary tract problems, digestive disturbances, removing heavy metals, supporting liver, kidney, lymphatic systems of the body, and providing tons of vitamins and minerals.

Instructor: Joanne Bauman

DATE	TIME	FEE
04/15 (Sa)	1:00 - 3:00 PM	\$30

**Location:** UFM Solar Addition 1221 Thurston St.

INTERESTED IN TEACHING A CLASS FOR UFM?  
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 FOR MORE INFORMATION EMAIL [KAYLA@TRYUFM.ORG](mailto:kayla@tryufm.org)



## Integral Transformative Practice

NEW!

17AHW222

Integral Transformative Practice (ITP) is a comprehensive, systematic, holistic approach to personal transformation. At the heart of ITP is the KATA, a series of mind-body-spirit exercises drawn from Hatha yoga, martial arts, modern exercise physiology, progressive relaxation, visualization research, and witness meditation. ITP introduces the student to a holistic practice that can create long-term health and wellness when practiced long-term. The class will cover the nine ITP Principles, discuss the research, and lead a Kata session.

Instructor: Cherri Harper & Betsy Cauble, PhD, LMSW bcauble4@gmail.com. Cherri Harper is a licensed clinical social worker in private practice and an adjunct professor at KSU. Dr. Harper began her ITP practice in 2010 and began leading the ITP Kansas group in 2013. Betsy Cauble is a social work professor at Kansas State University, since 1993. Dr. Cauble joined the ITP Kansas group in 2014. Both Drs. Harper and Cauble have participated in additional ITP mastery classes.

SEC	DATE	TIME	FEE
A	04/29 (Sa)	9:30 AM - Noon	\$15
B	05/02 (T)	6:30 - 9:00 PM	\$15

**Location:** Meadowlark Hills Community Room 2121 Meadowlark Road

## Living the Art: Jin Shin Jyutsu

17AHW08

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

Instructor: Kate Cashman, (785) 537-1911  
Kate Cashman has been studying and practicing Jin Shin Jyutsu since taking a self-help class through UFM in 1998. She is a practitioner and certified self-help instructor of the art. Kate has a bodywork practice and has been in business since 1991.

SEC	DATE	TIME	FEE
A	02/06 (M)	7:00 - 9:00 PM	\$22
B	04/08 (Sa)	1:00 - 3:00 PM	\$22

**Location:** 1421 Colorado Street \*Cats are present at this location. Please let us know if you have a cat allergy.

## LEAP! (Lifestyle Enrichment for Alzheimer's Prevention)

NEW!

17AHW216

Lifestyle Enrichment for Alzheimer's Prevention (LEAP!) is an exciting new program customized by the University of Kansas Alzheimer's Disease Center (KU ADC) specifically for implementation by the Meadowlark Memory Program. The program is ideal for older adults who are not experiencing significant memory or cognitive changes and want to be proactive in staving off decline.

Based on the latest research, Foundations of LEAP! is a six-week workshop series offering practical information on lifestyle changes you can make to promote brain health. We will cover the topics of physical activity and exercise, social and cognitive engagement, nutrition, sleep and stress management. Each class will have a structured instruction and hands-on application as well as opportunities for group discussion. Includes a book.

Michelle Haub, M.S., CCC-SLP is the primary instructor for this series however other Meadowlark experts including Dietician, Social Worker & Fitness Leader will also lead classes.

Instructor: Michelle Haub, M.S., CCC-SLP, Michelle is a Speech-Language Pathologist with 22 years of experience and is the Meadowlark Hills Memory Program & Parkinson's Program Leader.

DATE	TIME	FEE
01/17 - 02/21 (T)	6:00 - 7:30 PM	Individual - \$100 Couple - \$150

**Location:** Manhattan Public Library - Groesbeck Meeting Room - 629 Poyntz Avenue

\*Located on the second floor on the west side of the library near the Adult Services desk

### 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



**Blended Learning:****First Aid/CPR/AED****17AHW70**

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. 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.

\*\*\* You cannot use an email that someone else has already used to create an account through the Red Cross.

Instructors: Kelly Reed-Harkness & Abby Thrash

**\* \$45 non-refundable fee**

SEC	DATE	TIME	*FEE
A	01/21 (Sa)	9:30 - 11:00 AM	\$64
B	01/28 (Sa)	10:00 - 11:00 AM	\$64
C	01/28 (Sa)	11:00 AM - Noon	\$64
D	01/28 (Sa)	Noon - 1:00 PM	\$64
E	03/11 (Sa)	9:30 - 11:00 AM	\$64
F	05/06 (Sa)	9:30 - 11:00 AM	\$64

**Location:** UFM Conference Room - 2nd floor  
1221 Thurston St.

**Responding to Emergencies****17AHW19Z**

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 at UFM, 1221 Thurston St. before class. Available for KSU credit.

Instructor: Henry Brown

DATE	TIME	FEE
04/01 - 04/15 (Sa/Su)	Noon - 6:30 PM	\$154

**Location:** UFM Banquet Room 1221 Thurston St.

**Evening Yoga****17AHW88**

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

SEC	DATE	TIME	FEE
A	01/23 - 02/20 (M)	6:45 - 8:15 PM	\$29
B	02/27 - 04/03 (M) (No class 3/20)	6:45 - 8:15 PM	\$29
C	04/10 - 05/08 (M)	6:45 - 8:15 PM	\$29

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



**Morning Yoga****17AHW89**

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

SEC	DATE	TIME	FEE
A	01/28 - 02/25 (Sa)	9:30 - 11:00 AM	\$29
B	03/04 - 04/08 (Sa) (No class 3/25)	9:30 - 11:00 AM	\$29
C	04/15 - 05/20 (Sa) (No class 5/13)	9:30 - 11:00 AM	\$29

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

**Restorative Yoga****17AHW140**

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

SEC	DATE	TIME	FEE
A	01/22 - 02/19 (Su)	6:30 - 7:30 PM	\$29
B	02/26 - 04/02 (Su)	6:30 - 7:30 PM	\$29
C	04/09 - 05/21 (Su) (No class 4/16 & 5/14)	6:30 - 7:30 PM	\$29

**Location:** UFM Solar Addition 1221 Thurston St.

**Chair Yoga****17AHW156**

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

SEC	DATE	TIME	FEE
A	01/24 - 02/21 (T)	12:00 - 1:00 PM	\$29
B	02/28 - 04/04 (T) (No class 3/21)	12:00 - 1:00 PM	\$29
C	04/11 - 05/09 (T)	12:00 - 1:00 PM	\$29

**Location:** UFM Solar Addition 1221 Thurston St.



**Gentle Yoga for All**

**17AHW99**

This is a small class and we focus on individual needs and developing your ability to practice yoga at home, on your own. Gentle moves and stretches are used to improve the body and mind connection. Informal and friendly. You leave feeling refreshed! 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. Ana Franklin is in her seventh decade and has practiced and taught yoga for most of her life. For the last 20 years, she has taught in Manhattan, KS, both in her downtown studio and at K-State. Ana is happy to welcome more people of all ages to a personal knowledge and practice of this health-giving tradition.

SEC	DATE	TIME	FEE
A	01/17 - 02/21 (T)	5:30 - 6:45 PM	\$79
B	02/28 - 04/11 (T) (No class 3/21)	5:30 - 6:45 PM	\$79
C	04/18 - 05/23 (T)	5:30 - 6:45 PM	\$79

**Location:** Heart Space Yoga 321 Poyntz Ave, Ste A

**Chanting as Yoga**

**NEW!**

**17AHW223**

Prepare your mind, body and spirit for the weekend. The class will begin with a short yoga movement practice to warm up the muscles so students may sit with comfort. Chairs will be provided for those who do not want to sit on the floor. The ancient practice of Vedic Chant is a great way to increase your breath and also focus your mind. Join this practice of mindfulness and learn to listen carefully.

