



# UFM Community Learning Center



## Spring 2016

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

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# Spring 2016 UFM Catalog

UFM Community Learning Center  
1221 Thurston St  
Manhattan, KS 66502



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**COMMUNITY**  
IN EDUCATION!

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# INFORMATION

## ABOUT UFM CLASSES

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

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

## UFM CANCELLATION POLICY

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

## REFUND POLICY

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

## DISCLAIMER

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

## NONDISCRIMINATION POLICY

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

## UFM SPRING 2016 INSTRUCTORS

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

Voices For All, LLC	Kelly Cook	Sue Hageman	Debbie Mercer	Daniel Schapaugh
Mary Elizabeth Atwood	Charles Copeland	Mary Hammel	Jui Mhatre	Dane Starnes, D. C.
Ginny Barnard	Randi Dale	Kathryn Harth	David Moore	Larry Storer
Dom & Wendy Barnes	Bill Dorsett	Jessica Haymaker	Amanda Morales	Linda Teener
Carol Barta	Jill Emerson	Nancy Hetzler	Debbie Newton	Jana Thomas
Scott Bean	Mary Ervin	Palma Holden	Fred Newton	Abby Thrash
Konza Beekeepers Assoc.	Gregg Eyestone	Dave Hoover	Hyung Hwa 'Rick Oh	Linda Thurston
Susan Yelich Biniecki	Isaac Falcon	Confucius Institute	Kyle Polson	Jenna Tripodi
Betsy Blaser (Blazer)	Ana Franklin	Kyoshi Pamela Johansen	Kendall Pray	Rosanna Vail
Tom Boley	Jeff Freeborn	Clara Kientz	Art Rathbun	Gwen Vinson
Basem Boutros	Jill Frese	Tom Korte	Kelly Reed-Harkness	Kellie Weeks
Dan Boyle	John Garetson	Wendi Krishock	Mandy Ridder	Thomas Weeks
Henry Brown	Megan Goebel	Lotta Larson	Lorissa Ridley	Amy (Nashid) Werner
Megan Bryant	Leslie Graves	Brian Lorenz	Lauren Ritterbush	Dan Wilcox
Kate Cashman	Kate Grier	Ann Luttrell	Ruth Rosenblatt	Stan Wilson
Abbi Collins	Jennifer Guilford	Jane Marshall	Rita Ross	

## KSU CREDIT COURSES

### CREDIT CLASS ENROLLMENT

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

### CREDIT ENROLLMENT FEES

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

### CREDIT CLASS REFUNDS AND WITHDRAWALS

Tuition refunds are calculated based on the number of calendar days in the class. You may be eligible for a full or partial refund of tuition if you choose to drop your class before a certain date. Please refer to the full withdrawal and refund policy at <http://global.k-state.edu/courses/registration/policies-withdrawal> or visit <http://courses.k-state.edu/spring2016/information/deadlines.html>

### DROP POLICY

All drop deadlines are calculated based on the number of calendar days in the class. The following policies apply: a student may drop a class prior to 33% of the class duration without a grade being recorded on the student's transcript; if a student drops after 33% but before 62% of the class duration, a grade of W will be issued; and no drops will be accepted after 62% of the course duration. Failure to drop a class may result in a failing grade. For more information visit <http://courses.k-state.edu/spring2016/information/deadlines.html>

### STUDENT ACCESS CENTER

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

## INCLEMENT WEATHER POLICY

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

## LIABILITY STATEMENT

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

## DONATIONS

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

## SPECIAL ASSISTANCE

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

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

## UFM STAFF

Executive Director | **LINDA INLOW TEENER**

Education Coordinator | **KAYLA SAVAGE**

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

KSU Credit Coordinator | **ERIN BISHOP**

Program Assistant | **VAL COLTHARP**

Program Assistant | **SAMANTHA LOVITT**

Mentoring Coordinator | **MANDY COLTHARP**

Swim Coordinator | **MORGAN SHETLER**

Student Assistant | **SHELBY MORGAN**

Lou Douglas Lecture Coordinator | **OLIVIA COLLINS**

## BOARD OF DIRECTORS

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Tony Parker   Casey Culbertson   Lucas Shivers  
Trina McCarty   Janet Nichols   Andrea Blair

# AQUATICS

## LEARN TO SWIM CLASSES

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

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

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

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

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

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

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

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

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

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skill, such as arm and leg movements and breath control. This level is fun-filled and helps introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy. \*Monday & Thursday lessons - 5 lessons/30 min, Saturday lessons - 4 lessons/35 min.  
Fee: \$33.00 per session

Monday	6:00 PM to 6:30 PM
16AAQPA1	Feb. 8 to March 7
16AAQPA2	March 21 to April 18

Thursday	6:00 PM to 6:30 PM
16AAQPD1	Feb. 11 to March 10
16AAQPD2	March 24 to April 21

Saturday	9:30 AM to 10:05 AM
16AAQPE1	Jan. 30 to Feb. 27 (No class on 2/6)
16AAQPE2	April 9 to April 30

## Tot Transition (3-4 yrs)

Preschool-age children are taught basic aquatic safety and swimming skills, all the while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it's safety first. For the list of skills to be learned in class visit [www.tryufm.org](http://www.tryufm.org). \*Tuesday & Wednesday lessons - 5 lessons/30 min, Saturday lessons - 4 lessons/35 min.  
Fee: \$33.00 per session

Tuesday	6:00 PM to 6:30 PM
16AAQTB1	Feb. 9 to March 8
16AAQTB2	March 22 to April 19

Wednesday	6:00 PM to 6:30 PM
16AAQTC1	Feb. 10 to March 9
16AAQTC2	March 23 to April 20

Saturday	10:15 AM to 10:50 AM
16AAQTE1	Jan. 30 to February 27 (No class on 2/6)
16AAQTE2	April 9 to April 30

## BEGINNING & ENDING DATES: Youth Levels I-VI, Adult Lessons & Lap Swimming

(\*Except Where Noted)

Session A:	Monday, Feb. 8 to April 18 (No class 3/14)
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Session B:	Tuesday, Feb. 9 to April 19 (No class 3/15)
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Session C:	Wednesday, Feb. 10 to April 20 (No class 3/16)
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Session D:	Thursday, Feb. 11 to April 21 (No class 3/17)
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Session E1:	Saturday, Jan. 30 to Feb. 27 (No class 2/6)
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Session E2:	Saturday, April 9 to April 30
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## Level I: Introduction to Water Skills

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

16AAQ01A	Monday	6:00 PM to 6:40 PM
16AAQ01AA	Monday	6:45 PM to 7:25 PM
16AAQ01B	Tuesday	6:45 PM to 7:25 PM
16AAQ01C	Wednesday	6:45 PM to 7:25 PM
16AAQ01D	Thursday	6:45 PM to 7:25 PM

**Thanks to Konza Rotary  
UFM has scholarships available  
for swim lessons and lifeguard  
training classes. Contact  
UFM for more information and  
application at [info@tryufm.org](mailto:info@tryufm.org)  
or 785.539.8763.**

**Manhattan  
Marlins**

Swim Team



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

Ages: 5 years through adult

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

For more information contact:  
Coach Rob Putnam at 303.819.8861

# AQUATICS

## Level II: Fundamental Aquatic Skills

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

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

16AAQ02A	Monday	6:00 PM to 6:40 PM
16AAQ02AA	Monday	6:45 PM to 7:25 PM
16AAQ02B	Tuesday	6:45 PM to 7:25 PM
16AAQ02C	Wednesday	6:45 PM to 7:25 PM
16AAQ02D	Thursday	6:45 PM to 7:25 PM

## Level III: Stroke Development

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

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

16AAQ03A	Monday	6:45 PM to 7:25 PM
16AAQ03B	Tuesday	6:00 PM to 6:40 PM
16AAQ03BB	Tuesday	6:45 PM to 7:25 PM
16AAQ03C	Wednesday	6:45 PM to 7:25 PM
16AAQ03D	Thursday	6:45 PM to 7:25 PM

## Level IV: Stroke Improvement

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

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

16AAQ04A	Monday	6:45 PM to 7:25 PM
16AAQ04B	Tuesday	6:45 PM to 7:25 PM
16AAQ04C	Wednesday	6:45 PM to 7:25 PM
16AAQ04D	Thursday	6:45 PM to 7:25 PM

## Level V: Stroke Refinement

Youth lessons. The objectives of this level are coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced. For the list of skills to be learned in class visit [www.tryufm.org](http://www.tryufm.org).

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

16AAQ05A	Monday	6:45 PM to 7:25 PM
16AAQ05C	Wednesday	6:45 PM to 7:25 PM

## Level VI: Swimming and Skill Proficiency

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

Fee: \$57.00 per session (10 lessons)

16AAQ06A	Monday	6:45 PM to 7:25 PM
16AAQ06C	Wednesday	6:45 PM to 7:25 PM

## Adult Swim Lessons

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

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

16AAQ22A	Monday	6:00 PM to 6:40 PM
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## Private Swim Lessons

**15AAQ103**

Private lessons provide one-on-one instruction for any level of swimmer. Lessons occur once a week, M-Th lessons are 30 minutes for 5 lessons and Saturday lessons are 35 minutes for 4 lessons. Due to time constraints, THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS. Class is held during group lessons and other aquatic classes.

Beginning and Ending Dates for Private Lessons:

Session A1:	Monday	Feb. 8 to March 7
Session A2:	Monday	March 21 to April 18

Session B1:	Tuesday	Feb. 9 to March 8
Session B2:	Tuesday	March 22 to April 19

Session C1:	Wednesday	Feb. 10 to March 9
Session C2:	Wednesday	March 23 to April 20

Session D1:	Thursday	Feb. 11 to March 10
Session D2:	Thursday	March 24 to April 21

Session E1:	Saturday	Jan. 30 to Feb 27 (No Class 2/6)
Session E2:	Saturday	April 9 to April 30

Times for Monday - Thursday sessions:  
6:00 PM to 6:30 PM  
6:45 PM to 7:15 PM

Times for Saturday sessions:  
9:30 AM to 10:05 AM  
10:15 AM to 10:50 AM  
11:00 AM to 11:35 AM

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

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

# AQUATICS

## SEE PAGE 4 FOR CLASS DATES: Lap Swimming: Ages 13+

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

Fee: \$19.00 per session (10 times)

16AAQLSA	Monday	6:00 PM to 7:30 PM
16AAQLSB	Tuesday	6:00 PM to 7:30 PM
16AAQLSC	Wednesday	6:00 PM to 7:30 PM
16AAQLSD	Thursday	6:00 PM to 7:30 PM
16AAQLSE	M, Tu, Wed, Th	6:40 PM to 7:30 PM

## Lap Swimming for Parents

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

Fee: \$16.00 per session (10 times)

16AAQLPA	Monday	6:00 PM to 7:30 PM
16AAQLPB	Tuesday	6:00 PM to 7:30 PM
16AAQLPC	Wednesday	6:00 PM to 7:30 PM
16AAQLPD	Thursday	6:00 PM to 7:30 PM
16AAQLPE1	Saturday	9:30 AM to 11:00 AM
16AAQLPE2	Saturday	9:30 AM to 11:00 AM

## Open Swim Appreciation 16AAQ31A

For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. There is no charge for this activity. However, registration with the number of participants planning to attend is requested so that we can provide adequate lifeguards. The session may be cancelled if no pre-registration is received.

Date: 03/06/2016 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: No charge  
Location: Natatorium, KSU Campus

## Sunday Family Swim 16AAQ32

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

Date: 02/14/2016 to 03/06/2016 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: \$8.00 - Individual  
\$20.00 - Family  
Location: Natatorium, K-State Campus

## Shallow/Deep Water Exercise 16AAQSHD

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

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

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

Date: 01/25/2016 to 5/05/2016 (M/T/W/TH)  
(No class 2/03 & 3/14 - 3/17)  
Time: 6:40 PM to 7:30 PM  
Fee: \$20 for 8 classes  
\$28 for 16 classes  
\$40 for 24 classes  
\$52 for 32 classes  
\$68 for 48 classes  
Location: Natatorium, K-State Campus

## Intro to Sea Kayaking 16AAQ43A

This class is perfect for those starting out in kayaking or wanting to brush-up on their kayaking skills. After some brief instructions on land, we will work on being comfortable on the water with efficient stroke technique and boat control. Techniques including wet exits, assisted rescues, and self-rescues will be practiced. This class will give you the invaluable tools needed to practice and refine your strokes and rescues. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. This is a fun class and you will paddle away learning something new and feeling more confident. For 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

Date: 01/24/2016 (Su)  
Time: 8:00 AM to 12 N  
Fee: \$75.00  
Location: Natatorium, K-State campus

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

## Intro to Sea Kayaking 16AAQ43B

Instructor: Larry Storer

Date: 02/28/2016 (Su)  
Time: 8:00 AM to 12 N  
Fee: \$75.00  
Location: Natatorium, K-State campus

## Extended Paddle Roll and Beyond 16AAQ44A

This class introduces you to the "Extended Paddle Roll" which is a very effective roll to use with a touring/sea kayak. Other skills covered include working on high and low braces as a means of preventing your kayak from rolling over. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. 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

Date: 02/07/2016 (Su)  
Time: 8:00 AM to 12 N  
Fee: \$75.00  
Location: Natatorium, K-State campus

## Extended Paddle Roll and Beyond 16AAQ44B

Instructor: Larry Storer

Date: 04/17/2016 (Su)  
Time: 8:00 AM to 12 N  
Fee: \$75.00  
Location: Natatorium, K-State campus



# AQUATICS

## Blended Learning: Lifeguard Training

**16AAQ07A**

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

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

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

Source: American Red Cross

\*\*No textbook required and the date listed is for hands-on skills practice session. There is a \$85 non-refundable deposit.

\*\*Required CPR mask not included in fee. Purchase one for \$14.00 through UFM or bring your own.

\*\*Prerequisites: candidates must

1) Be 15 years of age on or before the last scheduled day of class;  
2) Swim 500 yards continuously using these strokes in the following order:

\* 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick

\* 100 yards of breaststroke using rhythmic breathing and a stabilizing, propellant kick

\* 200 yards of front crawl, breaststroke, or combination thereof

3) Swim 20 yards using front crawl or breaststroke, surface dive to a depth of 7 to 10 feet, retrieve a 10 lb object, return to the surface, and swim 20 yards back to starting point with both hands on the object and face above the water at all times. Certification requirements: demonstrate competency in all required skills, demonstrate competency in the three final skill scenarios, demonstrate level of maturity and responsibility consistent w/Red Cross standards, and correctly answer at least 80% of questions on written exams.

Instructors: Abby Thrash

Date: 04/09/2016 to 04/10/2016 (Sa/Su)  
Time: 8:00 AM to 7:00 PM - Saturday  
8:00 AM to 5:00 PM - Sunday  
\* Class schedule (subject to change)  
Fee: \$165.00  
Location: Natatorium, K-State campus

## Blended Learning: Lifeguard Training

**16AAQ07B**

Instructors: Abby Thrash

Date: 04/23/2016 to 04/24/2016 (Sa/Su)  
Time: 8:00 AM to 7:00 PM - Saturday  
8:00 AM to 5:00 PM - Sunday  
\* Class schedule (subject to change)  
Fee: \$165.00  
Location: Natatorium, K-State campus

## Blended Learning: Lifeguard Training

**16AAQ07C**

Instructors: Abby Thrash

Date: 05/21/2016 to 05/22/2016 (Sa/Su)  
Time: 8:00 AM to 7:00 PM - Saturday  
8:00 AM to 5:00 PM - Sunday  
\* Class schedule (subject to change)  
Fee: \$165.00  
Location: Natatorium, K-State campus

## Blended Learning: Lifeguard Training Recertification

Note: 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 the class meets on May 3. 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. \$45.00 non-refundable fee.