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

DATE	TIME	FEE
04/07 - 05/05 (F) (No Class 4/21)	5:40 - 6:40 PM	\$79

**Location:** Heart Space Yoga 321 Poyntz Ave, Ste A

INTERESTED IN TEACHING  
A CLASS FOR UFM?

SUMMER 2017 SUBMISSION DEADLINE IS  
MARCH 10, 2017.

FOR MORE INFORMATION EMAIL  
KAYLA@TRYUFM.ORG

**Yoga 1**

**17AHW15**

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

SEC	DATE	TIME	FEE
AZ	01/18 - 03/08 (W/M)	10:30 - 11:30 AM	\$99
BZ	01/18 - 03/08 (W/M)	4:20 - 5:20 PM	\$99
CZ	01/18 - 03/08 (W/M)	5:30 - 6:30 PM	\$99
DZ	03/13 - 05/03 (M/W) (No class 3/20, 3/22)	10:30 - 11:30 AM	\$99
EZ	03/13 - 05/03 (M/W) (No class 3/20, 3/22)	4:20 - 5:20 PM	\$99
FZ	03/13 - 05/03 (M/W) (No class 3/20, 3/22)	5:30 - 6:30 PM	\$99

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



**Heart Space**  
yoga

**Ana Franklin**

321 Poyntz Avenue  
Suite A  
Manhattan, KS 66505

**785-341-9908**

[www.yogaconnection.byregion.net](http://www.yogaconnection.byregion.net)



# LANGUAGE

LANGUAGE

MARTIAL ARTS

PERSONAL INTEREST

RECREATION & FITNESS

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KSU CREDIT COURSES

## Beginning Conversational Sign Language

17ALA23

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.

Instructors: Aimee Kraus, (785) 313-0829, arkraus@ksu.edu and Toni Kroll, (785) 313-5555

DATE	TIME	FEE
02/20 - 04/17 (M) (No Class 3/20)	6:30 - 8:00 PM	\$79

**Location:** Bluemont Hall Room 108

## Introductory Conversational French 17ALA41

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, [hiamrached@hotmail.com](mailto:hiamrached@hotmail.com)  
Michelle has been speaking French for more than 30 years. She taught French to 4th and 5th graders for two years through an after school program while living in Washington State.

DATE	TIME	FEE
01/31 - 03/14 (T)	7:00 - 8:00 PM	\$59

**Location:** UFM Conference Room - 2nd floor  
1221 Thurston St.

## ACCELERATED COURSE OPTIONS

### Intersession

Students can get ahead with short on-campus or online classes between standard university semesters.  
[intersession.k-state.edu](http://intersession.k-state.edu)

### Evening College

Students can fit more into their schedule with eight-week or 16-week classes on campus between 5:30 and 10:30 p.m.  
[evening.k-state.edu](http://evening.k-state.edu)

### Online

Students can stay on track to finish their degree with online classes in eight-week and 16-week schedules.  
[distance.k-state.edu](http://distance.k-state.edu)

 10086

VISIT [global.k-state.edu/options](http://global.k-state.edu/options)

**KANSAS STATE**  
UNIVERSITY

Global Campus



# MARTIAL ARTS

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MARTIAL ARTS

PERSONAL INTEREST

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## Karate & Self-Defense

17AMA22

This class will take you from basic to advanced traditional martial arts, including marital arts weapons. We will work on self-defense, kicks, forms, respect and discipline. Ages 6 and up welcome.

Instructor: Kyoshi Pamela Johansen

SEC	DATE	TIME	FEE
A	01/28 - 03/11 (Sa)	Noon - 12:50 PM	\$59
B	04/01 - 05/06 (Sa)	11:00 AM - 12:50 PM	\$59

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



## Kansas Pai Lum Kung Fu

17AMA21

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".

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

DATE	TIME	FEE
02/06 - 04/10 (M)	7:00 - 8:00 PM	\$54
(No class 3/20)		

**Location:** K-State Ahearn Fieldhouse

## Tae Kwon Do I

17AMA01Z

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	TIME	FEE
01/18 - 05/03 (W/M)	6:30 - 7:30 PM	\$72
(No class 3/20, 3/22)		

**Location:** Sun Yi's Academy 1650 Hayes Dr.



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



# PERSONAL INTEREST

LANGUAGE

MARTIAL ARTS

PERSONAL INTEREST

RECREATION & FITNESS

YOUTH

OSHER

KSU CREDIT COURSES

## Guided Solar Home Tour

17API112

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

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

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

Instructor: FHREEC, Bill Dorsett, (785) 539-1956, [wmdorsett@sbcglobal.net](mailto:wmdorsett@sbcglobal.net)  
Bill Dorsett has been working in solar energy since 1975, both in passive and active thermal systems and in solar electric applications.

DATE	TIME	FEE
04/01 (Sa)	10:00 AM - Noon	No Charge

**Location:** UFM Solar Addition 1221 Thurston St.

Check out our  
website for  
NEW classes!  
[www.tryufm.org](http://www.tryufm.org)

## Bon Voyage!

17API159

Traveling abroad can be exciting and also overwhelming. Explore a variety of topics including paperwork, health and safety, money, transport, communication and culture. Pack your digital suitcase with hands-on tools and apps to assist in planning your affordable dream trip!

Instructor: Erin Bishop

Erin's passion is culture immersion that comes with traveling, being part of the global community and plans her trips with this in mind. She's planned travel abroad trips that include solo travel, and travel with her friends and family. She's stayed in hostels, AirBnBs, and hotels and traveled by train, ferry, and airplanes. She's visited 13 different countries including much of Western and Central Europe and unique places such as Croatia, Slovakia, Hungary, Mexico, and Canada.

DATE	TIME	FEE
04/04 (T)	6:00 - 8:00 PM	\$12

**Location:** UFM Conference Room - 2nd floor, 1221 Thurston St.

## Peaceful Communication

17API133

Learn ways to communicate in a more peaceful way. Focus on learning and practicing 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.

Instructor: Susanne Glymour

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

DATE	TIME	FEE
02/02 - 03/16 (Th) (No class 2/16)	7:00 - 8:30 PM	\$12

**Location:** UFM Multipurpose Room 1221 Thurston St.



## Family History Games: Making Family History Exciting for Kids

NEW!

17API134

This UFM class is sponsored by the Riley County Genealogical Society for parents and grandparents to learn fun and creative ways to get children and grandchildren interested in family history. Games are a great way to spend time together as a family. Family history games are a great way to both spend time with family and teach kids about their family's own history. One of the best ways to engage kids and adults alike in family history is to add interaction with family history games. Many family history games can be created at home. Which can be specialized to your family's special history. There are many games that can be created according to the types of games your family likes to play. Everyone attending will get a tour of the RCGS library and learn about the free services and resources that are available.

Instructors: Kelsee Walker, Vickie Holverson, and Charlene Brownson, (785) 539-8763, cmb@ksu.edu. Kelsee Walker has a bachelor's degree in Family History and Genealogy from Brigham Young University. She has completed family history internships in Austria, England, and in the Family History Library at the International Records Reference Desk. Charlene Brownson coordinates educational programs at UFM. She also volunteers with the Riley County Genealogical Society.

DATE	TIME	FEE
04/10 (M)	10:00 -11:30 AM	\$12

**Location:** Riley Co. Genealogy Library-2005 Claflin Rd.

## Happy, Healthy Henna!!

17API162

In this class you will learn about some of the history and the uses of this fun ancient art! We will look at which cultures have used henna and some of the patterns and designs that developed in these traditions and what they mean. Then you will get to try your hand at using henna for yourself! We will go over basic techniques to make some of the designs we talked about in class. Being a good artist is NOT a requirement for this class, wanting to learn and have fun is!! People's Grocery and UFM have collaborated to bring you this class.