## Blended Learning: Lifeguard Training Recertification

**16AAQ35AR**

Instructor: Megan Goebel & Kyle Polson

Date: 04/16/2016 (Sa)  
Time: 8:00 AM to 3:00 PM  
Fee: \$94.00  
Location: Natatorium, K-State campus

## Blended Learning: Lifeguard Training Recertification

**16AAQ35BR**

Instructor: Kelly Cook

Date: 04/30/2016 (Sa)  
Time: 8:00 AM to 3:00 PM  
Fee: \$94.00  
Location: Natatorium, K-State campus

## Blended Learning: Lifeguard Training Recertification

**16AAQ35CR**

Instructor: Megan Goebel & Kyle Polson

Date: 05/07/2016 (Sa)  
Time: 8:00 AM to 3:00 PM  
Fee: \$94.00  
Location: Natatorium, K-State campus

## Scuba Diving

**16AAQ105AZ**

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

Date: 01/25/2016 to 02/29/2016 (Sa)  
Time: 6:00 PM to 10:00 PM  
Fee: \$257.00  
Location: Natatorium, K-State campus

## Scuba Diving

**16AAQ105BZ**

Instructors: Jeff Freeborn

Date: 03/21/2016 to 04/25/2016 (M)  
Time: 6:00 PM to 10:00 PM  
Fee: \$257.00  
Location: Natatorium, K-State campus

# CAREER & FINANCE

**NEW!**

## Social Media QuickStart **16AFC146A**

This one hour, introductory class is for anyone wanting to gain a better understanding of the social media landscape and how it can work for business. Participants can expect to leave the course with the following skills: a better understanding of the most widely used social media platforms and who is using them; how to create content that engages; how to integrate social media with other marketing channels and customer touch points; social media do's and don'ts for business.

Instructor: Jana Thomas, Owner, Strictly Social Media  
jana@strictlysocialmedia.com

Date: 02/18/2016 (Th)  
Time: 6:00 PM to 7:00 PM  
Fee: \$30.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**NEW!**

## Social Media QuickStart **16AFC146B**

Instructor: Jana Thomas, Owner, Strictly Social Media,  
jana@strictlysocialmedia.com

Date: 03/23/2016 (W)  
Time: 7:00 PM to 8:00 PM  
Fee: \$30.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**NEW!**

## Social Media QuickStart **16AFC146C**

Instructor: Jana Thomas, Owner, Strictly Social Media,  
jana@strictlysocialmedia.com

Date: 05/04/2016 (W)  
Time: 6:00 PM to 7:00 PM  
Fee: \$30.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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

UFM Community Learning Center



Facebook.com/UFMCLC



**NEW!**

## My Kids Are on Social Media... **16AFC147A** Now What?

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

Instructor: Jana Thomas, Owner, Strictly Social Media,  
jana@strictlysocialmedia.com

Date: 01/20/2016 (W)  
Time: 6:00 PM to 8:00 PM  
Fee: \$19.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**NEW!**

## My Kids Are on Social Media... **16AFC147B** Now What?

Instructor: Jana Thomas, Owner, Strictly Social Media,  
jana@strictlysocialmedia.com

Date: 03/09/2016 (W)  
Time: 6:00 PM to 8:00 PM  
Fee: \$19.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**NEW!**

## My Kids Are on Social Media... **16AFC147C** Now What?

Instructor: Jana Thomas, Owner, Strictly Social Media,  
jana@strictlysocialmedia.com

Date: 04/27/2016 (W)  
Time: 6:00 PM to 8:00 PM  
Fee: \$19.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor



## Summer Internship Opportunity: Unexpected Performances in Unconventional Places

AHA! Manhattan is seeking a summer intern with an interest in the arts & humanities, as well as connecting communities to public performance & interaction.

learn more at  
[AHAManhattan.com/internship](http://AHAManhattan.com/internship)





## **Social Media Bootcamp** **NEW!** **16AFC148A**

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

Instructor: Jana Thomas, Owner, Strictly Social Media, [jana@strictlysocialmedia.com](mailto:jana@strictlysocialmedia.com)

Date: 01/21/2016 (Th)  
 Time: 5:00 PM to 8:00 PM  
 Fee: \$90.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

## **Social Media Bootcamp** **NEW!** **16AFC148B**

Instructor: Jana Thomas, Owner, Strictly Social Media, [jana@strictlysocialmedia.com](mailto:jana@strictlysocialmedia.com)

Date: 02/11/2016 (Th)  
 Time: 5:00 PM to 8:00 PM  
 Fee: \$90.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

## **Social Media Bootcamp** **NEW!** **16AFC148C**

Instructor: Jana Thomas, Owner, Strictly Social Media, [jana@strictlysocialmedia.com](mailto:jana@strictlysocialmedia.com)

Date: 04/13/2016 (W)  
 Time: 5:00 PM to 8:00 PM  
 Fee: \$90.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

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



## **iCan with iPad: Insights for Beginners** **NEW!** **16AFC149**

Open your world to the many possibilities to explore on your iPad! We'll discover some great free apps for editing and sharing photos, sketching and note-taking, working in the kitchen, crafting, creating e-books and e-cards, and keeping track of your passwords. We'll also review some essential iPad productivity tips and best ways to navigate the App Store.

Instructor: Mary Hammel, [mhammel@ksu.edu](mailto:mhammel@ksu.edu)

Date: 01/16/2016 (Sa)  
 Time: 10:00 AM to 11:30 AM  
 Fee: \$19.00  
 Location: Wamego Technology Center  
 Wamego High School, Room 204  
 801 Lincoln Street, Wamego

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

**WE'RE  
HIRING!**

### Summer swim staff!!

Positions include swimming lesson instructors and lifeguards.

Request an application and availability sheet from [info@tryufm.org](mailto:info@tryufm.org) or call 785.539.8763. Applications will be reviewed in March.

## **Forget The Reminders** **16AFC150**

In the world of smartphones and digital reminders on our phones wherever we are, many people are finding themselves heavily reliant on those pop-up reminders, rather than their own memory. Gone are the days of writing down an appointment on the calendar once and remembering when and where one should be. Learn the original methods of remembering appointments, before digital reminders, including a string on the finger, a Post-It note on the forehead and a note on the refrigerator.

Date: 05/05/2016 (Sa)  
 Time: 9:30 AM to 12 N  
 Fee: -\$1.00  
 Location: UFM  
 1221 Thurston St.



## **Women and Wealth** **16AFC124**

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

Instructor: Nancy Hetzler

Date: TBD  
 Time: TBD  
 Fee: \$12.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

Nancy Hetzler has worked in the financial services business for over 20 years. She enjoys teaching and educating families to develop money skills.

# CREATIVE FREE TIME

## Making a T-Shirt Quilt

16ACF225

You've seen the cool t-shirts quilts that others have made and now learn how to make one of your own. Come join us to learn the ins and outs of making these treasured quilts. The first class on Wednesday, February 17th (6:30p-7:30p), will go over the supplies and materials you will need to have for the two Saturday classes (February 27th and March 5th, 8:00a - 4:00p). The two Saturday classes will involve all day workshops putting your t-shirt quilt together. It's suggested you have a minimum of 9 t-shirts to make your quilt with the maximum number of t-shirts left up to you. You will learn easy ways to put tougher smaller shirts with bigger shirts to make a one of a kind quilt, how to stabilize your t-shirts so they don't stretch, how to assemble your shirts and what to do when you finish your t-shirt quilt. Students will need basic sewing skills, their own sewing machine, and are responsible for purchasing the additional materials needed to assemble their quilt. Instructor: Mandy Ridder, (785) 341-2687, number10mandy@gmail.com

Date: 02/17/2016 to 03/05/2016 (W/Sa)  
\* Enrollment deadline 2/17/16  
Time: See class description  
Fee: \$50.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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



## Chevron Quilt

16ACF230

Chevrons are the in design pattern right now. Come spend a day and make your own chevron quilt. We will use a quick cutting and piecing method that allows class participants to finish a chevron quilt top in just one day. The finished quilt will measure approximately 45"x58". After you enroll you will be emailed a supply sheet and fabric requirements. There are pre-class cutting requirements that will need to be completed before you come to class on January 30th. Students will need basic sewing skills, their own sewing machine, and are responsible for purchasing the additional materials needed to assemble their quilt. Come join us as we make an awesome quilt that you will enjoy for many years to come.

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

Date: 01/30/2016 (Sa)  
\* Registration deadline 01/27/16  
Time: 8:00 AM to 5:00 PM  
Fee: \$36.00  
Location: First Presbyterian Church -  
801 Leavenworth  
Manhattan, KS

## Barn Quilt Make & Take

16ACF227

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 foot x 2 foot 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: 02/06/2016 (Sa)  
\* Enrollment deadline 2/01/2016  
Time: 9:30 AM to 3:00 PM  
Fee: \$50.00  
Location: Blueville Nursery  
4539 Anderson Ave  
Manhattan, KS

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



# CREATIVE FREE TIME

## Garden Quilt Block **NEW!** 16ACF246

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 16 x 16 inch 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: 03/05/2016 (Sa)  
 \* Enrollment deadline 2/26/2016  
 Time: 9:30 AM to 3:00 PM  
 Fee: \$35.00  
 Location: Blueville Nursery  
 4539 Anderson Ave  
 Manhattan, KS

## Valentine Make n' Take 16ACF244

Handmade valentines are the best! Come join the sweetest class around as we make our own valentine cards and treat boxes using paper, stamps, and more. The best part: candy for our projects is provided! Ages 10+.

Instructor: Rosanna Vail

Date: 02/04/2016 (Th)  
 Time: 6:30 PM to 8:00 PM  
 Fee: \$15.00  
 Location: UFM Banquet Room  
 1221 Thurston St.

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

## Archetypal Masks 16ACF245

Ever wonder what you would look like in clay? Join us in making masks of clay molded on our own faces. The first session is learning about mask work and forming 2 masks. The masks are then fired and a week later you are back to paint and decorate the fired masks.

Instructor: Mary Elizabeth Atwood

Date: 05/07/2016 to 05/14/2016 (Sa)  
 Time: 1:00 PM to 2:00 PM - 5/07  
 1:00 PM to 2:30 PM - 5/14  
 Fee: \$57.00  
 Location: 1500 N. 9th St  
 Manhattan, KS

Mary Elizabeth Atwood is a storyteller in clay as well as a writer, actor and visual artist.

## Get Hooked Together! 16ACF243

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

Instructor: Linda Teener

Date: 02/10/2016 to 02/24/2016 (W)  
 Time: 5:30 PM to 7:00 PM  
 Fee: \$12.00  
 Location: UFM Solar Addition  
 1221 Thurston St.

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

## How to Design Your Own Space 16ACF237

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

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

Date: 03/29/2016 (T)  
 Time: 6:30 PM to 8:00 PM  
 Fee: \$22.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

Mary Ervin, owner of Creating Spaces, has over 15 years of experience in both residential and commercial design. Mary's expertise is enveloping color and texture into her designs. She is also a certified Feng Shui consultant along with a stager for Real Estate Companies.

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

## Introduction to Digital Photography: The Basics **16ACF190**

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

Class dates: Thursday: 7-9pm, March 3, 10, 24, & 31 (no class March 17). Saturday: a few hours before sunset March 5, 12, and 19

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

Date: 03/03/2016 to 03/24/2016 (Th/Sa)  
Time: 7:00 PM to 9:00 PM  
Fee: \$68.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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



## Introduction to Adobe Lightroom **16ACF140**

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

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

Date: 01/26/2016 to 02/04/2016 (T/Th)  
Time: 7:00 PM to 9:00 PM  
Fee: \$56.00  
Location: UFM Computer Lab &  
Conference Room  
1221 Thurston St., 2nd floor

## Introduction to Adobe Photoshop **16ACF65**

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

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

Date: 02/16/2016 to 02/25/2016 (T/Th)  
Time: 7:00 PM to 9:00 PM  
Fee: \$56.00  
Location: UFM Computer Lab &  
Conference Room  
1221 Thurston St., 2nd floor



## Sax, Clarinet or Flute Private Instruction **16ACF232**

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

Instructor: Betsy Blazer, (785) 406-0172

Date: 01/19/2016 to 05/15/2016  
Time: TBD  
Fee: \$64.00 for 4 classes  
\$128.00 for 8 classes  
\$192.00 for 12 classes  
\$256.00 for 16 classes  
Location: UFM - 1221 Thurston St.

Featured UFM  
Instructor

**Betsy Blazer**



Betsy Blazer is originally from Kansas, where she began her career as a Saxophonist and graduated from Northwestern University. She has won numerous competitions and nationwide auditions. Betsy was selected as the principal Saxophonist for two consecutive years in the Kansas All-State Symphonic Band. She was also selected to play in the National Band Association's Honor Band in Tennessee, along with being one out of two band members to be selected from Kansas to perform in the McDonald's Band. Betsy also played with Bernadette Peters at McCain Auditorium when she was in the Manhattan area last year. She has traveled extensively with a band called the Sin Sity Sultz, a swing band based out of Las Vegas.

# EARTH & NATURE



## Introduction to Beekeeping 16AEN124

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

Date: 01/30/2016 (Sa)  
Time: 9:00 AM to 12 N  
Fee: \$20.00  
Location: Sunset Zoo Education Building  
2333 Oak St  
Manhattan, KS

## Home Landscape Design 16AEN08

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

Date: 02/10/2016 to 02/24/2016 (W)  
Time: 7:00 PM to 9:00 PM  
Fee: \$21.00 - Individual  
\$30.00 - Couple  
Location: Pottorf Hall at Cico Park -  
Clover Room

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.

## Herbs of Israel

**NEW!**

16AEN132

Discover the vibrant plants of Israel that emerge out of the 2,000 year old stone walls in Jerusalem and blanket the winter scene of the Judea Desert. Select plants of five regions in Israel will be discussed, emphasizing how these plants have remained closely attuned to the needs of the people and their cries for help in a land steeped in spirituality yet haunted by perpetual crisis.

Instructor: Ruth Rosenblatt

Date: 01/27/2016 to 02/10/2016 (W)  
Time: 6:00 PM to 7:30 PM  
Fee: \$19.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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

## Miniature Gardens

**NEW!**

16AEN82A

Learn a wide range of designs, landscape and new ideas for miniature garden lovers. You will learn to design rock gardens, dinosaur gardens, bird house gardens, gnome gardens and air plant gardens under the direction of a horticulture therapy graduate from Kansas State University. All items are included in the price of the class. Each class offers a different opportunity and experience in miniature garden design.

Instructor: Gwen Vinson, (785) 341-1504  
agweecare@yahoo.com

Date: 03/15/2016 (T)  
Time: 6:30 PM to 8:30 PM  
Fee: \$25.00  
Location: UFM Solar Addition  
1221 Thurston St.

Gwen Vinson is a graduate from K-State in Horticulture Therapy. She is an avid gardener and has extensive experience in indoor, outdoor and green house gardening. Gwen has written grants, founded Garden Groups and clubs as well as managed greenhouse production in commercial and private settings. She currently is a co-owner of Wheatland Creations where she designs and creates miniature gardens.

## Miniature Gardens

**NEW!**

16AEN82B

Instructor: Gwen Vinson, (785) 341-1504  
agweecare@yahoo.com

Date: 04/12/2016 (T)  
Time: 6:30 PM to 8:30 PM  
Fee: \$25.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Miniature Gardens

**NEW!**

16AEN82C

Instructor: Gwen Vinson, (785) 341-1504  
agweecare@yahoo.com

Date: 05/17/2016 (T)  
Time: 6:30 PM to 8:30 PM  
Fee: \$25.00  
Location: UFM Solar Addition  
1221 Thurston St.

## In the Zones:

### Designing with Permaculture 16AEN130

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

Instructor: Carol Barta, (785) 410-8608

Date: 04/03/2016 (Su)  
Time: 6:00 PM to 8:00 PM  
Fee: No Charge  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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

**NEW  
AND  
RETURNING  
GARDENER SIGNUPS:**

- JANUARY 28, 6:00PM  
POTTORF HALL
- FEBRUARY 16, 6:00 PM  
UFM COMMUNITY  
LEARNING CENTER

# EARTH & NATURE

## Food Forests and Plant Guilds: Not Just Another Gardening Class

**16AEN74**

Explore the ethics and core principles that define the permaculture method of designing sustainable environments and resilient communities. Learn why a hammock just might be your most valuable tool. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. [www.fhreec.org](http://www.fhreec.org)  
Instructor: Carol Barta, (785) 410-8608

Date: 02/28/2016 (Su)  
Time: 6:00 PM to 8:00 PM  
Fee: No Charge  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Feed Your Soil: Composting the Permaculture Way

**NEW!**

**16AEN81**

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: 05/07/2016 (Sa)  
Time: 10:00 AM to Noon  
Fee: No Charge  
Location: 1425 Collins Ln.  
Sunflower Permaculture  
Manhattan, KS

## Photovoltaics 101

**16AEN114**

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 we have time for. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. [www.fhreec.org](http://www.fhreec.org)  
Instructors: FHREEC, Bill Dorsett, (785) 539-1956  
[wmdorsett@sbcglobal.net](mailto:wmdorsett@sbcglobal.net)

Date: 02/13/2016 (Sa)  
Time: 9:00 AM to 10:30 PM  
Fee: No Charge  
Location: UFM Solar Addition  
1221 Thurston St.

## New Electric Storage **NEW!** 16AEN83

The new Kansas law makes Westar pay for any excess electricity from your solar or wind system a third of what they did with true net metering; about 3.4 cents/kWh you sell back to them instead of 10.5 cents. It also allows Westar to pocket any of your excess electricity at the end of each month instead of allowing it to roll over as a credit for the next month's electric bill. This law doesn't stop sunlight from falling on all our homes or kill solar energy in Kansas, but will requires us to be smarter in how we make it work for us. This half of the class develops our strategy for maximizing our profit from solar investments. Some have suggested that we completely cut ties with Westar and generate our own. Efficiency, fuel cells, new battery storage technologies and home sized CHIP (combined heat and power) plants make this a reality. If we remain grid tied, how do we store or use that electricity so we export as little as possible a low payback? Should we heat water, space heat our houses, buy plug-in electric vehicles? We need to get smart in how we respond, so this is a discussion of how to become more independent and resilient.

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

Date: 02/13/2016 (Sa)  
Time: 10:30 AM to 12 N  
Fee: No Charge  
Location: UFM Solar Addition  
1221 Thurston St.

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



## Backcountry Skills 16AEN117AZ

The Backcountry Skills course is designed to give students detailed instruction and hands-on experience with several outdoor skill groups including, Fire Making, Camp Craft, and Backcountry Navigation. The course will include 18 hours of hands-on experience and instruction. The course will include a two-hour introduction session and two field sessions, each eight hours in length. The experience is immersive in nature, includes detailed instruction, regular debrief, and short exams via individual student demonstration and written responses. Additionally, participation in group challenges will be required each session by all participants. Upon completion of the course students will be well versed in three main areas covered, Fire Making, Camp Craft, and Backcountry Navigation. Sessions will be held in portions of the Tuttle Creek State Park operated by 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+.

Instructor: Daniel Schapaugh, [scha@ksu.edu](mailto:scha@ksu.edu)

Date: 02/24/2016 to 02/28/2016 (WSaSu)  
(no class 3/2)  
(rain dates 3/5, 3/6)  
Time: W 6-8pm, Sa and Su 11am - 6pm  
Fee: \$90.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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

## Backcountry Skills 16AEN117BZ

Instructor: Daniel Schapaugh, [scha@ksu.edu](mailto:scha@ksu.edu)

Date: 04/20/2016 to 04/24/2016 (WSaSu)  
(no class 4/27)  
(rain dates 4/30, 5/1)  
Time: W 6-8pm, Sa and Su 11am - 6pm  
Fee: \$90.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

FIND THE FAKE CLASS IN THE  
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# FUN FOODS

## Sushi Rolling

**16AFF129**

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

This class will cover the following:

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

Instructor: Hyung Hwa 'Rick Oh

Date: 02/02/2016 (T)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$35.00  
 Location: Box Lab Kitchen  
 407 Poyntz Avenue

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



**NEW!**

## Let's celebrate Mardi Gras!

**16AFF136**

The traditional King Cake will be front and center just in time for the holiday. Learn how to make a rich sweet dough, the filling to go with it and wonder who will be the lucky one to find the baby inside!

Instructor: Wendi Krishock

Date: 02/06/2016 (Sa)  
 Time: 1:00 PM to 3:00 PM  
 Fee: \$32.00  
 Location: HyVee Club Room  
 601 3rd Place

Wendi Krishock is passionate about teaching others how easy it is to bake. She believes that baking should be fun and during class is sure to weave in a story or two about her past experience as a bakery owner, national baking demonstrator for the King Arthur Flour company and most recently an educator at the American Institute of Baking.

**NEW!**

## Let's roll out....Pretzels!!

**16AFF135**

Learn how easy it is to make pretzels at home! After you learn some information on flour and how to properly measure ingredients, we'll get to rollin! In this hands on class you get to roll, shape and bake a few of your own pretzels to take home.

Instructor: Wendi Krishock

Date: 01/23/2016 (Sa)  
 Time: 1:00 PM to 3:00 PM  
 Fee: \$27.00  
 Location: HyVee Club Room  
 601 3rd Place

**NEW!**

## Junior Chefs: English Afternoon Tea Party

**16AYO100**

You are cordially invited to an Afternoon Tea Party. Junior chefs will enjoy preparing finger sandwiches, shortbread cookies, and crumpets with butter and jam. Remember to bring your best manners! Ages 6 to 12 yrs.

Instructor: Ginny Barnard

Date: 01/30/2016 (Sa)  
 Time: 2:00 PM to 4:00 PM  
 Fee: \$10.00  
 Location: Pottorf Hall, CiCo Park

**NEW!**

## Junior Chefs: Taste of Louisiana

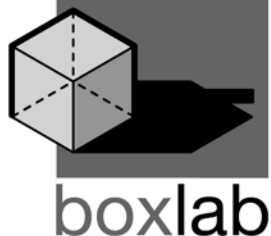
**16AYO101**

Take a tasty trip to the bayou in Louisiana. Junior Chefs will have fun cooking up gumbo, cornbread, and some dirty rice. Bon Appetite! Ages 6 to 12 yrs.

Instructor: Ginny Barnard

Date: 02/27/2016 (Sa)  
 Time: 2:00 PM to 4:00 PM  
 Fee: \$10.00  
 Location: Pottorf Hall, CiCo Park

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



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# ONLINE LEARNING

See Page 19 for class descriptions and additional information for Red Cross Blended Learning: First Aid/CPR/AED classes below:

**Blended Learning: First Aid/CPR/AED 15AHW70A**

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/30/2016 (Sa)  
Time: 10:00 AM to 11:00 AM  
Fee: \$64.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**Blended Learning: First Aid/CPR/AED 16AHW70B**

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/30/2016 (Sa)  
Time: 11:00 AM to 12 N  
Fee: \$64.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

**Blended Learning: First Aid/CPR/AED 16AHW70C**

Instructor: Kelly Reed-Harkness

Date: 03/05/2016 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: \$64.00  
Location: UFM  
1221 Thurston St.

**Blended Learning: First Aid/CPR/AED 16AHW70D**

Instructor: Kelly Reed-Harkness

Date: 05/07/2016 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: \$64.00  
Location: UFM  
1221 Thurston St

See Page 7 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 16AAQ07A**

Instructors: Abby Thrash & Megan Bryant

Date: 04/09/2016 to 04/10/2016 (Sa/Su)  
Time: 8:00 AM to 7:00 PM - Saturday  
8:00 AM to 5:00 PM - Sunday  
\* Class schedule (subject to change)  
Fee: \$165.00  
Location: Natatorium, K-State campus

**Blended Learning: Lifeguard Training 16AAQ07B**

Instructors: Abby Thrash & Megan Bryant

Date: 05/21/2016 to 05/28/2016 (Sa/Su)  
Time: 8:00 AM to 7:00 PM - Saturday  
8:00 AM to 5:00 PM - Sunday  
\* Class schedule (subject to change)  
Fee: \$165.00  
Location: Natatorium, K-State campus

**Blended Learning: Lifeguard Training Recertification 16AAQ35AR**

Instructor: Megan Goebel & Kyle Polson

Date: 04/16/2016 (Sa)  
Time: 8:00 AM to 3:00 PM  
Fee: \$94.00  
Location: Natatorium, K-State campus

**Blended Learning: Lifeguard Training Recertification 16AAQ35BR**

Instructor: Kelly Cook

Date: 04/30/2016 (Sa)  
Time: 8:00 AM to 3:00 PM  
Fee: \$94.00  
Location: Natatorium, K-State campus

**Blended Learning: Lifeguard Training Recertification 16AAQ35CR**

Instructor: Megan Goebel & Kyle Polson

Date: 05/07/2016 (Sa)  
Time: 8:00 AM to 3:00 PM  
Fee: \$94.00  
Location: Natatorium, K-State campus



**A One on One Introduction to Voiceovers 16ACF129**

Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, "I could do that"? If so, then you could have what it takes to begin working as a professional Voiceover Artist. This fun and empowering 90 minute introductory workshop covers the different types of voiceovers and what tools are needed in order to find success in the voiceover industry. Your instructor will coach you in this one-on-one video chat setting as you read from real scripts, taking notes on your performance so you can receive a professional voice evaluation later. After class you will have the knowledge necessary to help you decide if this is something you'd like to pursue. Check out the video at <http://www.voicesforall.com/ooo> to get a better sense of how this class works. Taught by a professional voice actor from the Voice Acting Training Company, Voices For All, students schedule their one-time 90 minute one-on-one online session sometime between 01/19/16 and 05/15/16. Enroll before February 19th for \$24 or after for \$30. Once registered, or for any questions concerning the course, please contact Voices For All at support@voicesforall.com, or call 518-261-1664. Instructor: Voices For All, LLC

Date: 01/19/2016 to 05/15/2016  
Time: See class description  
Fee: \$24.00 (Before February 19)  
\$30.00 (After February 19)  
Location: Online



# HEALTH & WELLNESS

## Women's Self Defense 16AHW118AZ

This course takes a holistic approach to self-defense, emphasizing both physical and psychological strategies. Improve your awareness, personal safety, and self-confidence. Each class deals 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 experience required. Wear comfortable clothing and athletic shoes. Available for KSU credit. Instructor: Kyoshi Pamela Johansen  
pam@midamerica-karate.com

Date: 01/23/2016 to 02/06/2016 (Sa/Su)  
Time: 1:00 PM to 4:00 PM  
Fee: \$70.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

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

## Women's Self Defense 16AHW118BZ

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

Date: 02/20/2016 to 03/05/2016 (Sa/Su)  
Time: 1:00 PM to 4:00 PM  
Fee: \$70.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Women's Self Defense 16AHW118CZ

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

Date: 04/16/2016 to 04/30/2016 (SaSu)  
Time: 1:00 PM to 4:00 PM  
Fee: \$70.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor



## Bright Life Strategies: Shifting Into Compassion 16AHW143A

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

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

Date: 02/11/2016 (Th)  
Time: 6:00 PM to 7:30 PM  
Fee: \$36.00  
Location: UFM Solar Addition  
1221 Thurston St.

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

## Bright Life Strategies: Shifting Into Compassion 16AHW143B

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

Date: 02/25/2016 (Th)  
Time: 6:00 PM to 7:30 PM  
Fee: \$36.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Bright Life Strategies: Peeling the Layers 16AHW145A

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

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

Date: 04/13/2016 (W)  
Time: 6:00 PM to 7:30 PM  
Fee: \$36.00  
Location: UFM Solar Addition  
1221 Thurston St.



## Bright Life Strategies: Peeling the Layers 16AHW145B

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

Date: 04/28/2016 (Th)  
Time: 6:00 PM to 7:30 PM  
Fee: \$36.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Bright Life Strategies: Empowering Questions 16AHW177A

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

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

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

## Bright Life Strategies: Empowering Questions 16AHW177B

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

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

# HEALTH & WELLNESS

## Yes Means Yes

16AHW181

Yes Means Yes is a two day (2/23/16 & 2/25/16) positive sexuality seminar led by K-State staff and graduate student facilitators. Yes Means Yes gives participants the unique opportunity to gather with people from across campus and the Manhattan community to engage in honest discussion. The seminar covers topics of positive sexuality in an attempt to destigmatize and encourage conversation about sex, pleasure, a healthy sexual climate on campus, Bystander Intervention, consent, combating sexual violence, and the way different identities interact with sex and sexuality.

Jessica Haymaker and Jenna Tripodi are coordinators, educators and advocates for K-State's Center for Advocacy, Response and Education (formerly the Women's Center). Clara Kientz is a graduate student working with the CARE office.

Instructor: Jessica Haymaker, Jenna Tripodi & Clara Kientz

Date: 02/23/2016 to 02/25/2016 (T/Th)  
Time: 4:30 PM to 6:30 PM  
Fee: No Charge  
Location: Justin Hall, Room 256  
Kansas State University

Jessica Haymaker is a coordinator, educator and advocate for K-State's Center for Advocacy, Response and Education (formerly the Women's Center).

Jenna Tripodi is a coordinator, educator and advocate for K-State's Center for Advocacy, Response and Education (formerly the Women's Center).

Clara Kientz received her B.S. from Kansas State University and is currently advancing toward a MS in Counseling and Student Development. Clara is an advocate, educator, and graduate assistant for the Kansas State University's Center for Advocacy, Response and Education (CARE). She has served as a Police Response Advocate for the Manhattan Crisis Center since 2012 where she gained experience addressing immediate safety concerns and supporting victims of domestic violence.

We want YOU!  
Contact UFM about teaching a class.  
Call 785.539.8763  
or email [info@tryufm.org](mailto:info@tryufm.org).

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

UFM Community Learning Center



Facebook.com/UFMCLC

## Stress: The Body Response & Chiropractic Care

16AHW188A

Stress, particularly in the workplace, is a growing cause of concern that can lead to 10 of the most common health problems; including heart disease, diabetes, headaches & depression. Labor Force Survey shows a loss of 11.3 million work days lost in 2013/14 due to stress. This class will teach you about how the body reacts physiologically to stress and what happens over time. It will explain just how stress can lead to chronic, debilitating diseases. It will then teach how chiropractic care can benefit and combat these illnesses.

Instructor: Dane Starnes, D. C.  
[dstarnes123@gmail.com](mailto:dstarnes123@gmail.com)

Date: 01/26/2016 (T)  
Time: 7:00 PM to 8:00 PM  
Fee: \$5.00  
Location: 1130 Westport Dr., Suite 5  
Chiropractic Natural Health Care  
Manhattan, KS

Dr. Dane Starnes is a native of Riley County and proud graduate of Riley County High School in 2007. He received a Bachelor's degree in Arts and Sciences from K-State in 2011 with a Kinesiology emphasis. Dr. Starnes received his Doctorate of Chiropractic from Parker University in Dallas, TX where he became certified in Neuro Emotional Technique and Applied Kinesiology. He utilizes these diagnostic techniques along with chiropractic care to assist in healing the human body.