Instructor: Ann Warren

DATE	TIME	FEE
04/29 (Sa)	2:00 - 4:00 PM	No Charge

**Location:** UFM 1221 Thurston St.

## Private Pilot Ground School

17API145

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: Matthew Curtis, CFI

Matthew began his adventure in aviation in 1996 at the Manhattan Regional Airport. Matthew holds an ATP license and type ratings in the Citation 500 series, Learjet 45, Challenger 300, and Challenger 604 / 605.

DATE	TIME	FEE
01/19 - 05/11 (Th)	6:00 - 8:30 PM	\$200

**Location:** Ackert 231 KSU Campus

Ackert Hall 231

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

## Pet Intuitive Consulting

17API158

Is pet intuitive consulting right for me? Come find out how intuitive guidance can help you help your animals -- from the adoption phase through behavior and wellness issues, to the late stages of life. Palma will share stories of how she has helped people and their pets move through various life issues with greater ease, confidence and compassion.

Instructor: Palma Holden, (785) 341-9072

palma@brightlifeconsulting.com

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

DATE	TIME	FEE
02/09 (Th)	6:30 - 8:00 PM	\$36

**Location:** UFM Solar Addition 1221 Thurston St.





### Happy Pets

17API149

We spend most of our time working, taking care of children or others, and doing chores, leaving even less time with our animals. In this class, you'll learn easy ways to deepen the bonds of communication with your pets, help create ease during stressful transitions, and receive tasty dog treat recipes. People's Grocery and UFM have collaborated to bring you this class.

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

DATE	TIME	FEE
02/23 (Th)	6:00 - 7:00 PM	No Charge

**Location:** UFM Solar Addition 1221 Thurston St.



### Wood Turning for Beginners

17API151

Learn how to make a wooden 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. Ages 12 and up may participate in this class. Ages 12-17 must have a parent accompany them to the class.

Instructor: Tom Boley

Tom Boley has been a woodturner since about 1995. One of his joys in life is standing at the lathe, teaching the craft to others. He teaches in his shop at his home near Wamego.

SEC	DATE	TIME	FEE
A	02/25 (Sa)	9:00 AM - 5:00 PM	\$95
B	03/25 (Sa)	9:00 AM - 5:00 PM	\$95

**Location:** Red Oak Hollow Lathe Works -  
4025 Walnut Creek Drive  
Wamego, KS 66547



## MillionTo1 Goal-Getting 6-Week Course: Set Goals, Smash Them, & Repeat

17API160

It's that time of year - time to set your New Year Resolutions! But if you're like most of us, your ambitious intentions don't last long. It doesn't have to be that way! Don't let another year go by without making real progress on your goals. Carmen - a former KSU instructor and founder of the MillionTo1Club - will provide the tools and accountability necessary to help you go after what you want and get it. Drawing on her research of successful go-getters and goal-getting strategies, she'll provide a detailed, easy-to-use workbook, weekly lessons to facilitate creativity and action steps, and built-in community to spur you on even after the class sessions conclude. Not sure exactly what you want to pursue? No worries - the course will take care of that, too. You'll leave more sure of who you are, what you want, and how to get it. Join the MillionTo1 Club -- where we set goals, smash them, and repeat. Visit [www.millionto1club.com](http://www.millionto1club.com) for more information (plus class reviews!)

Instructor: Carmen Schober, (785) 477-0721, [carmenschober@ksu.edu](mailto:carmenschober@ksu.edu)

Carmen Schober earned her B.A. and M.A. in English Literature and creative writing at Kansas State University. Currently, she teaches English and mentors students through the K-State First Program. Carmen believes that inspiration, motivation, a little imagination, and a good group of people can take you far in life - that's why she created TheMillionTo1Club.

**\*Class fee includes materials**

SEC	DATE	TIME	*FEE
A	01/21 - 02/25 (Sa)	8:30 - 10:00 AM	\$85
C	01/22 - 02/26 (Su)	9:30 - 11:00 AM	\$85
D	01/22 - 02/26 (Su)	7:00 - 8:30 PM	\$85

Location: Justin Hall, Room 149, KSU campus

## MillionTo1 Goal-Getting

17API160

It's that time of year - time to set your New Year Resolutions! But if you're like most of us, your ambitious intentions don't last long. It doesn't have to be that way! Don't let another year go by without making real progress on your goals. Carmen - a former KSU instructor and founder of the MillionTo1Club - will provide the tools and accountability necessary to help you go after what you want and get it. Drawing on her research of successful go-getters and goal-getting strategies, she'll provide a detailed, easy-to-use workbook, weekly lessons to facilitate creativity and action steps, and built-in community to spur you on even after the class sessions conclude. Not sure exactly what you want to pursue? No worries - the course will take care of that, too. You'll leave more sure of who you are, what you want, and how to get it. Join the MillionTo1 Club -- where we set goals, smash them, and repeat. Visit [www.millionto1club.com](http://www.millionto1club.com) for more information (plus class reviews!) \*Class fee includes materials.

Instructor: Carmen Schober, (785) 477-0721, [carmenschober@ksu.edu](mailto:carmenschober@ksu.edu)

SEC	DATE	TIME	*FEE
B	01/21 - 02/11 (Sa)	10:00 - 11:30 AM	\$65
E	01/23 - 02/13 (M)	7:00 - 8:30 PM	\$65
F	01/24 - 02/14 (T)	7:00 - 8:30 PM	\$65
G	01/25 - 02/15 (W)	7:00 - 8:30 PM	\$65
H	01/26 - 02/16 (Th)	7:00 - 8:30 PM	\$65
I	02/20 - 03/13 (M)	7:00 - 8:30 PM	\$65
J	02/21 - 03/14 (T)	7:00 - 8:30 PM	\$65
K	02/22 - 03/15 (W)	7:00 - 8:30 PM	\$65
L	02/23 - 03/16 (Th)	7:00 - 8:30 PM	\$65

Location: Justin Hall, Room 149, KSU campus

# Manhattan Arts Center

## BirdHouse Fine Acoustic Music Season



**Luke Winslow-King**  
Jan 20, 2017

**Molly Tuttle Band**  
Feb 11, 2017

**The Special Consensus**  
March 30, 2017



## Theatre Season

Theatre Season Sponsor: CivicPlus

### The Nerd

a comedy by Larry Shue  
Directed by Kim Riley  
Feb 24-26, Mar 3-5  
Auditions: Jan 16 & 17, 7 pm

### Monty Python's Spamalot

Book & Lyrics by Eric Idle,  
Music by John Du Prez & Eric Idle  
Directed by Penny Cullers  
Apr 21-23, Apr 28-30, May 5-7  
Auditions: Feb 13 & 14, 7 pm



Register for *Spring Classes* in January! Art • Music • Drama • Clay  
Education Season Sponsor: JNT Company

1520 Poyntz Ave, Manhattan, KS 785-537-4420

[www.manhattanarts.org](http://www.manhattanarts.org)



## Rising to the Challenge: Self-Care & Caregiving

NEW!

17API161

Caregivers should join this two-hour workshop to learn about the value of self-care. Discussion topics include: recognizing the signs and symptoms of burn-out syndrome, compassionate fatigue, seven stages of grief, setting new goals, and celebrating one's self. Group interaction will enhance personal learning. Current research from The Defense Health Board, The Defense and Veterans Brain Injury Center, 2010 will be the basis for the class content.

Instructor: Carolyn Tolliver-Lee, MS M Ed  
Carolyn is a graduate of Kansas State University, MS Family Life Education & Consultation, Northcentral University, Adult Education and Organizational Leadership M Ed. She is an adjunct professor Cloud Community College at Geary Co. Carolyn has more than 20 years of experience as a caregiver, for the treatment of traumatic brain injury, post-traumatic stress and depression. She became a caregiver in 1990 to her disabled Veteran, who is living with a TBI and PTSD.