## Stress: The Body Response & Chiropractic Care

16AHW188B

Instructor: Dane Starnes, D. C.  
[dstarnes123@gmail.com](mailto:dstarnes123@gmail.com)

Date: 02/09/2016 (T)  
Time: 7:00 PM to 8:00 PM  
Fee: \$5.00  
Location: 1130 Westport Dr., Suite 5  
Chiropractic Natural Health Care  
Manhattan, KS

## Jin Shin Jyutsu Self Help

16AHW203

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

Instructor: Kate Cashman, (785) 537-1911

Date: 03/08/2016 (T)  
Time: 7:00 AM to 9:30 PM  
Fee: \$22.00  
Location: 1421 Colorado Street  
Manhattan, KS

Kate Cashman has been studying and practicing Jin Shin Jyutsu since taking a self-help class through UFM in 1998.

**NEW!**

## Fermented Beverages II

16AHW189

This informative class will present a brief history of fermented beverages from around the world and some potential health benefits from consuming them on a daily basis. The rest of the class will be devoted to demonstrating how to make delicious probiotics drinks, including Kombucha, dairy and water based kefir, traditional, fruit, and beet kvass, and lassi (a yogurt based drink). A limited number of Kombucha scobies, and hopefully water & dairy kefir grains will be available; please bring small containers with lids. A hand-out with links to websites and recommended books will be provided, along with scratch paper and pens. People's Grocery and UFM have collaborated to bring you this class.

Instructor: Jennifer Guilford  
[wellness@peoplesgrocerycoop.com](mailto:wellness@peoplesgrocerycoop.com)

Date: 05/03/2016 (T)  
Time: 6:00 PM to 7:00 PM  
Fee: No Charge  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

Jenny Guilford is the Wellness Manager at Peoples Grocery Cooperative in Manhattan, formerly the manager of the K-State Willow Lake Farm, with a Bachelor's of Science in Horticulture with an emphasis on organic and sustainable agriculture.

## HEALTH & WELLNESS

### Spring Cleanse

16AHW139

Spring is a great time to give your body a 'retreat' from its usual digestive workload and take a five-day "cleanse". At this class Ana will share her knowledge and experience about using certain 'tools' to help keep your energy up while eating less and leaving out some of the heavier, harder-to-digest elements of your diet. Once or twice a year we can do this and our bodies will reward us with more energy all year round. Fresh salad and special juicing demonstration and tasting are included. Yoga and its various cleansing practices will be shared as well. People's Grocery and UFM have collaborated to bring you this class.

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

Date: 04/23/2016 (Sa)  
Time: 11:00 AM to 1:00 PM  
Fee: No Charge  
Location: Heart Space Yoga  
321 Poyntz Ave, Ste A

Ana is a certified Natural Health Consultant.

### Managing and Improving Digestive Dysfunction

16AHW205

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

Instructor: Leslie Graves

Date: 04/14/2016 (Th)  
Time: 7:00 PM to 8:30 PM  
Fee: \$9.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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

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

16AHW70A

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

#### Part I

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

#### Part II

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

Source: American Red Cross

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

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

Date: 01/30/2016 (Sa)  
Time: 10:00 AM to 11:00 AM  
Fee: \$64.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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

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

16AHW70B

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

Date: 01/30/2016 (Sa)  
Time: 11:00 AM to 12 N  
Fee: \$64.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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

16AHW70C

Instructor: Kelly Reed-Harkness

Date: 03/05/2016 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: \$64.00  
Location: UFM  
1221 Thurston St.

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

16AHW70D

Instructor: Kelly Reed-Harkness

Date: 05/07/2016 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: \$64.00  
Location: UFM  
1221 Thurston St.

### Responding to Emergencies 16AHW19Z

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

Instructor: Henry Brown

Date: 02/20/2016 to 03/05/2016 (Sa/Su)  
Time: Noon to 6:30 PM  
Fee: \$154.00  
Location: UFM Banquet Room  
1221 Thurston St.



## Evening Yoga

**16AHW88A**

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

Instructor: Debbie Newton, dn72649@gmail.com

Date: 01/26/2016 to 02/23/2016 (T)  
 Time: 5:30 PM to 7:00 PM  
 Fee: \$29.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Morning Yoga

**16AHW89A**

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

Instructor: Debbie Newton, dn72649@gmail.com

Date: 01/23/2016 to 02/20/2016 (Sa)  
 Time: 9:30 AM to 11:00 AM  
 Fee: \$29.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Evening Yoga

**16AHW88B**

Instructor: Debbie Newton, dn72649@gmail.com

Date: 03/01/2016 to 04/05/2016 (T)  
 Time: 5:30 PM to 7:00 PM  
 Fee: \$29.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Morning Yoga

**16AHW89B**

Instructor: Debbie Newton, dn72649@gmail.com

Date: 02/27/2016 to 04/02/2016 (Sa)  
 (No class 3/19)  
 Time: 9:30 AM to 11:00 AM  
 Fee: \$29.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Evening Yoga

**16AHW88C**

Instructor: Debbie Newton, dn72649@gmail.com

Date: 04/12/2016 to 05/10/2016 (T)  
 Time: 5:30 PM to 7:00 PM  
 Fee: \$29.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Morning Yoga

**16AHW89C**

Instructor: Debbie Newton, dn72649@gmail.com

Date: 04/09/2016 to 05/07/2016 (Sa)  
 Time: 9:30 AM to 11:00 AM  
 Fee: \$29.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor



## Restorative Yoga

**16AHW140A**

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

Instructor: Debbie Newton, dn72649@gmail.com

Date: 01/24/2016 to 02/21/2016 (Su)  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$29.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

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

## Restorative Yoga

**16AHW140B**

Instructor: Debbie Newton, dn72649@gmail.com

Date: 02/28/2016 to 04/03/2016 (Su)  
 (No class 3/27)  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$29.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Restorative Yoga

**16AHW140C**

Instructor: Debbie Newton, dn72649@gmail.com

Date: 04/10/2016 to 05/15/2016 (Su)  
 (No class 5/08)  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$29.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor



# HEALTH & WELLNESS

## Chair Yoga

**16AHW156A**

Chair Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, & range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction. (All levels welcome)  
Instructor: Debbie Newton, dn72649@gmail.com

Date: 01/26/2016 to 02/23/2016 (T)  
Time: 12:00 PM to 1:00 PM  
Fee: \$29.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Chair Yoga

**16AHW156B**

Instructor: Debbie Newton, dn72649@gmail.com

Date: 03/01/2016 to 04/05/2016 (T)  
(No class 3/15)  
Time: 12:00 PM to 1:00 PM  
Fee: \$29.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Chair Yoga

**16AHW156C**

Instructor: Debbie Newton, dn72649@gmail.com

Date: 04/12/2016 to 05/10/2016 (T)  
Time: 12:00 PM to 1:00 PM  
Fee: \$29.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Gentle Yoga for All

**16AHW99A**

(Was Yoga Over Forty) This class will help to heal your body, heart and mind. All you have to do is arrive at each class with an empty stomach, a willingness to relax and listen to your body's messages. Yoga can help you in all areas of your life - heart health, weight and stress reduction, emotional health and mental focus. Yoga means integration of the whole person. Hormone balance is also gained from regular practice. Class meets 6 times.  
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 01/19/2016 to 02/23/2016 (T)  
Time: 5:30 PM to 6:45 PM  
Fee: \$79.00  
Location: Heart Space Yoga  
321 Poyntz Ave, Ste A

## Gentle Yoga for All

**16AHW99B**

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

Date: 03/01/2016 to 04/05/2016 (T)  
Time: 5:30 PM to 6:45 PM  
Fee: \$79.00  
Location: Heart Space Yoga  
321 Poyntz Ave, Ste A

## Gentle Yoga for All

**16AHW99C**

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

Date: 04/12/2016 to 05/17/2016 (T)  
Time: 5:30 PM to 6:45 PM  
Fee: \$79.00  
Location: Heart Space Yoga  
321 Poyntz Ave, Ste A

## Yoga 1

**16AHW15AZ**

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

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

Date: 01/20/2016 to 03/09/2016 (W/M)  
Time: 10:30 AM to 11:30 AM  
Fee: \$99.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

Ana Franklin is a certified Yoga teacher who began her own practice forty years ago. Her teaching is detail oriented with personal attention given to individual students. Ana says, "I am devoted to communicating the ancient wisdom of yoga in a way that everyone will understand and benefit from this healing tradition".



**Heart Space**  
**yoga**

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**Ana Franklin**

321 Poyntz Avenue  
Suite A  
Manhattan, KS 66505

**785-341-9908**

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

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

## Yoga 1

**16AHW15BZ**

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

Date: 01/20/2016 to 03/09/2016 (W/M)  
Time: 4:20 PM to 5:20 PM  
Fee: \$99.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Yoga 1

**16AHW15CZ**

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

Date: 01/20/2016 to 03/09/2016 (W/M)  
Time: 5:30 PM to 6:30 PM  
Fee: \$99.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Yoga 1

**16AHW15DZ**

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

Date: 03/21/2016 to 05/04/2016 (M/W)  
Time: 10:30 AM to 11:30 AM  
Fee: \$99.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Yoga 1

**16AHW15EZ**

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

Date: 03/21/2016 to 05/04/2016 (M/W)  
Time: 4:20 PM to 5:20 PM  
Fee: \$99.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Yoga 1

**16AHW15FZ**

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

Date: 03/21/2016 to 05/04/2016 (M/W)  
Time: 5:30 PM to 6:30 PM  
Fee: \$99.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

# LANGUAGE



**NEW!**

## French Language and Culture 16ALA39

Language learning and practice gives your brain a good workout. So join this class to practice and develop your language skills. It's aimed at people who have at least a basic knowledge of French language and grammar. Material supplied in class will be the catalyst for discussion, for learning new vocabulary and for learning more about French culture generally.

Instructor: Ann Luttrell

Date: 01/19/2016 to 02/16/2016 (T)  
 Time: 6:30 PM to 8:00 PM  
 Fee: \$95.00  
 Location: UFM Conference Room  
 1221 Thurston St.

Ann Luttrell has been a longtime francophile and has visited France at least yearly over the past 20 years. She has a degree in French and has taught French both formally at high school level and informally to adult groups.

## Comprehensive Mandarin Chinese: Level I 16ALA59

**NEW!**

This level is for beginners who want to learn the basic spoken Chinese and Chinese characters.  
 Instructor: Confucius Institute

Date: 01/25/2016 to 04/18/2016 (M)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$120.00  
 Location: TBD

## Comprehensive Mandarin Chinese: Level II 16ALA60

**NEW!**

Designed for people with some Chinese language ability, roughly a vocabulary of around 200 words or 40 hours of Chinese classes.  
 Instructor: Confucius Institute

Date: 01/26/2016 to 04/19/2016 (T)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$120.00  
 Location: TBD

## Comprehensive Mandarin Chinese: Level III (Business Chinese) 16ALA61

**NEW!**

For people with a vocabulary of 500 words or 80 hours of Chinese classes.  
 Instructor: Confucius Institute

Date: 01/27/2016 to 04/20/2016 (W)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$120.00  
 Location: TBD

## Conversational Chinese: Level I 16ALA62

**NEW!**

For beginners, interested in basic spoken Chinese.  
 Instructor: Confucius Institute

Date: 01/28/2016 to 04/21/2016 (Th)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$120.00  
 Location: TBD

## Conversational Chinese: Level II 16ALA63

**NEW!**

For those people with a vocabulary of 200 words or 40 hours of Chinese speaking classes.  
 Instructor: Confucius Institute

Date: 01/29/2016 to 04/22/2016 (F)  
 Time: 7:00 PM to 8:30 PM  
 Fee: \$120.00  
 Location: TBD

## Conversational Chinese: Level III Tourism Chinese 16ALA64

**NEW!**

For people with a vocabulary of 500 words or 80 hours of Chinese speaking. It will focus on tourism-related Chinese.  
 Instructor: Confucius Institute

Date: 01/30/2016 to 04/23/2016 (Sa)  
 Time: 9:00 AM to 10:30 AM  
 Fee: \$120.00  
 Location: TBD

## Conversational Arabic Language 16ALA40

**NEW!**

About 420 million people around the world speak Arabic. In this class we will learn Arabic conversation phrases and provide the original Arabic alphabet, script, the Romanization of each phrase and the English translation. These should help you get a feel of the language and start a simple dialogue. There are different dialects of Arabic. We are going to learn the standard dialect.  
 Instructor: Basem Boutros

Date: 01/23/2016 to 01/24/2016 (Sa/Su)  
 Time: 10:00 AM to 11:30 AM - 01/23  
 10:00 AM to 11:00 AM - 01/24  
 Fee: \$28.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

## Discover the Past!

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

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

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

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

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

# MARTIAL ARTS

## White Phoenix (Pai Lum) Kung Fu

**16AMA21**

White Phoenix Kung Fu is a style that combines hard, soft and internal methods in one system. The class will include "bows", stances, blocks, punches, kicks, strikes, and one step sparring. Stan Wilson has an eight degree black sash in Kanasa Pai Lum and a first degree black sash in 18 Taoist Palms Kung Fu. He has been practicing martial arts since 1970. Instructor: Stan Wilson, (785) 313-5488 stan3804@att.net

Date: 02/01/2016 to 04/04/2016 (M)  
(No class 3/14)  
Time: 7:00 PM to 8:00 PM  
Fee: \$54.00  
Location: K-State Ahearn Fieldhouse

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

## Basic Karate & Self-Defense

**16AMA22**

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

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

Date: 01/23/2016 to 03/05/2016 (Sa)  
(No class 02/13)  
Time: 11:30 AM to 12:30 PM  
Fee: \$57.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

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

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

## Tae Kwon Do I

**16AMA01Z**

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: 01/19/2016 to 05/05/2016 (T/Th)  
(No class 3/15, 3/17)  
Time: 5:00 PM to 6:00 PM  
Fee: \$72.00  
Location: Sun Yi's Academy  
1650 Hayes Dr.

INTERESTED IN TEACHING  
A CLASS FOR UFM?  
SUMMER 2016 SUBMISSION DEADLINE IS  
MARCH 11, 2016.  
FOR MORE INFORMATION EMAIL  
KAYLA@TRYUFM.ORG





## Manhattan Arts Center

# Spring 2016

<p><b>Theatre</b></p> <p><b>Boeing Boeing</b> Feb 26-28, Mar 4-6 Auditions Jan 18-19</p> <p><b>Chicago</b> Apr 22-24, Apr 29-May 1, May 6-8 Auditions Feb 15-16</p> <p><b>MACademy Youth Theatre</b></p> <p><b>Missoula Children's Theatre: Pinocchio</b> Auditions Jan 18, Performances Jan 23</p> <p><b>Paul Mesner Puppets: Rapunzel</b> Mar 26</p>	<p><b>MAC Music</b></p> <p><b>Wayne Goins &amp; Friends</b> Jan 16 <b>Elizabeth Doyle</b> May 21</p> <p><i>BirdHouse fine acoustic music</i></p> <p><b>Ten Strings and a Goat Skin</b> Jan 30 <b>Trace Bundy</b> Feb 19 <b>Tony Furtado</b> Apr 2</p> <p><b>Galleries</b></p> <p><b>Columbian Artists</b> Jan 15-Feb 27 <b>KSU MFA Exhibit</b> Mar 4-Apr 16</p>
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**Special Event:**  
**Peek Behind the Magic!**

**Join us for a behind-the-scenes tour of MAC on April 24 at 6pm!**  
Get an inside look at the Costume Shop, Props Room, Clay Studio, Scene Shop & more.

# PERSONAL INTEREST

**Cultural Conversations Through Children's Literature** **16API141** **NEW!**

Children's literature is a window to many cultures showcasing family traditions, customs and also struggles. Stories are a wonderful way to begin to understand those different from ourselves. Enjoy a variety of books as we highlight ways these stories can be powerful conversation starters as we strive to understand each other. This class is a partnership of the College of Education and UFM.

Instructors: Debbie Mercer, Dean, (785) 532-5525, [dmercer@ksu.edu](mailto:dmercer@ksu.edu) & Lotta Larson, Associate Professor, [lottalarson@k-state.edu](mailto:lottalarson@k-state.edu)

Date: 02/08/2016 (M)  
 Time: 6:30 PM to 8:30 PM  
 Fee: No Charge  
 Location: Manhattan Public Library Auditorium  
 629 Poyntz Ave.

**Social Justice Education: What Is It and Why Is It Important in Manhattan and Beyond** **16API142** **NEW!**

Social justice education involves learners of all age in formal education settings (K-12, postsecondary) and informal settings (community groups, extension, etc.) We will provide information about the process and products of social justice education using activities and media; and we will provide opportunities to discuss related issues and be part of a larger dialogue about the topic. This class is a partnership of the College of Education and UFM.

Instructors: Linda Thurston, [lpt@ksu.edu](mailto:lpt@ksu.edu) & Amanda Morales, [morales@ksu.edu](mailto:morales@ksu.edu)

Date: 02/22/2016 (M)  
 Time: 7:00 PM to 9:00 PM  
 Fee: No Charge  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

**Beyond the Bus Tour and Business Trip: Making the Most of International Travel** **16API143** **NEW!**

Dr. Susan M. Yelich Biniacki currently serves as an assistant professor at the College of Education at KSU. Her international travel experience and knowledge goes beyond traditional tours, having served in the U.S. Peace Corps as well as the Assistant Director for the Institute of World Affairs at University of Wisconsin-Milwaukee. She is the co-coordinator of the social justice education graduate certificate program at K-State. This class is a partnership of the College of Education and UFM.

Instructor: Susan Yelich Biniacki, Assistant Professor, [susanyb@ksu.edu](mailto:susanyb@ksu.edu)

Date: 02/25/2016 (Th)  
 Time: 6:00 PM to 8:00 PM  
 Fee: No Charge  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

## Online Graduate Certificate in Social Justice Education



Questions?

[sjgradcert@k-state.edu](mailto:sjgradcert@k-state.edu)

[coe.k-state.edu/academics/graduate/certificates/sje](http://coe.k-state.edu/academics/graduate/certificates/sje)

**KANSAS STATE UNIVERSITY** | College of Education

### Focus on Principles of Social Justice Education

The Social Justice Education graduate certificate is a college-wide endeavor and is offered by College of Education faculty. The focus is on the principles of social justice education that promote equitable, sustainable, and transformative change in various formal and non-formal educational settings, and across all age groups.

### Opportunities to Engage

The Social Justice Education graduate certificate aims to provide an opportunity to engage in thoughtful, rigorous and sustained inquiry into social justice education and the complex relationships between educational, cultural, economic, political and social structures and educational policies and practices. The foundation for the certificate is **critical pedagogy**, which refers to both the theory and practice of social transformation that links education to social justice.

### Interdisciplinary Experience

The Social Justice Education graduate certificate will provide an interdisciplinary experience that is appropriate for students from a range of academic programs, such as social work, family studies, agricultural education, counseling, advising, curriculum and instruction, educational leadership, women's studies, and sociology. It is also highly relevant to professionals in a variety of fields.



**NEW!**

**Stories of Women, Food and Power on the 19th Century American Frontier 16API144**

**NEW!**

Westering women in covered wagons and sod houses, in tents and board shanties, in dugouts and hilltop mansions used that ancient magical power of food - a centerpiece of "women's work" - to strengthen their families, to build and improve their communities and to add joy and celebration to hardscrabble lives on the American Frontier. Their kitchens were their weapons of war, pens and paintbrushes, hammers and nails. There they baked cakes to raise money to build schools and libraries; there they planned campaigns to educate children, close saloons and get the vote. Their stories are lessons in adaptation, in geography, and in woman's hunger to build a better life for the next generation. History textbooks and classrooms - and society in general - have long ignored or dismissed the subtle power these pioneers who, like many of their sisters around the world, found ways to change lives and policy through the kitchen door. Through this class, their stories will be told and remembered. This class is a partnership of the College of Education and UFM. Instructor: Jane Marshall

Date: 03/07/2016 (M)  
 Time: 6:00 PM to 8:00 PM  
 Fee: No Charge  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

**Exploring Kansas Archaeology 16API140**

**NEW!**

Who lived in Kansas before Euroamerican settlement? How did the early Native peoples make this area their home? Discover answers to these and other questions through an exploration of the archaeological record of this region. We'll learn how archaeologists decipher clues to the past and explore the diverse ways in which people have lived in the Central Plains more than 13,000 years. Our journey of discovery will examine this fascinating past through activities, presentations, readings, and discussions. (This class is offered concurrently for KSU credit through Global Campus.) Instructor: Lauren Ritterbush, Associate Professor, [lritterb@ksu.edu](mailto:lritterb@ksu.edu)

Date: 01/19/2016 to 03/08/2016 (T/Th)  
 Time: 6:30 PM to 9:00 PM  
 Fee: \$89.00  
 Location: K-State Waters Hall Room 041  
 KSU Campus  
 Waters Hall Room 041

**Genealogy Essentials: Sources 16API152**

This class will instruct the genealogist on different types of sources, lets others know where your facts are based and help in evaluating your research. Time will be spent on the proper citation; how to determine derivative sources and of those which are primary or secondary. The class will study the Genealogical Standards of Proof and will provide a reference for others to audit your research. Instructor: Jill Frese

Date: 03/07/12/2016 (M)  
 Time: 2:00 PM to 4:00 PM  
 Fee: \$30.00  
 Location: Riley Co. Genealogy Library -  
 2005 Claflin Rd.

**Genealogy Essentials: Organization 16API153**

**NEW!**

How to make A Mole Hill Out of a Mountain: this class will address the mountains of paper that seems to multiply with the study of genealogy. Come to the class to learn how to tackle the piles and put them in an order designed to fit your life. This class is for the novice as well as the seasoned genealogist. Instructor: Jill Frese

Date: 03/21/2016 (M)  
 Time: 2:00 PM to 4:00 PM  
 Fee: \$30.00  
 Location: Riley Co. Genealogy Library -  
 2005 Claflin Rd.

**Genealogy Essentials: Timelines 16API154**

**NEW!**

Timelines are a useful tool to use in genealogy to discover the answer to questions such as: why did my ancestor emigrate; when did my ancestor migrate; why did my family move from state to state; what was going on in the world during my ancestors life; in my life; how to make a timeline of your home. Instructor: Jill Frese

Date: 04/04/2016 (M)  
 Time: 2:00 PM to 4:00 PM  
 Fee: \$30.00  
 Location: Riley Co. Genealogy Library -  
 2005 Claflin Rd.

**Genealogy Essentials: Cemetery Research 16API155**

**NEW!**

Researching a cemetery involves more than sitting at a computer and looking up graves on the computer. Come find out how to research a cemetery, clean a stone, make a stone rubbing, and learn how to witch a grave. This class is interactive and quite popular. If need be, bring a lawn chair! Instructor: Jill Frese

Date: 04/16/2016 (Sa)  
 Time: 10:00 AM to 12 N  
 Fee: \$30.00  
 Location: Sunset Cemetery  
 Manhattan, KS

**Genealogy Essentials: Preservation, Part 1 16API156**

**NEW!**

This is Part 1 of a two part class, Genealogy Essentials: Preservation, Part 1. Part 1 class will deal with the preservation of paper; bibles, books, certificates, photos, etc. Don't let your treasures waste away. Learn how to preserve for generations to come. \*Class fee includes copies and handouts. Enroll in both Part 1 and Part 2 for \$40 total (\$20 discount). Must enroll in both classes and choose "Part 1 & Part 2" fee on both classes. Instructor: Jill Frese

Date: 04/18/2016 (M)  
 Time: 2:00 PM to 4:00 PM  
 Fee: \$30.00 - Part 1 Only  
 Part \$20.00 - 1 & Part 2  
 Location: Riley Co. Genealogy Library -  
 2005 Claflin Rd.

**Genealogy Essentials: Preservation, Part 2 16API157**

**NEW!**

Part two of the Genealogy Essentials: Preservation. This class deals with the preservation of soft products; such as grandma's quilts, doilies, handkerchiefs, etc. Don't let your treasures waste away. Learn how to preserve for generations to come. \*Class fee includes copies and handouts. Enroll in both Part 1 and Part 2 for \$40 total (\$20 discount). Must enroll in both classes and choose "Part 1 & Part 2" fee on both classes. Instructor: Jill Frese

Date: 05/09/2016 (M)  
 Time: 2:00 PM to 4:00 PM  
 Fee: \$30.00 - Part 2 Only  
 \$20.00 - Part 1 & Part 2  
 Location: Riley Co. Genealogy Library -  
 2005 Claflin Rd.

**The One Book Book Club 16API150**

**NEW!**

Join us for The One Book Book Club. We will be discussing the book E-Squared by Pam Grout. Her suggested exercises to expand our intuition and imagination will be our focus. Instructor: Mary Elizabeth Atwood, (785) 776-0327 & Kate Cashman, (785) 537-1911

Date: 03/01/2016 (T)  
 Time: 7:00 PM to 8:00 PM  
 Fee: \$14.00  
 Location: 1421 Colorado Street  
 Manhattan, KS

**BOOK CLUB -  
Best new Irish  
Short Stories Practice**

**NEW!**

**16API146**

If you have any interest in Ireland or its writers, this could be the class for you. We will read a story each week from the 'The Granta Book of the Irish Short Story' and discuss how these stories reflect the current cultural and literary landscape in Ireland. Instructor: Ann Luttrell, annluttrell@hotmail.com

Date: 01/20/2016 to 02/17/2016 (W)  
Time: 6:30 PM to 8:00 PM  
Fee: \$70.00  
Location: UFM Fireplace Room  
1221 Thurston St.

**Private Pilot Ground School**

**NEW!**

**16API145**

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

Date: 01/25/2016 to 05/09/2016 (M)  
(No class 03/14)  
Time: 6:00 PM to 8:30 PM  
Fee: \$190.00  
Location: Justin Hall, Room 256  
Kansas State University



**Introduction to Horse  
Back Riding and Training**

**NEW!**

**16API147A**

This will be a two hour class introducing the student to horse care, management, riding, tack and training. There will not be any direct contact with horses during this class time. This class is a pre-class to beginning riding lessons at 2UW Brush Creek Ranch. This class is suitable for beginners, and those not interested in riding, but just interested in learning about horses. Both English and Western styles of riding will be represented.

Instructor: Kendall Pray, Head Trainer Western,  
(217) 836-1972, (785) 340-2297  
kpray611@gmail.com

Date: 01/23/2016 (Sa)  
Time: 9:00 AM to 11:00 AM  
Fee: \$27.00  
Location: 13325 Brush Creek Road  
Westmoreland, KS 66549

Kendall Pray is the assistant coach of the Western IHSA team for KSU, and the head coach of the IEA English Team. She is the owner/operator of The Stables at Brush Creek, the English side of 2UW. Kendall teaches riders and trains horses in the English disciplines.

**Introduction to Horse  
Back Riding and Training**

**NEW!**

**16API147B**

Instructor: Kendall Pray, Head Trainer Western,  
(217) 836-1972, (785) 340-2297  
kpray611@gmail.com

Date: 02/27/2016 (Sa)  
Time: 9:00 AM to 11:00 AM  
Fee: \$27.00  
Location: 13325 Brush Creek Road  
Westmoreland, KS 66549

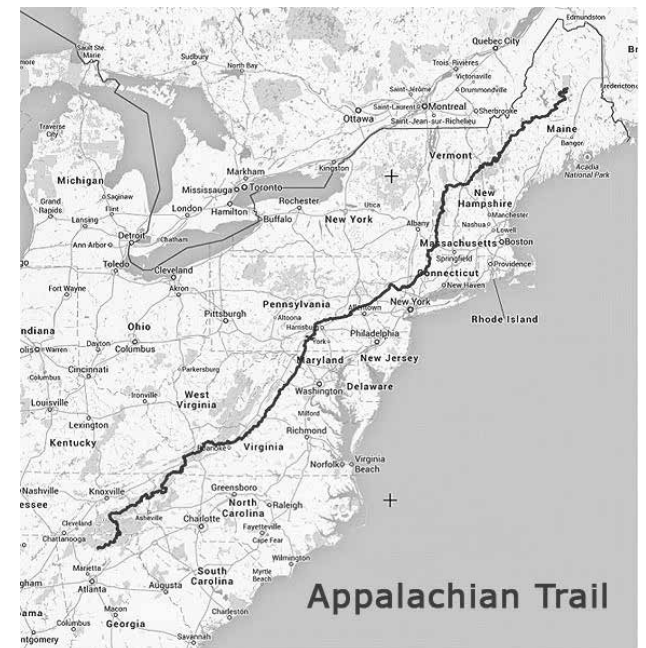
**Introduction to Horse  
Back Riding and Training**

**NEW!**

**16API147C**

Instructor: Kendall Pray, Head Trainer Western,  
(217) 836-1972, (785) 340-2297  
kpray611@gmail.com

Date: 04/02/2016 (Sa)  
Time: 9:00 AM to 11:00 AM  
Fee: \$27.00  
Location: 13325 Brush Creek Road  
Westmoreland, KS 66549



**So Far on the  
Appalachian Trail**

**NEW!**

**16API148**

Rita Ross-Newton has hiked over 1000 miles on the Appalachian Trail (known as the AT), which runs through the Appalachian Mountains, from Georgia to Maine. In the first session, Ross-Newton will talk about the trail itself, including its history and its diversity. Video clips will be shown, and resources, such as books about the trail and information about relevant organizations, will be shared. The second session will focus more on hiking the trail; how and what to pack, how to pace a hike, what to eat, how to provide water, and other hiking strategies will be discussed. Photos and videos will illustrate these concepts. Hands-on activities will round out the session, and a guest speaker will demonstrate gear options.

Instructor: Rita Ross

Date: 05/05/2016 to 05/12/2016 (Th)  
Time: 7:00 PM to 8:00 PM  
Fee: \$12.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

Rita Ross-Newton has now hiked about half of the 2,185-mile Appalachian Trail, and she is hooked.

INTERESTED IN TEACHING A CLASS FOR UFM?  
SUMMER 2016 SUBMISSION DEADLINE IS MARCH 11, 2016.  
FOR MORE INFORMATION EMAIL KAYLA@TRYUFM.ORG

**NEW!**

**Wood Turning for Beginners 16API151A**

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

Date: 01/23/2016 (Sa)  
 Time: 9:00 AM to 5:00 PM  
 Fee: \$75.00  
 Location: Red Oak Hollow Lathe Works  
 4025 Walnut Creek Drive  
 Wamego, Ks 66547

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.