DATE	TIME	FEE
03/28 (T)	6:00 - 8:00 PM	No Charge

**Location:** UFM Conference Room - 2nd floor  
1221 Thurston St.

# WE'RE HIRING!

## Summer swim staff!!

Swimming lesson instructors and lifeguards

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

Applications will be reviewed in March

## Life Reimagined: Facilitating the Transition for the Next Great Adventure

17API95

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, and Dan Wilcox  
Art was employed at KSU for more than 20 years as coordinator of the Biofeedback/Stress Management laboratory.

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

Dan Wilcox is on the faculty for Special Education, Counseling and Student Affairs and Counseling in KSU College of Education.

DATE	TIME	FEE
03/28 - 04/25 (T)	4:00 - 5:30 PM	\$9

**Location:** UFM Conference Room - 2nd floor,  
1221 Thurston St.

## Celebrating 100 Years!

**Riley County Historical Museum**  
2309 Claflin Road  
Tues – Fri 8:30-5:00  
Sat & Sun 2:00-5:00

**Goodnow House Museum**  
State Historic Site  
2301 Claflin Road  
By Appointment

(785) 565-6490

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

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

**Pioneer Log Cabin**  
Manhattan City Park  
Open Sundays  
April – October



# RECREATION & FITNESS

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KSU CREDIT COURSES

## Archery for Adults

17ARF01

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

SEC	DATE	TIME	FEE
AZ	01/23 - 05/01 (M) (No class 3/20)	6:30 - 7:30 PM	\$101
BZ	01/23 - 05/01 (M) (No class 3/20)	7:40 - 8:40 PM	\$101
CZ	01/23 - 05/01 (M) (No class 3/20)	8:50 - 9:50 PM	\$101
DZ	01/17 - 05/02 (T) (No class 3/21)	8:15 - 9:15 PM	\$101

**Location:** K-State Ahearn Room 304 - 3rd floor, College Heights St.



## ZUMBA Dance

17ARF08AZ

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

Elsa "Pily" Toburen was born and raised in Tarapoto, Peru. Elsa has been teaching Zumba Fitness since 2007.

DATE	TIME	FEE
01/17 - 05/02 (T) (No Class 3/21)	5:30 - 6:30 PM	\$75

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

## Introduction to Country Swing Dancing

17ARF117

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. This 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 Weeks & Kellie Weeks

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.

SEC	DATE	TIME	FEE
A	02/03 - 02/24 (F)	7:00 - 8:00 PM	\$58 - Individual
B	03/03 - 03/31 (F)	7:00 - 8:00 PM	\$58 - Individual
C	04/07 - 04/28 (F)	7:00 - 8:00 PM	\$58 - Individual

**Location:** K-State Ahearn Room 304 - 3rd floor, College Heights St.



**Bollywood Dance****17ARF125**

India's largest film industry is popularly known as 'Bollywood'. Famous for its 'masala' or spicy mixture films including love stories, exotic locations, vibrant costumes, and most importantly, joyful dancing. Bollywood is a dance that draws on styles like Jazz, Hip-hop, Indian classical, and folk traditions. The joyous dances have distinct rhythms and vigorous beats, and are popular worldwide. In this class we will learn various moves put together in choreographies to the lively Bollywood music. Age 13+

Instructor: Jui Mhatre, Email: [confidance78@gmail.com](mailto:confidance78@gmail.com)  
 Jui Mhatre has been practicing and teaching a range of Indian dances for more than fifteen years, with the specialization in classical dance, Bharata Natyam.

DATE	TIME	FEE
03/31 - 05/05 (F)	5:30 - 6:15 PM	\$72

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

**Ballet for Adults****17ARF157**

Ballet for Adults is an inclusive, introductory level ballet technique class designed for the novice dancer with no previous experience or for the beginner wanting to refine their ballet technique at a basic level. Ballet is perfect for anyone looking for a great workout for the body, stimulation for the mind, and wanting to develop coordination, flexibility, balance, and strength. Ballet for Adults focuses on the fundamentals of ballet including basic ballet technique, body alignment, ballet terminology and vocabulary, barre and center work. Take the opportunity to do something that will benefit your mind, body, and spirit. Dancers are welcome to dress in traditional ballet attire (tights and leotard) but are not required. Please dress in a way that will allow you to move easily and athletic wear is suggested. Ballet shoes are highly recommended but not required.

Instructor: Grace Duque, [pgd0405@gmail.com](mailto:pgd0405@gmail.com)

DATE	TIME	FEE
01/26 - 05/04 (Th) (No Class 03/23)	8:00 - 9:30 PM	\$59

**Location:** K-State Ahearn Room 304 - 3rd floor, College Heights St.

# You gotta have ART

## Celebrating 20 Years

MARIANNA KISTLER  
**BEACH**  
 MUSEUM OF ART

**FREE admission and parking**  
 14th & Anderson | 785.532.7718 | [beach.k-state.edu](http://beach.k-state.edu)  
 Tues., Wed., Fri. 10-5 | Thurs. 10-8 | Sat. 11-4  
[/BeachMuseumofArt](https://www.facebook.com/BeachMuseumofArt) | [@beachmuseum](https://www.instagram.com/beachmuseum) | [/beachmuseum](https://www.youtube.com/beachmuseum)

**aha!**  
 Manhattan  
 Arts & Humanities Association  
[www.ahamanhattan.com](http://www.ahamanhattan.com)



## Contemporary Dance for Adults

17ARF162

Grounded in the teachings of Safety Release Technique, Contemporary Dance for Adults is an introductory level contemporary dance technique class. Both novice and experienced movers are welcome to explore new ideas of moving in a non-judgmental and compassionate environment. Movers will learn to tap into bodily connections and internal pathways that promote efficiency of movement. Body awareness is a main goal through applying body scans, breathing and sensing exercises. The class will also develop skills in weight shift, developing strength and stabilizing muscle groups, improving balance, knowledge of anatomy and body mechanics, understanding beginning level contemporary dance techniques, floor work, center combinations, traveling sequences, and learning choreography. Dancers should wear comfortable clothes (no jeans or other restricting clothes) and dress in layers (make sure bring long pants and a long sleeve shirt), and no footwear is necessary. Contemporary Dance for Adults celebrates diversity, self-expression, artistry, movement and community as qualities of life that unify our human experience.

Instructor: Grace Duque, pgd0405@gmail.com  
Grace Duque holds a BA in Anthropology, a BFA in Dance, and has 13 years of varied and diverse experience in dance instruction.

DATE	TIME	FEE
01/24 - 05/02 (T)	6:45 - 8:30 PM	\$59
(No Class 03/21)		

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

## Beginning Tennis 17ARF164

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

SEC	DATE	TIME	FEE
AZ	02/07 - 04/25 (T)	1:00 - 2:30 PM	\$99
(No class 3/21)			
BZ	02/08 - 04/26 (W)	1:00 - 2:30 PM	\$99
(No class 3/22)			

**Location:** Body First Wellness & Recreation Center, 3615 Claflin R, (785) 776-6060



## Salsa Dance 101 17ARF171

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

Instructor: Isaac Falcon

DATE	TIME	FEE
02/01 - 03/15 (W)	6:45 - 7:45 PM	\$50

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

## Intermediate-Advanced Salsa & Bachata 17ARF172

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

Please wear comfortable clothes and shoes that are non-scuffing, preferably leather soled shoes.