**NEW!**

**Wood Turning for Beginners 16API151B**

Instructor: Tom Boley

Date: 02/27/2016 (Sa)  
 Time: 9:00 AM to 5:00 PM  
 Fee: \$75.00  
 Location: Red Oak Hollow Lathe Works  
 4025 Walnut Creek Drive  
 Wamego, Ks 66547

**NEW!**

**Wood Turning for Beginners 16API151C**

Instructor: Tom Boley

Date: 03/26/2016 (Sa)  
 Time: 9:00 AM to 5:00 PM  
 Fee: \$75.00  
 Location: Red Oak Hollow Lathe Works  
 4025 Walnut Creek Drive  
 Wamego, Ks 66547

**NEW!**

**Wood Turning for Beginners 16API151D**

Instructor: Tom Boley

Date: 04/23/2016 (Sa)  
 Time: 9:00 AM to 5:00 PM  
 Fee: \$75.00  
 Location: Red Oak Hollow Lathe Works  
 4025 Walnut Creek Drive  
 Wamego, Ks 66547

**Lykoi, AKA the Werewolf Cat 16API99**

Ever dreamed of meeting a werewolf and not being eaten? Well here is your chance! Come spend time with Loki the Lykoi also known as "the werewolf cat." Lykoi are a naturally, occurring genetic mutation of the black domestic short hair (barn cats). Their unique appearance and outgoing personalities make them an interesting new breed that is swiftly winning over the hearts of cat lovers around the world! These little "Wolfies" are amazing! \*There is no fee for this class, though donations are accepted for Cat Tails, the local no-kill cat rescue. Instructors: Dom & Wendy Barnes

Date: 03/19/2016 (Sa)  
 Time: 10:00 AM to 12 N  
 Fee: No Charge  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

Wendy and Dom Barnes own and operate FiannaLykoi Cattery.



**NEW!**

**Happy Pets 16API149**

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. As an intuitive guide and pet consultant, Palma Holden helps people and animals to reduce stress and feel better about life. People's Grocery and UFM have collaborated to bring you this class. Instructor: Palma Holden, (785) 341-9072 palma@brightlifeconsulting.com

Date: 03/23/2016 (W)  
 Time: 6:00 PM to 8:00 PM  
 Fee: No Charge  
 Location: UFM Solar Addition  
 1221 Thurston St.



**Life Reimagined: Facilitating the Transition for the Next Great Adventure 16API95**

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

Instructors: Art Rathbun, Fred Newton & Dan Wilcox

Date: 03/22/2016 to 04/19/2016 (T)  
 Time: 4:00 PM to 5:30 PM  
 Fee: \$9.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

Art was employed at 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.

# RECREATION & FITNESS



## Introduction to Country Swing Dancing 16ARF117A

The class will cover the basic two step as well as swing dance transitions, spins and dips. Students will be able to dance at social events and local dancing establishments with ease at the conclusion of the class. It will be a very relaxed setting with lots of one on one instruction. Partners are required for the class. Singles allowed only with special instructor permission. \* Soft-sole, non-marking tennis shoes are required. No boots allowed. \*  
Instructor: Thomas Weeks & Kellie Weeks

Date: 02/05/2016 to 02/26/2016 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: \$58.00 - Individual  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor

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

## Bollywood Dance **NEW!** 16ARF125

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 on the lively Bollywood music. Age 13+  
Instructor: Jui Mhatre, (806) 543-9853  
confidance78@gmail.com

Date: 03/25/2016 to 04/29/2016 (F)  
Time: 5:30 PM to 6:20 PM  
Fee: \$60.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

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. She received her formal training in dance in Mumbai, India, and has performed in the United States, United Kingdom, and Canada. Jui has a B.F.A. in Fine Art and M.A. in Performance and Creative Research. She enjoys creating and sharing movement-based communal experiences through teaching and performing.

## Introduction to Golf 16ARF04A

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

Date: 04/14/2016 to 04/28/2016 (Th)  
Time: 6:00 PM to 7:00 PM  
Fee: \$41.00  
Location: Stagg Hill Golf Club  
4441 Fort Riley Blvd.

## Introduction to Golf 16ARF04B

Instructor: Brian Lorenz

Date: 05/12/2016 to 05/26/2016 (Th)  
Time: 6:00 PM to 7:00 PM  
Fee: \$41.00  
Location: Stagg Hill Golf Club  
4441 Fort Riley Blvd.

## Introduction to Country Swing Dancing 16ARF117B

Instructor: Thomas Weeks & Kellie Weeks

Date: 03/04/2016 to 04/01/2016 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: \$58.00 - Individual  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor

## Introduction to Country Swing Dancing 16ARF117C

Instructor: Thomas Weeks & Kellie Weeks

Date: 04/08/2016 to 04/29/2016 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: \$58.00 - Individual  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor

The top five reasons for  
taking a *UFM* Class!

There is a class for *Everyone!*

Learning is *Fun!*

Meet *New* people!

*Try* something new!

*Easy* to register!



## Salsa Dance 101

**16ARF171**

Are you a fan of Dancing with the Stars and So You Think You Can Dance? Have you always wanted to learn how to move your body like the dancers on these shows? If you answered yes to either of these questions, then you need to look no further; this is the class for you. Salsa is one of the dances featured on both of these shows. In this beginner level class, you will learn the basics of Salsa dancing. Topics covered in this class will include technique, spins, and dips as well as patterns. No experience or partner is necessary to take this course. Please wear comfortable clothes and shoes that are non-scuffing, preferably leather soled shoes. About the teacher: As a 14-year salsa dancer, I am excited to share my knowledge and love of dance with my students. Each class will be different from the last class.

Instructor: Isaac Falcon

Date: 01/27/2016 to 03/09/2016 (W)  
 Time: 6:45 PM to 7:45 PM  
 Fee: \$50.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

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

## Intermediate-Advanced Salsa & Bachata

**16ARF172**

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: 01/27/2016 to 03/09/2016 (W)  
 Time: 8:00 PM to 9:00 PM  
 Fee: \$70.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Introduction to Dance for Teens and Adults

**NEW!**

**16ARF181**

This class will introduce Ballet, Praise Dance and Tap without tap shoes styles of dance. Both beginners and those that have danced before are welcome. No special dance attire is needed. Bare feet or tennis shoes are suggested. Students can continue. Call Randi Dale for more information at (785) 539-5767.

Instructor: Randi Dale

Date: 02/02/2016 to 02/09/2016 (T)  
 Time: 6:00 PM to 6:30 PM  
 Fee: \$14.00  
 Location: UFM Fireplace Room,  
 1221 Thurston St.



## Ballet Barre Conditioning

**NEW!**

**16ARF126A**

It may look like ballet, but it's not. Barre fitness classes are simply ballet-inspired, incorporating a ballet barre and maybe some plies and pirouettes here and there into the workout. Essentially, barre classes mix elements of Pilates, dance, yoga and functional training. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body. No Experience Required. \* Class meets 2 times - 1st and 3rd Saturday of the month \*

Instructor: Kate Grier, katiashae@yahoo.com

Date: 02/06/2016 to 02/20/2016 (Sa)  
 (No class 2/13)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$29.00  
 Location: K-State Ahearn Room 304  
 College Heights St., 3rd floor

Kate started her dance training at age 3. Since then her training allowed her opportunity to train all over the United States, as well as overseas training in Germany. Her training as a dance major at Kansas State University as well as her advanced training in High school and outside of college has allowed her to train with and from the best. Kate comes to us with over 6 years of teaching experience and has had the opportunity to teach for some of the elite studios across the Midwest earning her and her students top awards at local competitions. Kate specializes in contemporary ballet/jazz, tap, jazz, and competition based conditioning. She strives to share her talents and passion with her students, pushing them to be the best they can be.

**NEW!**

## Ballet Barre Conditioning

**16ARF126B**

Instructor: Kate Grier, katiashae@yahoo.com

Date: 03/05/2016 to 03/19/2016 (Sa)  
 (No class 3/12)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$29.00  
 Location: K-State Ahearn Room 304  
 College Heights St., 3rd floor

**NEW!**

## Ballet Barre Conditioning

**16ARF126C**

Instructor: Kate Grier, katiashae@yahoo.com

Date: 04/02/2016 to 04/16/2016 (Sa)  
 (No class 4/09)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$29.00  
 Location: K-State Ahearn Room 304  
 College Heights St., 3rd floor

## Level I: Basic Belly Dance 15CRF09

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

Instructor: Amy (Nashid) Werner

Date: 02/04/2016 to 03/10/2016 (Th)  
 Time: 5:30 PM to 6:30 PM  
 Fee: \$69.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

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

## Level II: Tribal Fusion Belly Dance 16ARF161

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

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

Instructor: Kathryn Harth

Date: 02/08/2016 to 03/28/2016 (M)  
 (No class 3/14)  
 Time: 6:45 PM to 7:45 PM  
 Fee: \$64.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

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

## Level III: Advanced Belly Dance 15ARF11

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

Instructor: Amy (Nashid) Werner

Date: 02/03/2016 to 03/09/2016 (W)  
 Time: 5:30 PM to 6:30 PM  
 Fee: \$52.00  
 Location: K-State Ahearn Room 304  
 College Heights St., 3rd floor

## Professional Dance Troupe 16ARF152

This is a rehearsal time for the Eyes of Bastet Belly Dance Troupe. We will review choreographies in order to prepare for upcoming performances. Students must contact instructor to receive permission to enroll for this course.

Instructor: Amy (Nashid) Werner

Date: 01/17/2016 to 05/01/2016 (Su)  
 (Class meets on: 1/17, 1/31, 2/07, 2/21, 3/13, 4/03, 4/17 and 5/01)  
 Time: Noon to 1:30 PM  
 Fee: \$32.00  
 Location: K-State Ahearn Room 304  
 College Heights St., 3rd floor



## Beginning Tennis 16ARF164AZ

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

Instructor: Dave Hoover

Date: 02/09/2016 to 04/26/2016 (T)  
 (no class 3/15)  
 Time: 1:00 PM to 2:30 PM  
 Fee: \$99.00  
 Location: Body First Wellness &  
 Recreation Center  
 3615 Claflin R  
 (785) 776-6060

## Beginning Tennis 16ARF164BZ

Instructor: Dave Hoover

Date: 02/10/2016 to 04/27/2016 (W)  
 (no class 3/16)  
 Time: 1:00 PM to 2:30 PM  
 Fee: \$99.00  
 Location: Body First Wellness &  
 Recreation Center  
 3615 Claflin R  
 (785) 776-6060

## Intermediate Bowling 16ARF168Z

This intermediate bowling course will include lessons on the three factors of rolling the ball: ball weights and how they affect the path down the lane; how different ball surfaces affect ball reaction; and differences in ball cover stocks, counter weights, and balance holes. Students will learn how to play different lane conditions and how it affects your ability to score, and how to make lane adjustments. Advanced bowling terminology, the history of the game of bowling, and governing bodies will be discussed in class. There will be videotaping of the student bowler for review and to document progress.

Instructor: John Garetson

Date: 01/25/2016 to 05/02/2016 (M)  
 (No class 3/14)  
 Time: 2:30 PM to 3:30 PM  
 Fee: \$80.00  
 Location: K-State Student Union -  
 Bowling Alley

## Half or Full Marathon Training 16ARF68

If you have ever wanted to finish a half or full marathon or run a personal best, but didn't know how to begin or train, this is the class for you! This class will cover setting a marathon goal, designing a marathon schedule, selecting a half or full marathon, nutrition, hydration, weather, pre-race routines and post-race recovery. The course structure will consist of classroom lectures, discussions and some running. All participants are encouraged to meet outside of class time for organized runs. In addition, there will be opportunities to meet with the instructor at different locations outside of regularly scheduled classes for organized runs. This course is recommended for individuals that have been running at least 30 minutes per day, 4-7 days per week for 6 weeks. You must be able to run at least 6 miles the first week of class. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to train for, complete and survive a half or full marathon. Class will meet Tuesday from 5:45-6:45 pm at UFM, 1221 Thurston and work outs will be Thursday from 5:30-6:30 pm at Memorial Stadium outdoor track meet at south end.  
Instructor: Dan Boyle, (785) 532-0134  
dboyle@ksu.edu

Date: 03/22/2016 to 05/12/2016 (T/Th)  
Time: 5:45 PM to 6:45 PM  
Fee: \$140.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

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



## Run Happy! Run For Life! 16ARF72

If you have ever wanted to start running, but didn't know how to begin, this is the class for you! This training program is designed for people who have never run before, those who may have tried to run, then stopped, and those who used to run and want to begin again. The program starts with walking/running workouts with a goal to run continuously for 30 minutes or 5 km by the end of the 6 week program. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to incorporate a running program into your lifestyle. You must have the physical ability to begin a program based on walking and running.  
Instructor: Dan Boyle, (785) 532-0134,  
dboyle@ksu.edu

Date: 03/21/2016 to 04/29/2016 (M/W/F)  
Time: 6:00 PM to 7:00 PM  
Fee: \$145.00  
Location: K-State Ahearn Field House  
Indoor Track

## Archery for Adults 16ARF01DZ

This course provides men and women instruction in target style archery. Emphasis is on the archery form currently used in Olympic sports. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.  
Instructor: Tom Korte, (785) 494-8889

Date: 01/19/2016 to 05/03/2016 (T)  
(No class 3/15)  
Time: 8:15 PM to 9:15 PM  
Fee: \$101.00  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor

## Archery for Adults 16ARF01AZ

Instructor: Tom Korte, (785) 494-8889

Date: 01/25/2016 to 05/02/2016 (M)  
(No class 3/14)  
Time: 6:30 PM to 7:30 PM  
Fee: \$101.00  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor

## Archery for Adults 16ARF01BZ

Instructor: Tom Korte, (785) 494-8889

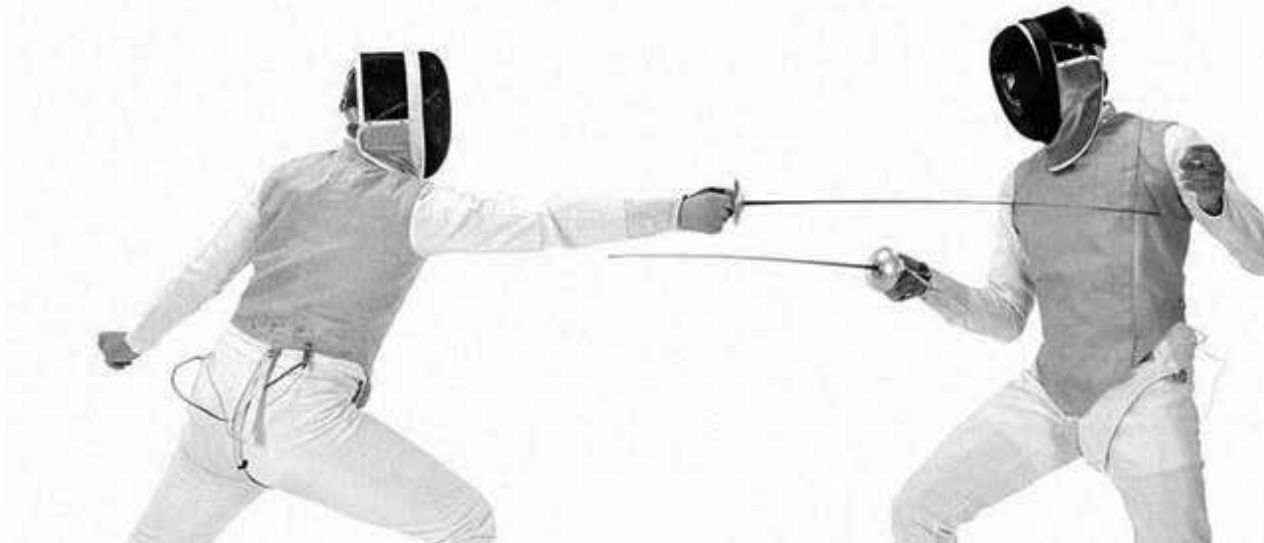
Date: 01/25/2016 to 05/02/2016 (M)  
(No class 3/14)  
Time: 7:40 PM to 8:40 PM  
Fee: \$101.00  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor

## Archery for Adults 16ARF01CZ

Instructor: Tom Korte, (785) 494-8889

Date: 01/25/2016 to 05/02/2016 (M)  
(No class 3/14)  
Time: 8:50 PM to 9:50 PM  
Fee: \$101.00  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor

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



## Beginning Fencing 16ARF21Z

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

Instructor: R. Todd Gabbard

Date: 01/25/2015 to 05/02/2015 (M)  
(No class 3/14)  
Time: 6:00 PM to 7:30 PM  
Fee: \$60.00 - Has equipment  
\$93.00 - use instructors  
Location: K-State Ahearn Fieldhouse

## Intermediate Fencing 16ARF22Z

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: 01/25/2015 to 05/02/2015 (M)  
(No class 3/14)  
Time: 7:30 PM to 9:00 PM  
Fee: \$60.00 - Has equipment  
\$93.00 - use instructors  
Location: K-State Ahearn Fieldhouse

## Boxing 1 16ARF14AZ

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

K.O. Boxing, Inc. is conveniently located in the basement under Shelter Insurance in Manhattan, Kansas.

Instructor: Lorissa Ridley, (785) 341-1708  
koboxer86@gmail.com

Date: 01/19/2016 to 03/08/2016 (T/Th)  
Time: 2:00 PM to 3:00 PM  
Fee: \$195.00  
Location: K.O. Boxing  
2048 Tuttle Creek Blvd.  
(In the basement under Shelter Insurance)

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

Visit [www.tryufm.org](http://www.tryufm.org) for additional level 1 Boxing class offering dates and times throughout the spring semester.

## Boxing 1 16ARF14BZ

Instructor: Lorissa Ridley, (785) 341-1708  
koboxer86@gmail.com

Date: 01/19/2016 to 03/08/2016 (T/Th)  
Time: 6:30 PM to 7:30 PM  
Fee: \$195.00  
Location: K.O. Boxing  
2048 Tuttle Creek Blvd.  
(In the basement under Shelter Insurance)

## Boxing 1 16ARF14CZ

Instructor: Lorissa Ridley, (785) 341-1708  
koboxer86@gmail.com

Date: 01/20/2016 to 03/09/2016 (W/M)  
Time: 2:00 PM to 3:00 PM  
Fee: \$195.00  
Location: K.O. Boxing  
2048 Tuttle Creek Blvd.  
(In the basement under Shelter Insurance)

## Boxing 1 16ARF14DZ

Instructor: Lorissa Ridley, (785) 341-1708  
koboxer86@gmail.com

Date: 01/20/2016 to 03/09/2016 (W/M)  
Time: 4:20 PM to 5:20 PM  
Fee: \$195.00  
Location: K.O. Boxing  
2048 Tuttle Creek Blvd.  
(In the basement under Shelter Insurance)

## Boxing 1 16ARF14EZ

Instructor: Lorissa Ridley, (785) 341-1708  
koboxer86@gmail.com

Date: 01/20/2016 to 03/09/2016 (W/M)  
Time: 6:30 PM to 7:30 PM  
Fee: \$195.00  
Location: K.O. Boxing  
2048 Tuttle Creek Blvd.  
(In the basement under Shelter Insurance)



Have an idea for a class?

email Kayla at [kayla@tryufm.org](mailto:kayla@tryufm.org)



# YOUTH



## Youth Ballet

**NEW!**

**16AYO98A**

An introduction to ballet with beginning development of ballet concepts including turn out, coordination, spatial awareness and a specific focus on class etiquette. Students will begin positions of the feet, and introductory movement vocabulary. \*Class meets 2 times - 1st and 3rd Saturday of the month\*  
Instructor: Kate Grier, katiashae@yahoo.com

Date: 02/06/2016 to 02/20/2016 (Sa)  
(No class 2/13)  
Time: 5:00 PM to 6:00 PM  
Fee: \$24.00  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor

Kate started her dance training at age 3. Since then her training allowed her opportunity to train all over the United States, as well as overseas training in Germany. Her training as a dance major at Kansas State University as well as her advanced training in High school and outside of college has allowed her to train with and from the best. Kate comes to us with over 6 years of teaching experience and has had the opportunity to teach for some of the elite studios across the Midwest earning her and her student top awards at local competitions. Kate specializes in contemporary ballet/jazz, tap, jazz, and competition based conditioning. She strives to share her talents and passion with her students, pushing them to be the best they can be.

## Youth Ballet

**NEW!**

**16AYO98B**

Instructor: Kate Grier, katiashae@yahoo.com

Date: 03/05/2016 to 03/19/2016 (Sa)  
(No class 3/12)  
Time: 5:00 PM to 6:00 PM  
Fee: \$24.00  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor

## Youth Ballet

**NEW!**

**16AYO98C**

Instructor: Kate Grier, katiashae@yahoo.com

Date: 04/02/2016 to 04/16/2016 (Sa)  
(No class 4/09)  
Time: 5:00 PM to 6:00 PM  
Fee: \$24.00  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor

## Pre-School Dance

**16AYO63**

This class is designed for boys and girls ages 3.5-7 years. Basic dance movements like marching, hopping, skipping, leaping and ballet, peppy music and pre-tap techniques. Dance games and creative dance will make this class fun and exciting. No dance attire is needed. Tennis shoes can be used. Students can continue the class. Call Randi Dale for more information (785) 539-5767.

Instructor: Randi Dale

Date: 02/02/2016 to 02/09/2016 (T)  
Time: 5:30 PM to 6:00 PM  
Fee: \$14.00  
Location: UFM Fireplace Room  
1221 Thurston St.

## Archery for Youth

**16AYO01A**

The main focus of this course will be to introduce youth to Olympic Style Archery and learn the important basics of the sport. This is a great sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety and introduction to the world of archery. All equipment will be provided by the instructor. Ages 8+.

Instructor: Tom Korte, (785) 494-8889

Date: 02/02/2016 to 02/23/2016 (T)  
Time: 7:00 PM to 8:00 PM  
Fee: \$30.00  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor

## Archery for Youth

**16AYO01B**

Instructor: Tom Korte, (785) 494-8889

Date: 04/05/2016 to 04/26/2016 (T)  
Time: 7:00 PM to 8:00 PM  
Fee: \$30.00  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor

## Congratulations!!

The UFM Teen Mentoring program has been recognized as the Outstanding Noncredit Program by the National Association for Continuing Higher Education!!!



**American Red Cross  
Babysitter's Clinic**

**16AYO23A**

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 & themselves safe.
- \* Handle emergencies such as injuries, illnesses and household accidents.
- \* Write resumes and interview for jobs.
- \*\* Materials included in fee and students will have lunch from 12-1 pm. Please bring a light lunch with you.\*\*

Instructor: Kelly Reed-Harkness

Date: 02/20/2016 (Sa)  
 Time: 9:00 AM to 4:00 PM  
 Fee: \$56.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

**American Red Cross  
Babysitter's Clinic**

**16AYO23B**

Instructor: Kelly Reed-Harkness

Date: 04/16/2016 (Sa)  
 Time: 9:00 AM to 4:00 PM  
 Fee: \$56.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

**Junior Chefs:  
English Afternoon Tea Party** **16AYO100**

**NEW!**

You are cordially invited to an Afternoon Tea Party. Junior chefs will enjoy preparing finger sandwiches, shortbread cookies, and crumpets with butter and jam. Remember to bring your best manners! Ages 6 to 12 yrs.

Instructor: Ginny Barnard

Date: 01/30/2016 (Sa)  
 Time: 2:00 PM to 4:00 PM  
 Fee: \$10.00  
 Location: Pottorf Hall, CiCo Park

**Junior Chefs:  
Taste of Louisiana** **16AYO101**

**NEW!**

Take a tasty trip to the bayou in Louisiana. Junior Chefs will have fun cooking up gumbo, cornbread, and some dirty rice. Bon Appetite! Ages 6 to 12 yrs.  
 Instructor: Ginny Barnard

Date: 02/27/2016 (Sa)  
 Time: 2:00 PM to 4:00 PM  
 Fee: \$10.00  
 Location: Pottorf Hall, CiCo Park

**Healthy Cooking for Kids** **16AYO99**

**NEW!**

In this class, we will involve young people in the preparation of a delicious meal. First, we'll teach how to peel and grate potatoes, add spices and fry potato pancakes. We'll also practice multitasking, cooking rice and beans and then use them to form bean burgers. For dessert, we'll prepare a variation of Bananas Foster, measuring both dry and liquid ingredients and practicing slicing. Taught by People's Grocery Deli Cooks Jill and Abbi. People's Grocery and UFM have collaborated to bring you this class.  
 Instructors: Jill Emerson & Abbi Collins

Date: 02/26/2016 (F)  
 Time: 5:30 PM to 7:00 PM  
 Fee: No Charge  
 Location: UFM Banquet/Kitchen  
 1221 Thurston St.

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



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



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

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



**{Teen Mentoring!}**

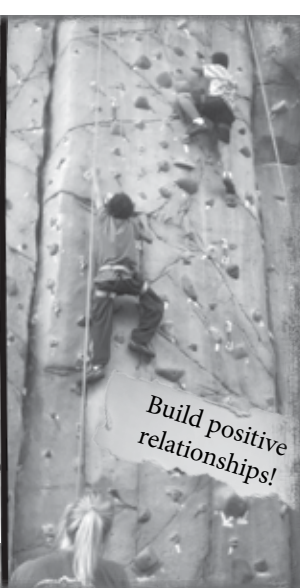
High School - Tuesdays  
 February 9 - April 26

Middle School - Wednesdays  
 February 10 - April 27

3:00pm to 5:00pm

Field trips ~ Games ~ Creative Arts ~ Recreation

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



# OSHER



## **Manhattan Home Life of the 1880s**

*Presented by Cheryl Collins, Corina Salas De Hugo, Linda Glasgow, Allana Saenger Parker & Marla Day*  
Fridays, February 19, 26 & March 4 - 2:00pm to 4:00pm  
Meadowlark Hills Community Room  
2121 Meadowlark Road, Manhattan  
\$45.00 (Discount with additional classes)

What was Manhattan like during the 1880s? What were the homes like? Furnishings? Clothing? These are the questions we'll explore during this journey back in time. We will delve into local 1880s community and home life through food, fashion, families, government, buildings and work. A special tour after the class of the Wolf House Museum will illustrate that period.

## **The Generals Who Became President**

*Presented by Robert Smith, Ph.D.*  
Tuesdays, March 29, April 5 & 12 - 6:30pm to 8:30pm  
Meadowlark Hills Community Room  
2121 Meadowlark Road, Manhattan  
\$45.00 (Discount with additional classes)

The course will focus on three of America's most significant and influential military men. First, we'll examine the life, and specifically, the military leadership of George Washington. During the second class we'll review the life and military genius of Ulysses Grant. The final session will consider the life and military acumen of Kansas' own Dwight D. Eisenhower. While not a successful battlefield commander, Eisenhower played a significant role in forging a war-winning coalition of fractious allies during the Second World War.

## **William Shakespeare's *As You Like It***

*Presented by Sally Bailey, MFA, MSW*  
Tuesdays, Feb. 16, 23 & Mar. 1 - 6:00pm to 8:00pm  
Beach Museum of Art  
701 Beach Road, K-State  
\$45.00 (Discount with additional classes)

This course is just in time for Kansas State's spring production of the Shakespeare classic, *As You Like It*. Prior to the performance, we'll read selected scenes, discuss artistic and historical issues involved in the play, and learn how Shakespeare's plays were produced in the Globe Theatre in London. During one session we will visit the Beach Museum's exhibit of a rare 400-year-old "First Folio" of the William Shakespeare's plays. First assembled by two actors in 1623, the folio is an original printing of the first collected edition of Shakespeare's plays. Of 800 original copies, it's estimated between 200 and 300 remain.

## **Worker Heritage:**

### **Homesteaders, Farmers, Miners and Women!**

*Presented by Greg Stephens, Tom Fleming, Debi Aaron, Dee Boyd, Bob Storer & Joan Ratzlaff*  
Wednesdays, April 6, 13 & 20 - 6:30pm to 8:30pm  
Meadowlark Hills Community Room  
2121 Meadowlark Road, Manhattan  
\$45.00 (Discount with additional classes)

We'll discuss how the homestead era in North Central Kansas provided an environment for labor and farmer organizations. Then we'll review the forgotten Cloud County town of Minersville, a major coal mining community with a rich labor cooperative movement. Finally, we'll examine how women helped change labor in America, including stories of Mother Jones, Frances Perkins, Lucy Parsons, Susan B. Anthony and other women past and present.

## **Special Event:**

### **Underground Railroad Sites in Riley and Wabaunsee Counties**

Friday, April 8 - 9:00am to 2:00pm  
9:00a.m. - Coach picks up Meadowlark Hills residents  
9:15a.m. - Coach departs Town Center parking lot west of Dillard's.  
\$75.00 (includes transportation, admission & lunch)

During the Civil War, the Underground Railroad was a lifeline for slaves yearning to be free, even in Kansas, the Free State. On this journey, we'll visit significant Underground Railroad sites with author and historian Richard Pitts and learn about the people who played important roles during this period. We'll explore the famous Beecher Bible and Rifle Church and the Strong Farm and meet Captain Mitchell, Reverend Blood and others who helped to make Kansas a free state! Tour guide Richard Pitts.

## **Special Event:**

### **Bus Tour of Historic Fort Riley**

Friday, April 15 - 9:00am to 3:00pm  
9:00am - Coach picks up Meadowlark Hills residents  
9:15am - Coach departs Town Center parking lot west of Dillard's.  
\$65.00 (includes transportation, admission & lunch)

Our visit to the historic Main Post will consist of a guided tour of the U.S. Cavalry Museum, which chronicles the history of the horse-mounted branch of the service from 1775 to 1950; a guided tour of the 1st Infantry Division Museum, the Army's oldest and most storied Division; and a tour of the historic Custer House restored to its original 1870s look. We'll also take a walking tour of the Main Post featuring landmarks such as St. Mary's Chapel, the old trolley station, the historic Cavalry Parade Field, and the gravesite of "Chief," the last cavalry horse of the Army. We'll even stop for lunch on post. Tour guide Robert Smith, Ph.D.

**See the complete Osher catalog and register at [www.osher.ku.edu](http://www.osher.ku.edu) or Toll-free 877-404-5823**

## **Special Event:**

### **William Shakespeare's *As You Like It***

Thursday, April 28 - 7:30pm  
Mark A. Chapman Theatre, Nichols Hall  
702 Mid-Campus Drive South  
Manhattan  
\$15.00

In *As You Like It*, the heroine Rosalind flees persecution in her uncle's court accompanied by her cousin Celia to find safety and eventually love in the Forest of Arden. They encounter a number of memorable characters, including the court fool, Touchstone and the melancholy Jacques. Featuring some of Shakespeare's most famous and oft-quoted phrases, "All the world's a stage" and "A fool! A fool! I met a fool in the forest..." this play remains a favorite romantic comedy among audiences around the world. This production is part of a semester-long series of campus and community events honoring the 400th anniversary of Shakespeare's death. *As You Like It* is sponsored by the KSU School of Music, Theatre and Dance and directed by David Mackay.