Instructor: Isaac Falcon

DATE	TIME	FEE
02/01 - 03/15 (W)	8:00 - 9:00 PM	\$70

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





### Beginning Fencing

**17ARF21Z**

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	TIME	FEE
01/23 - 05/01 (M) (No class 3/20)	6:00 - 7:30 PM	\$60 - has equipment \$93 - use instructors

**Location:** K-State Ahearn Fieldhouse

### Intermediate Fencing

**17ARF22Z**

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	TIME	FEE
01/23 - 05/01 (M) (No class 3/20)	7:30 - 9:00 PM	\$60 - has equipment \$93 - use instructors

**Location:** K-State Ahearn Fieldhouse

### Fencing: Open Practice

**17ARF183**

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	TIME	FEE
01/23 - 05/01 (M) (No class 3/20)	7:30 - 9:00 PM	\$29

**Location:** K-State Ahearn Fieldhouse

### Basketball Fundamentals NEW! 17ARF185

Learn the fundamentals of basketball including: dribbling, chest and bounce passing, how to properly perform a layup, and perfecting shooting form. There will be a 10 minute warm up to begin each class that consists of stretching and jogging. Basketball warm ups are a MUST because they warm up the muscles and prevent players from cramping. Since basketball is a sport of great endurance, most of the drills performed will involve cardio workouts with the basketball. Depending on the number of players and readiness, there may be a scrimmage at the end of class.

Instructor: Mark Abou-Rached, mark16@ksu.edu  
Mark played for his school teams in elementary through high school and stills plays when he gets the opportunity while being a K-State student. Mark has coached youth basketball for Parks and Rec.

DATE	TIME	FEE
01/23 - 03/13 (M)	6:00 - 7:00 PM	\$24

**Location:** K-State Ahearn Gym, 2nd floor

## Argentine Tango Weekend



Performance Dancers and Instructors: Tango Matiz  
Kirill Miniaev & Sophia Miniaeva

- .....
- Friday, Jan. 27 - Beginner Class & Practice
  - Saturday, Jan. 28 - Practice, Milonga, & Performance
- All events in Ahearn 304, KSU Campus
- .....

Email [yogaconnection@gmail.com](mailto:yogaconnection@gmail.com)  
to register for the event



## Half or Full Marathon Training 17ARF68

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

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach. Since becoming a Masters Runner (40 yrs and older), he has been ranked as one of the best distance runners in the US and since 1992 has completed over 20 marathons.

DATE	TIME	FEE
03/28 - 05/18 (TTh)	5:45 - 6:45 PM	\$140

**Location:** UFM Multipurpose Room 1221 Thurston St.

## Run Happy! Run For Life! 17ARF72

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

DATE	TIME	FEE
03/27 - 05/05 (M/W/F)	6:00 - 7:00 PM	\$145

**Location:** K-State Ahearn Field House Indoor Track

## Belly Dance 17ARF09

This class 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	TIME	FEE
TBD	TBD	\$TBD

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

## Tribal Fusion Belly Dance 17ARF161

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.

**Instructor:** Kathryn Harth

DATE	TIME	FEE
TBD	TBD	\$TBD

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

## Hashtag in a Flash 17ARF187

Do you use your index finger to type a message on your phone? Are you a T9 die-hard? Become a speed texter and improve your personal record with calisthenics for your thumbs! Increase strength, flexibility and thumb-eye coordination.

**Instructor:** Nokia Rotary

DATE	TIME	FEE
05/05 (F)	6:00 - 7:00 PM	-\$1

**Location:** UFM, 1221 Thurston St.



# YOUTH

LANGUAGE

## Junior Chefs: Visit Lincoln's Table

NEW!

17AYO112

Take a culinary journey back to the early 1800's and visit Abraham Lincoln's table. Junior Chefs will have fun making and tasting some of the same recipes our 16th president enjoyed - roast turkey, vegetable pie, sorghum gingerbread, and raspberry punch.

Instructor: Ginny Barnard

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

DATE	TIME	FEE
01/21 (Sa)	1:30 - 3:30 PM	\$10

**Location:** Pottorf Hall at Cico Park - Clover Room

MARTIAL ARTS

PERSONAL INTEREST



RECREATION & FITNESS

## Junior Chefs: GIRLS ONLY

NEW!

17AYO113

No Boys Allowed! This class is for girls only. Young ladies will have fun learning how to cook and taste some traditional middle eastern dishes - tabouli, baba ghanoush, humus and rice pudding.

Instructor: Ginny Barnard

DATE	TIME	FEE
02/04 (Sa)	1:30 - 3:30 PM	\$10

**Location:** 110 Courthouse Plaza, 2nd Floor Conference Room

YOUTH

## Junior Chefs: BOYS ONLY

NEW!

17AYO114

No Girls Allowed! This class is for boys only! Get in the kitchen and be ready for some fun as the guys learn how to make steak fajitas, arroz rojo, and fruit salad.

Instructor: Ginny Barnard

DATE	TIME	FEE
03/04 (Sa)	1:30 - 3:30 PM	\$10

**Location:** 110 Courthouse Plaza, 2nd Floor Conference Room

OSHER

KSU CREDIT COURSES

## Archery for Youth

17AYO01

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

SEC	DATE	TIME	FEE
A	02/21 - 03/14 (T)	7:00 - 8:00 PM	\$35
B	04/04 - 04/25 (T)	7:00 - 8:00 PM	\$35

**Location:** K-State Ahearn Room 304 - 3rd floor, College Heights St.



## American Red Cross Babysitter's Clinic

17AYO23

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

SEC	DATE	TIME	FEE
A	02/11 (Sa)	9:00 - 4:00 PM	\$56
B	04/15 (Sa)	9:00 - 4:00 PM	\$56

**Location:** UFM Conference Room - 2nd floor  
1221 Thurston St.

## Pre-School Dance

17AYO63

This class is designed for boys and girls ages 3.5-6 years. Basic dance movements like marching, hopping, skipping, leaping and ballet, peppy music and pre-tap techniques. Dance games and creative dance will make this class fun and exciting. No dance attire is needed. Call Randi Dale for more information (785) 539-5767.

Instructor: Randi Dale

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

DATE	TIME	FEE
02/02 - 02/09 (Th)	5:30 - 6:00 PM	\$14

**Location:** UFM Fireplace Room - 1221 Thurston St.

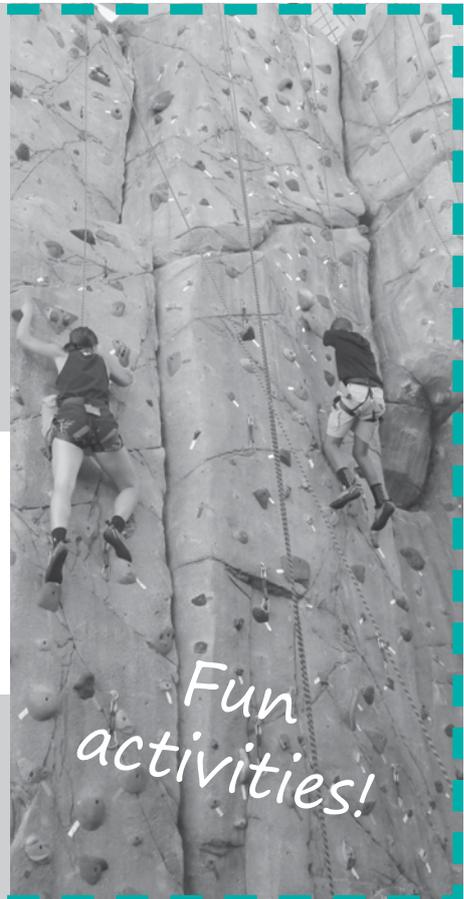
Limited scholarships are available for adults & children who qualify for established income guidelines.

# Teen Mentoring!

The goal of this program is to provide a positive environment and friendship while modeling positive life skills with the students so the students involved do not have to walk the confusing path of middle school and high school alone.

- Feb. 8 - April 26 (Wednesdays) • 9th grade
- Feb. 10 - April 24 (Mondays) • 10th - 12th grade
- Feb. 9 - April 27 (Thursdays) • 7th & 8th grade
- • • • • • • •
- 3:00 - 5:00 pm

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)



LANGUAGE

MARTIAL ARTS

PERSONAL INTEREST

RECREATION & FITNESS

YOUTH

OSHER

KSU CREDIT COURSES



**America's National Parks: A Journey through Time**
*Presented by Ryan Sharp*

Wednesdays, Feb. 8, 15 &amp; 22 • 6:30 - 8:30 p.m.

Meadowlark Hills Community Room - Manhattan

\$50.00 (Discount with additional classes)

Examine the genesis of the National Parks in America, discuss some of the most influential thinkers related to conservation and preservation, evaluate the current state of and identify threats to the Parks, and discuss how future generations may or may not embrace National Parks.

**Finding and Preserving the Stories of our Ancestors**
*Presented by Kelsee Walker*

Tuesdays, Feb. 21, 28 &amp; Mar. 7 • 6:30 - 8:30 p.m.

The Unger Complex (formerly K-State Foundation)

2323 Anderson Ave., Third Floor, Manhattan

\$50.00 (Discount with additional classes)

Learn how to delve deep into these records that are of interest to your family history and find the details and stories that bring your ancestors to life.

**Manhattan, Cultural Diversity and Globalization**
*Presented by Joab Esamwata*

Wednesdays, Mar. 1, 8 &amp; 15 • 6:30 - 8:30 p.m.

Meadowlark Hills Community Room - Manhattan

\$50.00 (Discount with additional classes)

Explore how local residents interact and benefit from globalization, immigration, and cultural diversity.

**Sunset Zoo Science Fellows Program**
*Presented by Jared Bixby, Curator of Education, Sunset Zoo*

Thursdays, Mar. 2, 9 &amp; 16 • 6:30 - 8:30 p.m.

Meadowlark Hills Community Room - Manhattan

\$50.00 (Discount with additional classes)

Learn about the Science Communication Fellowship program at Sunset Zoo that started in 2015 as part of the Portal to the Public Network.

**The Wonderful Wizard of Oz:  
 A Distinctly American Fairy Tale**
*Presented by Clint Stueve*

Wednesdays, Mar. 29 &amp; Apr. 5, 12 • 2 - 4 p.m.

Meadowlark Hills Community Room - Manhattan

\$50.00 (Discount with additional classes)

The Wonderful Wizard of Oz, written by L. Frank Baum and illustrated by W.W. Denslow, was published in 1900. Learn about the author, the series of books, the 1939 MGM film and its stars, and how the classic fairy tale has impacted our lives today.

**Military Blunders**
*Presented by Robert Smith*

Wednesdays, Apr. 12, 19 &amp; 26 • 6:30 - 8:30 p.m.

Meadowlark Hills Community Room - Manhattan

\$50.00 (Discount with additional classes)

Historic military leaders have won great victories, but they have also committed incredible blunders. We'll examine what happened and how they might have been averted.

**KANSAS STATE  
 UNIVERSITY**
**Special Events:**
**Science Saturday Road Show**
*Presented by Jared Bixby*

Thursday, Feb. 9 • 6:30–8:30 p.m.

Meadowlark Hills Community Room - Manhattan

FREE - Although there is no charge for this event, participants are asked to register like any other event.

This event is for all ages and provides hands-on, tabletop science activities to engage visitors. A come-and-go event, it will feature a combination of Zoo-led activities and other activities led by Sunset Zoo's Science Communication Fellows.

**Fort Leavenworth Tour**

Friday, Apr. 21 - 7:30 a.m. — Coach picks up Meadowlark Hills residents, returning by 5:30 p.m.

7:45 a.m. — Coach departs Town Center parking lot west of Dillard's in Manhattan, returning by 5:15 p.m.

9:45 a.m. — Tour begins at Ft. Leavenworth

\$80 fee includes transportation, presentation, tour, and lunch on post. Refunds will be honored on or before Apr. 14, minus a \$15 administrative fee.

Fort Leavenworth established in 1827. We'll learn its history, visit the Lewis and Clark Center, and then tour the historic Memorial Chapel, the Buffalo Soldiers Monument, Fort Leavenworth National Cemetery, and the Frontier Army Museum.

**Behind the Scenes: Monty Python's Spamalot at MAC**

Pre-performance lecture and lunch - Sunday, Apr. 23 • Noon

Performance - Sunday, Apr. 23 • 2 p.m.

Manhattan Arts Center, 1520 Poyntz Ave., Manhattan

\$40 fee includes lunch, pre-performance presentation, and tickets for Monty Python's Spamalot. Refunds will be honored on or before Apr. 21, minus a \$15 administrative fee.

Monty Python's Spamalot is "lovingly ripped off" from the 1975 film Monty Python and the Holy Grail. Spamalot is an irreverent parody of the Arthurian Legend. Director Penny Cullers will share what has happened behind the scenes of this production. Shannon Blake Skelton, Assistant Professor of School of Music, Theatre and Dance, will speak about Monty Python.

**Tour Wamego, the Oz Museum  
 and the Columbian Theatre**

Monday, May 1 — 9:00 a.m. — Coach picks up Meadowlark Hills residents, returning by 3:00 p.m.

9:20 a.m. — Coach departs Town Center parking lot west of Dillard's in Manhattan, returning by 2:30 p.m.

\$65 fee includes transportation, admissions, and lunch

Join us as we tour scenic Wamego, Kansas, learning its history and visiting its historic sights. We'll follow the Yellow Brick Road to the Oz Museum and see rare artifacts. Then we'll tour the 1895 Columbian Theatre and Columbian Gallery, where we'll enjoy a lunch catered by Friendship House.

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

### DANCE 599

16924 - Ballroom Dance	6:45-7:45PM	1/18-5/3 (W)	\$354.40	Ahearn 304
16925 - Mid Eastern Dance	6:45-7:45PM	1/19-5/4 (Th)	\$354.40	Ahearn 301
17102 - Yoga I	10:30-11:30 AM	1/18-3/8 (M/W)	\$354.40	Ahearn 301
17100 - Yoga I	10:30-11:30AM	3/13-5/3 (M/W)	\$354.40	Ahearn 301
17103 - Yoga I	4:20-5:20PM	1/18-3/8 (M/W)	\$354.40	Ahearn 301
17105 - Yoga I	4:20-5:20PM	3/13-5/3 (M/W)	\$354.40	Ahearn 301
17104 - Yoga I	5:30-6:30PM	1/18-3/8 (M/W)	\$354.40	Ahearn 301
17101 - Yoga I	5:30-6:30 PM	3/13-5/3 (M/W)	\$354.40	Ahearn 301
16930 - Zumba Dance	5:30-6:30PM	1/17-5/2 (T)	\$354.40	Ahearn 301

### MUSIC 206

17110 - Piano I	9:20-10:20AM	1/17-3/7 (T/Th)	\$354.40	McCain 127
17109 - Piano I	9:20-10:20AM	3/9-5/4 (T/Th)	\$354.40	McCain 127