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

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

- For full class description and information visit [www.tryufm.org](http://www.tryufm.org)

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

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

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<b><u>DANCE 599</u></b>				
16571 - Ballroom Dance	6:45-7:45PM	1/20/2016 to 5/4/2016 (W)	\$337.90	Ahearn 304
16570 - Mid Eastern Dance	6:45-7:45PM	1/21/2016 to 5/5/2016 (Th)	\$337.90	Ahearn 301
16588 - Yoga I	10:30-11:30 AM	1/20/2016 to 3/9/2016 (M/W)	\$337.90	Ahearn 301
16591 - Yoga I	10:30-11:30AM	3/21/2016 to 5/4/2016 (M/W)	\$337.90	Ahearn 301
16589 - Yoga I	4:20-5:20PM	1/20/2016 to 3/9/2016 (M/W)	\$337.90	Ahearn 301
16592 - Yoga I	4:20-5:20PM	3/21/2016 to 5/4/2016 (M/W)	\$337.90	Ahearn 301
16590 - Yoga I	5:30-6:30PM	1/20/2016 to 3/9/2016 (M/W)	\$337.90	Ahearn 301
16597 - Yoga I	5:30-6:30 PM	3/21/2016 to 5/4/2016 (M/W)	\$337.90	Ahearn 301
<b><u>MUSIC 206</u></b>				
17023 - Piano I	9:20-10:20AM	1/19/2016 to 3/8/2016 (T/Th)	\$337.90	McCain 127
17025 - Piano I	9:20-10:20AM	3/10/2016 to 5/5/2016 (T/Th)	\$337.90	McCain 127
<b><u>KIN 101</u></b>				
16567 - Bootcamp Fitness	12:00-1:00PM	1/20/2016 to 3/9/2016 (M/W)	\$441.80	Pro Fitness
16576 - Bootcamp Fitness	12:00-1:00PM	3/21/2016 to 5/4/2016 (M/W)	\$441.80	Pro Fitness
16573 - Bootcamp Fitness	9:30-10:30AM	1/19/2016 to 3/8/2016 (T/Th)	\$441.80	Pro Fitness
16574 - Bootcamp Fitness	9:30-10:30AM	3/10/2016 to 5/5/2016 (T/Th)	\$441.80	Pro Fitness
16577 - Bootcamp Fitness	4:00-5:00PM	1/19/2016 to 3/8/2016 (T/Th)	\$441.80	Pro Fitness
16578 - Bootcamp Fitness	4:00-5:00PM	3/10/2016 to 5/5/2016 (T/Th)	\$441.80	Pro Fitness
16583 - Yogilates	9:00-10:00AM	1/20/2016 to 3/9/2016 (M/W)	\$441.80	Pro Fitness
16653 - Yogilates	9:00-10:00AM	3/21/2016 to 5/4/2016 (M/W)	\$441.80	Pro Fitness
16584 - Yogilates	1:30-2:30PM	1/20/2016 to 3/9/2016 (M/W)	\$441.80	Pro Fitness
16585 - Yogilates	1:30-2:30PM	3/21/2016 to 5/4/2016 (M/W)	\$441.80	Pro Fitness
16586 - Yogilates	11:30-12:30PM	1/19/2016 to 3/8/2016 (T/Th)	\$441.80	Pro Fitness
16587 - Yogilates	11:30-12:30PM	3/10/2016 to 5/5/2016 (T/Th)	\$441.80	Pro Fitness
16581 - Total Body Toning	1:30-2:30PM	1/19/2016 to 3/8/2016 (T/Th)	\$441.80	Pro Fitness
16582 - Total Body Toning	1:30-2:30PM	3/10/2016 to 5/5/2016 (T/Th)	\$441.80	Pro Fitness
16579 - Total Body Toning	10:30-11:30AM	1/20/2016 to 3/9/2016 (M/W)	\$441.80	Pro Fitness
16580 - Total Body Toning	10:30-11:30AM	3/21/2016 5/4/2016 (M/W)	\$441.80	Pro Fitness
16980 - Intro to Crossfit	3:30-4:45PM	1/19/2016 to 3/8/2016 (T/Th)	\$355.90	Natatorium 4

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<b><u>KIN 101 (continued)</u></b>				
16981 - Intro to Crossfit	3:30-4:45PM	3/10/2016 to 5/5/2016 (T/Th)	\$355.90	Natatorium 4
17427 - 5K-1/2 Marathon	5:00-6:15PM	3/10/2016 to 5/5/2016 (T/Th)	\$355.90	Natatorium 7
16971 - Indoor Cycling	8:30-9:30AM	3/10/2016 to 5/5/2016 (T/Th)	\$355.90	Rec Complex
16970 - Indoor Cycling	8:30-9:30AM	1/19/2016 to 3/8/2016 (T/Th)	\$355.90	Rec Complex
16630 - Turbo Kick	5:30-6:30PM	3/10/2016 to 5/5/2016 (T/Th)	\$337.90	Ahearn 304
16631 - Pilates	7:30-8:30PM	1/20/2016 to 3/9/2016 (M/W)	\$441.80	Pro Fitness
16632 - Pilates	7:30-8:30PM	3/21/2016 to 5/4/2016 (M/W)	\$441.80	Pro Fitness
16629 - High-Intensity Training	5:30-6:30PM	1/19/2016 to 3/8/2016 (T/Th)	\$337.90	Ahearn 304
<b><u>KIN 102</u></b>				
16986 - Fitness Swim	6:00-7:30PM	1/19/2016 to 3/8/2016 (T/Th)	\$337.90	Natatorium
16985 - Fitness Swim	6:00-7:30PM	3/10/2016 to 5/5/2016 (T/Th)	\$337.90	Natatorium
16984 - LGT	Various	3/23/2016 to 4/3/2016 (Various)	\$355.90	Natatorium
<b><u>RRES 200</u></b>				
16598 - Archery	6:30-7:30PM	1/25/2016 to 5/2/2016 (M)	\$337.90	Ahearn 304
16599 - Archery	7:40-8:40PM	1/25/2016 to 5/2/2016 (M)	\$337.90	Ahearn 304
16600 - Archery	8:50-9:50PM	1/25/2016 to 5/2/2016 (M)	\$337.90	Ahearn 304
17016 - Archery	8:15-9:15PM	1/19/2016 to 5/3/2016 (T)	\$337.90	Ahearn 304
16663 - Beginning Bowling	2:30-3:20PM	1/20/2016 to 5/4/2016 (W)	\$337.90	Student Union
16664 - Beginning Bowling	2:30-3:20PM	1/19/2016 to 5/3/2016 (T)	\$337.90	Student Union
16662 - Beginning Bowling	10:30-11:20AM	1/19/2016 to 5/3/2016 (T)	\$337.90	Student Union
16656 - Beginning Bowling	10:30-11:30AM	1/25/2016 to 5/2/2016 (M)	\$337.90	Student Union
16665 - Intermediate Bowling	2:30-3:30PM	1/25/2016 to 5/2/2016 (M)	\$337.90	Student Union
16602 - Beginning Tennis	1:00-2:30PM	2/9/2016 to 4/26/2016 (T)	\$425.80	Body First
16603 - Beginning Tennis	1:00-2:30PM	2/10/2016 to 4/27/2016 (W)	\$425.80	Body First
16779 - Boxing 1	2:00-3:00PM	1/20/2016 to 3/9/2016 (M/W)	\$447.80	K.O. Boxing
16709 - Boxing 1	4:20-5:20PM	1/20/2016 to 3/9/2016 (M/W)	\$447.80	K.O. Boxing
16710 - Boxing 1	6:30-7:30PM	1/20/2016 to 3/9/2016 (M/W)	\$447.80	K.O. Boxing
16703 - Boxing 1	2:00-3:00PM	3/10/2016 to 5/5/2016 (T/Th)	\$447.80	K.O. Boxing
16708 - Boxing 1	6:30-7:30PM	3/10/2016 to 5/5/2016 (T/Th)	\$447.80	K.O. Boxing
16711 - Boxing 1	2:00-3:00PM	3/21/2016 to 5/4/2016 (M/W)	\$447.80	K.O. Boxing
16712 - Boxing 1	4:20-5:20PM	3/21/2016 to 5/4/2016 (M/W)	\$447.80	K.O. Boxing
16713 - Boxing 1	6:30-7:30PM	3/21/2016 to 5/4/2016 (M/W)	\$447.80	K.O. Boxing
16715 - Boxing 2	12:00-1:00PM	1/20/2016 to 3/9/2016 (M/W)	\$447.80	K.O. Boxing
16788 - Boxing 2	12:00-1:00PM	3/21/2016 to 5/4/2016 (M/W)	\$447.80	K.O. Boxing
16794 - Boxing 2	7:30-8:30PM	3/21/2016 to 5/4/2016 (M/W)	\$447.80	K.O. Boxing
16781 - Boxing 2	5:30-6:30PM	1/19/2016 to 3/8/2016 (T/Th)	\$447.80	K.O. Boxing
16714 - Boxing 2	7:30-8:30PM	1/19/2016 to 3/8/2016 (T/Th)	\$447.80	K.O. Boxing
16716 - Boxing 2	5:30-6:30PM	1/20/2016 to 3/9/2016 (M/W)	\$447.80	K.O. Boxing

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<b>RRES 200 (continued)</b>				
16785 - Boxing 2	7:30-8:30PM	1/20/2016 to 3/9/2016 (M/W)	\$447.80	K.O. Boxing
16786 - Boxing 2	5:30-6:30PM	3/10/2016 to 5/5/2016 (T/Th)	\$447.80	K.O. Boxing
16787 - Boxing 2	7:30-8:30PM	3/10/2016 to 5/5/2016 (T/Th)	\$447.80	K.O. Boxing
16791 - Boxing 2	5:30-6:30PM	3/21/2016 to 5/4/2016 (M/W)	\$447.80	K.O. Boxing
16807 - Boxing 3	5:30-6:30PM	1/20/2016 to 3/9/2016 (M/W)	\$447.80	K.O. Boxing
16808 - Boxing 3	7:30-8:30PM	1/20/2016 to 3/9/2016 (M/W)	\$447.80	K.O. Boxing
16823 - Boxing 3	12:00-1:00PM	1/19/2016 to 3/8/2016 (T/Th)	\$447.80	K.O. Boxing
16825 - Boxing 3	5:30-6:30PM	1/19/2016 to 3/8/2016 (T/Th)	\$447.80	K.O. Boxing
16833 - Boxing 3	7:30-8:30PM	1/19/2016 to 3/8/2016 (T/Th)	\$447.80	K.O. Boxing
16811 - Boxing 3	5:30-6:30PM	3/21/2016 to 5/4/2016 (M/W)	\$447.80	K.O. Boxing
16816 - Boxing 3	7:30-8:30PM	3/21/2016 to 5/4/2016(M/W)	\$447.80	K.O. Boxing
16837 - Boxing 3	12:00-1:00PM	3/10/2016 to 5/5/2016 (T/Th)	\$447.80	K.O. Boxing
16838 - Boxing 3	5:30-6:30PM	3/10/2016 to 5/5/2016 (T/Th)	\$447.80	K.O. Boxing
16839 - Boxing 3	7:30-8:30PM	3/10/2016 to 5/5/2016 (T/Th)	\$447.80	K.O. Boxing
16840 - Boxing 4	7:30-8:30PM	1/19/2016 to 3/8/2016 (T/Th)	\$447.80	K.O. Boxing
16842 - Boxing 4	7:30-8:30PM	1/20/2016 to 3/9/2016 (M/W)	\$447.80	K.O. Boxing
16841 - Boxing 4	7:30-8:30PM	3/10/2016 to 5/5/2016 (T/Th)	\$447.80	K.O. Boxing
16843 - Boxing 4	7:30-8:30PM	3/21/2016 to 5/4/2016 (M/W)	\$447.80	K.O. Boxing
16604 - First Aid/CPR/AED	Noon-7:30PM	1/23/2016 and 1/24/2016 (Sat/Sun)	\$417.80	UFM
16605 - First Aid/CPR/AED	Noon-7:30PM	1/30/2016 and 1/31/2016 (Sat/Sun)	\$417.80	UFM
16618 - First Aid/CPR/AED	Noon-7:30PM	2/6/2016 and 2/7/2016 (Sat/Sun)	\$417.80	UFM
16619 - First Aid/CPR/AED	Noon-7:30PM	2/13/2016 and 2/14/2016 (Sat/Sun)	\$417.80	UFM
16620 - First Aid/CPR/AED	Noon-7:30PM	4/2/2016 and 4/3/2016 (Sat/Sun)	\$417.80	UFM
16621 - First Aid/CPR/AED	Noon-7:30PM	4/9/2016 and 4/10/2016 (Sat/Sun)	\$417.80	UFM
16622 - First Aid/CPR/AED	Noon-7:30PM	4/16/2016 and 4/17/2016 (Sat/Sun)	\$417.80	UFM
16623 - First Aid/CPR/AED	Noon-7:30PM	4/23/2016 and 4/24/2016 (Sat/Sun)	\$417.80	UFM
16624 - First Aid/CPR/AED	Noon-7:30PM	4/30/2016 and 5/1/2016 (Sat/Sun)	\$417.80	UFM
16612 - RTE	Noon-6:30PM	2/20/2016 to 3/5/2016 (Sat/Sun)	\$835.60	UFM
16601 - Beginning Fencing	6:00-7:30PM	1/25/2016 to 5/2/2016 (M)	\$337.90	Ahearn FH
16617 - Intermediate Fencing	7:30-9:00PM	1/25/2016 to 5/2/2016 (M)	\$337.90	Ahearn FH
16625 - Golf	5:30-7:30PM	3/10/2016 to 5/5/2016 (Th)	\$457.80	Wamego Club
16627 - Golf	1:30-3:30PM	3/4/2016 to 5/6/2016 (F)	\$457.80	Wamego Club
16626 - Golf	2:30-4:30PM	3/9/2016 to 5/4/2016 (W)	\$457.80	Wamego Club
16606 - Tae Kwon Do	5:00-6:00PM	1/19/2016 to 5/5/2016 (T/Th)	\$417.80	Sun Yi's Academy
16610 - Scuba Diving	6:00-10:00PM	1/25/2016 to 2/29/2016 (M)	\$493.90	Natatorium
16609 - Scuba Diving	6:00-10:00PM	3/21/2016 to 4/25/2016 (M)	\$493.90	Natatorium
16608 - Scuba Diving	9:30AM-1:30PM	1/23/2016 to 2/27/2016 (Sat)	\$493.90	Natatorium
16666 - Women's Self Defense	1:00-4:00PM	1/23/2016 to 2/6/2016 (Sat/Sun)	\$337.90	Ahearn 301
16667 - Women's Self Defense	1:00-4:00PM	2/20/2016 to 3/5/2016(Sat/Sun)	\$337.90	Ahearn 301
16668 - Women's Self Defense	1:00-4:00PM	4/16/2016 to 4/30/2016 (Sat/Sun)	\$337.90	Ahearn 301

**RRES 200 (continued)**

16669 - Fundamentals of Canoeing	8:30AM-4:30PM	4/2/2016 to 4/3/2016 (Sat/Sun)	\$439.80	UFM
16654 - Backcountry Skills	Various	2/24/2016 to 3/6/2016 (Wed/Sat/Sun)	\$417.80	UFM
16655 - Backcountry Skills	Various	4/20/2016 to 5/1/2016 (Sat/Sun)	\$417.80	UFM
16775 - Backcountry Experience	Various (overnight)	3/25/2016 to 4/10/2016 (F/ Sat/Sun)	\$417.80	UFM

**Addresses:**

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

Body First Wellness & Recreation Center, 3615 Claflin Rd

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

Pro Fitness, 1125 Laramie St, Lower Level

Sun Yi's Academy, 1650 Hayes Drive

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

UFM Building, 1221 Thurston Street

Union Bowling Alley, Union Student Center, KSU

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- Elsa, bachelor's student

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UFM Class Registrations  
1221 Thurston St.  
Manhattan, KS 66502.

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

Class registration confirmations will be sent via email.



## UFM REGISTRATION FORM

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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: 16AEN124	A	Introduction to Beekeeping	20.00

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

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

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

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

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

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

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

### UFM Liability Participant Statement

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

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

\_\_\_\_\_  
Date

### UFM Refund and Cancellation Policies

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