	Reference # - TITLE	TIME	DATE	FEE	LOCATION
LANGUAGE	<b><u>KIN 101</u></b>				
	17226 - Basketball	9:30-10:20AM	1/17-3/7 (T/Th)	\$344.40	Ahearn Gym
MARTIAL ARTS	17223 - Basketball	9:30-10:20AM	3/9-5/4 (T/Th)	\$344.40	Ahearn Gym
	17213 - Bootcamp Fitness	12:00-1:00PM	1/18-3/8 (M/W)	\$458.30	FSTF
	17214 - Bootcamp Fitness	12:00-1:00PM	3/13-5/3 (M/W)	\$458.30	FSTF
	17224 - Bootcamp Fitness	4:00-5:00PM	1/17-3/7 (T/Th)	\$458.30	FSTF
	17230 - Bootcamp Fitness	4:00-5:00PM	3/9-5/4 (T/Th)	\$458.30	FSTF
	17242 - Yogilates	9:00-10:00AM	1/18-3/8 (M/W)	\$458.30	FSTF
PERSONAL INTEREST	17239 - Yogilates	9:00-10:00AM	3/13-5/3 (M/W)	\$458.30	FSTF
	17238 - Yogilates	1:30-2:30PM	1/18-3/8 (M/W)	\$458.30	FSTF
	17241 - Yogilates	1:30-2:30PM	3/13-5/3 (M/W)	\$458.30	FSTF
	17215 - Yogilates	11:30-12:30PM	1/17-3/7 (T/Th)	\$458.30	FSTF
	17216 - Yogilates	11:30-12:30PM	3/9-5/4 (T/Th)	\$458.30	FSTF
	17207 - Total Body Toning	1:30-2:30PM	1/17-3/7 (T/Th)	\$458.30	FSTF
RECREATION & FITNESS	17219 - Total Body Toning	1:30-2:30PM	3/9-5/4 (T/Th)	\$458.30	FSTF
	17222 - Total Body Toning	10:30-11:30AM	1/18-3/8 (M/W)	\$458.30	FSTF
	17190 - Total Body Toning	10:30-11:30AM	3/13-5/3 (M/W)	\$458.30	FSTF
	17234 - Intro to Crossfit	9:30-10:45AM	1/17-3/7 (T/Th)	\$344.40	Natatorium 4
	17235 - Intro to Crossfit	9:30-10:45AM	3/9-5/9 (T/Th)	\$344.40	Natatorium 4
YOUTH	17237 - Intro to Crossfit	3:15-4:30PM	1/18-3/8 (M/W)	\$344.40	Natatorium 4
	17221 - Intro to Crossfit	3:15-4:30PM	3/13-5/3 (M/W)	\$344.40	Natatorium 4
	17236 - Intro to Crossfit	3:30-4:45PM	1/17-3/7 (T/Th)	\$344.40	Natatorium 4
	17240 - Intro to Crossfit	3:30-4:45PM	3/9-5/4 (T/Th)	\$344.40	Natatorium 4
OSHER	17231 - Marathon Training	5:00-6:15PM	3/9-5/4 (T/Th)	\$344.40	Gym 07
	17217 - Indoor Cycling	8:30-9:30AM	1/17-3/7 (T/Th)	\$354.40	Peters Rec
	17243 - Indoor Cycling	8:30-9:30AM	3/9-5/4 (T/Th)	\$354.40	Peters Rec
	16920 - Turbo Kick	6:40-7:40PM	1/19-5/4 (T/Th)	\$354.40	Ahearn 304
	17227 - Pilates	7:30-8:30PM	1/18-3/8 (M/W)	\$458.30	FSTF
KSU CREDIT COURSES	17212 - Pilates	7:30-8:30PM	3/13-5/3 (M/W)	\$458.40	FSTF
	16919 - HIIT-Interval Training	5:30-6:30PM	1/17-3/7 (T/Th)	\$354.40	Ahearn 304
	16921 - HIIT-Interval Training	5:30-6:30PM	3/9-5/4 (T/Th)	\$354.40	Ahearn 304



**KIN 101 (continued)**

17229 - Strength Training	1:30-2:20PM	1/17-3/7 (T/Th)	\$344.40	Gym 07
17228 - Strength Training	1:30-2:20PM	3/9-5/4 (T/Th)	\$344.40	Gym 07

**KIN 102**

16922 - Fitness Swim	6:00-7:30PM	1/19-5/4 (Th)	\$354.40	Natatorium
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**RRES 200**

16996 - Archery	6:30-7:30PM	1/23-5/1 (M)	\$354.40	Ahearn 304
16993 - Archery	7:40-8:40PM	1/23-5/1 (M)	\$354.40	Ahearn 304
16995 - Archery	8:50-9:50PM	1/23-5/1 (M)	\$354.40	Ahearn 304
16990 - Archery	8:15-9:15PM	1/17-5/2 (T)	\$354.40	Ahearn 304
16888 - Beginning Bowling	2:30-3:20PM	1/17-5/2 (T)	\$354.40	Student Union
16889 - Beginning Bowling	2:30-3:20PM	1/18-5/3 (W)	\$354.40	Student Union
16885 - Beginning Bowling	10:30-11:20AM	1/17-5/2 (T)	\$354.40	Student Union
16903 - Beginning Bowling	10:30-11:30AM	1/23-5/1 (M)	\$354.40	Student Union
16904 - Intermediate Bowling	2:30-3:30PM	1/23-5/1 (M)	\$354.40	Student Union
16987 - Beginning Tennis	1:00-2:30PM	2/7-4/25 (T)	\$442.30	Body First
16992 - Beginning Tennis	1:00-2:30PM	2/8-4/26 (W)	\$442.30	Body First
17099 - Boxing 1	2:00-3:00PM	1/18-3/8 (M/W)	\$464.30	K.O. Boxing
17081 - Boxing 1	4:20-5:20PM	1/18-3/8 (M/W)	\$464.30	K.O. Boxing
17094 - Boxing 1	6:30-7:30PM	1/18-3/8 (M/W)	\$464.30	K.O. Boxing
17083 - Boxing 1	2:00-3:00PM	1/17-3/7 (T/Th)	\$464.30	K.O. Boxing
17087 - Boxing 1	6:30-7:30PM	1/17-3/7 (T/Th)	\$464.30	K.O. Boxing
17084 - Boxing 1	2:00-3:00PM	3/9-5/4 (T/Th)	\$464.30	K.O. Boxing
17098 - Boxing 1	6:30-7:30PM	3/9-5/4 (T/Th)	\$464.30	K.O. Boxing
17095 - Boxing 1	2:00-3:00PM	3/13-5/3 (M/W)	\$464.30	K.O. Boxing
17080 - Boxing 1	4:20-5:20PM	3/13-5/3 (M/W)	\$464.30	K.O. Boxing
17082 - Boxing 1	6:30-7:30PM	3/13-5/3 (M/W)	\$464.30	K.O. Boxing
17078 - Boxing 2	5:30-6:30PM	1/17-3/7 (T/Th)	\$464.30	K.O. Boxing
17075 - Boxing 2	7:30-8:30PM	1/17-3/7 (T/Th)	\$464.30	K.O. Boxing



	Reference # - TITLE	TIME	DATE	FEE	LOCATION
	<b><u>RRES 200 (continued)</u></b>				
LANGUAGE	17073 - Boxing 2	5:30-6:30PM	1/18-3/8 (M/W)	\$464.30	K.O. Boxing
	17071 - Boxing 2	7:30-8:30PM	1/18-3/8 (M/W)	\$464.30	K.O. Boxing
MARTIAL ARTS	17077 - Boxing 2	5:30-6:30PM	3/9-5/4 (T/Th)	\$464.30	K.O. Boxing
	17074 - Boxing 2	7:30-8:30PM	3/9-5/4 (T/Th)	\$464.30	K.O. Boxing
	17072 - Boxing 2	5:30-6:30PM	3/13-5/3 (M/W)	\$464.30	K.O. Boxing
	17070 - Boxing 2	7:30-8:30PM	3/13-5/3 (M/W)	\$464.30	K.O. Boxing
	17079 - Boxing 3	5:30-6:30PM	1/17-3/7 (T/Th)	\$464.30	K.O. Boxing
PERSONAL INTEREST	17069 - Boxing 3	7:30-8:30PM	1/17-3/7 (T/Th)	\$464.30	K.O. Boxing
	17091 - Boxing 3	5:30-6:30PM	1/18-3/8 (M/W)	\$464.30	K.O. Boxing
	17092 - Boxing 3	7:30-8:30PM	1/18-3/8 (M/W)	\$464.30	K.O. Boxing
	17097 - Boxing 3	5:30-6:30PM	3/9-5/4 (T/Th)	\$464.30	K.O. Boxing
	17068 - Boxing 3	7:30-8:30PM	3/9-5/4(T/Th)	\$464.30	K.O. Boxing
RECREATION & FITNESS	17090 - Boxing 3	5:30-6:30PM	3/13-5/3 (M/W)	\$464.30	K.O. Boxing
	17085 - Boxing 3	7:30-8:30PM	3/13-5/3 (M/W)	\$464.30	K.O. Boxing
	17064 - Boxing 4	7:30-8:30PM	1/17-3/7 (T/Th)	\$464.30	K.O. Boxing
	17067 - Boxing 4	7:30-8:30PM	1/18-3/8 (M/W)	\$464.30	K.O. Boxing
	17076 - Boxing 4	7:30-8:30PM	3/9-5/4 (T/Th)	\$464.30	K.O. Boxing
	17065 - Boxing 4	7:30-8:30PM	3/13-5/3 (M/W)	\$464.30	K.O. Boxing
YOUTH	16911 - First Aid/CPR/AED	Noon-7:30PM	1/21-1/22 (Sat/Sun)	\$434.30	UFM
	16909 - First Aid/CPR/AED	Noon-7:30PM	1/28-1/29 (Sat/Sun)	\$434.30	UFM
	16908 - First Aid/CPR/AED	Noon-7:30PM	2/4-2/5 (Sat/Sun)	\$434.30	UFM
	16907 - First Aid/CPR/AED	Noon-7:30PM	2/11-2/12 (Sat/Sun)	\$434.30	UFM
	16906 - First Aid/CPR/AED	Noon-7:30PM	2/18-2/19 (Sat/Sun)	\$434.30	UFM
OSHER	16902 - First Aid/CPR/AED	Noon-7:30PM	2/25-2/26 (Sat/Sun)	\$434.30	UFM
	16910 - First Aid/CPR/AED	Noon-7:30PM	3/4-3/5 (Sat/Sun)	\$434.30	UFM
	16912 - First Aid/CPR/AED	Noon-7:30PM	4/22-4/23 (Sat/Sun)	\$434.30	UFM
	16905 - First Aid/CPR/AED	Noon-7:30PM	4/29-4/30 (Sat/Sun)	\$434.30	UFM
	16913 - RTE	Noon-6:30PM	4/1-4/15 (Sat/Sun)	\$868.60	UFM
KSU CREDIT COURSES	17204 - Beginning Fencing	6:00-7:30PM	1/23-5/1 (M)	\$354.40	Ahearn FH
	17203 - Intermediate Fencing	7:30-9:00PM	1/23-5/1 (M)	\$354.40	Ahearn FH



Reference # - TITLE	TIME	DATE	FEE	LOCATION
<b><u>RRES 200 (continued)</u></b>				
16892 - Golf	2:00-4:00PM	2/28-4/25 (T)	\$474.30	Wamego Club
16891 - Golf	1:00-3:00PM	3/1-4/26 (W)	\$474.30	Wamego Club
16890 - Golf	2:00-4:00PM	3/2-4/27 (Th)	\$474.30	Wamego Club
17151 - Tae Kwon Do	6:30-7:30PM	1/18-5/3 (M/W)	\$354.40	Ahearn FH
17108 - Scuba Diving	6:00-10:00PM	1/23-3/6 (M)	\$510.40	Natatorium
17106 - Scuba Diving	6:00-10:00PM	3/27-5/1 (M)	\$510.40	Natatorium
17107 - Scuba Diving	9:30AM-1:30PM	1/21-3/4 (Sat)	\$510.40	Natatorium
16900 - Women's Self Defense	1:00-4:00PM	1/28-2/11 (Sat/Sun)	\$354.40	Ahearn 301
16901 - Women's Self Defense	1:00-4:00PM	2/18-3/4 (Sat/Sun)	\$354.40	Ahearn 301
17155 - Bushcraft Skills	6-8p, 11a-6p	2/22-3/5 (W/Sat/Sun)	\$434.30	UFM
17153 - Backcountry Experience	Varies	3/29-4/9 (W/Sat/Sun)	\$434.30	UFM
17152 - Trad. Self-Bow	6-8p, 11a-6p	4/26-4/30 (W/Sat/Sun)	\$509.30	UFM/Tuttle
17749 - Rock Climbing	1:30-3:30PM	1/25-3/8 (W)	\$406.40	Peters Rec
16985 - Rock Climbing	1:30-3:30PM	3/15-5/3 (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

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

UFM Building, 1221 Thurston Street

Union Bowling Alley, Union Student Center, KSU



# REGISTRATION FORM



## UFM REGISTRATION FORM

1221 Thurston St | Manhattan KS 66502

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



Student Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone (\_\_\_\_) \_\_\_\_\_ Evening Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Parent's name if student is under age 18 \_\_\_\_\_ Age if under 18 \_\_\_\_\_

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

Course Code	Session	Course Name	Fee \$
Example: 17AHW70	A	Blended Learning: First Aid/CFR/AED	64.00

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 Guoation required for minors) \_\_\_\_\_

Date \_\_\_\_\_

### UFM Refund and Cancellation Policies

We will provide a full refund if a class is cancelled 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.



Things minors do  
better "under  
the influence"

be a crime victim  
have unwanted sex  
cause auto accidents  
make bad choices  
die of alcohol poisoning  
disrupt healthy growth  
hurt a friend  
lose money

Learn how to say no to alcohol

**Our Mission:**

To reduce risky behaviors through prevention education, community collaboration, life skills training and programming.

**MARPC.org**  
MANHATTAN AREA  
RISK PREVENTION COALITION

The Manhattan Area Risk Prevention Coalition (MARPC) is a central planning and collaboration alliance for people and agencies that are working to do two things: 1) Prevent alcohol, tobacco, and other drug use by area youth, and 2) Educate their parents and the community at large on the prevalence, symptoms, and dangers of drug use. Visit [MARPC.org](http://MARPC.org) to join.

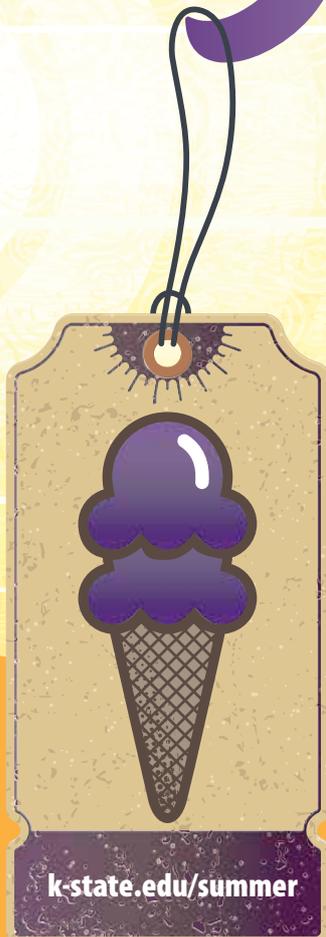
1221 Thurston | Manhattan, KS 66502 | (785) 539-8763

## Spring 2017 Catalog

# K-STATE Summer

EXPERIENCE MORE  
AND FINISH IN **4**

Kansas State University summer is a great time to continue your studies and stay on track toward graduation from K-State. Take courses on campus, online or study abroad. Mix and match with summer jobs, internships and experiences to create your custom K-State summer!



**KANSAS STATE**  
UNIVERSITY