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L P I K G S Y S W M V R E C N A N I F K

UFM PUTS THE  
**COMMUNITY**  
IN EDUCATION!

AQUATICS, CAREER, FINANCE, CREATIVE, EARTH, NATURE, FUN FOODS, ONLINE LEARNING, HEALTH, WELLNESS, LANGUAGE, MARTIAL ARTS, PERSONAL INTEREST, RECREATION, FITNESS, YOUTH, OSHER, CREDIT, COURSES, SWIMMING, EDUCATION, COMMUNITY, LEARNING, GARDEN, SUMMER

# 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 SUMMER 2014 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	Pat Embers
Marie Amthauer	Joab Esamwata
Jenne Andrews	Enell Foerster
Rusty Andrews	Ana Franklin
Ginny Barnard	Jeff Freeborn
Scott Bean	Janet Galloway
Sylvia Beeman	John Garetson
Waldemar Biniecki	Tray Green
Basem Boutros	Palma Holden
Jeremy Boyle	Ava Hornung
Matt Campbell	Virginia Houser
Joowon Choi	Michele Janette
Dr. Matthew Cobb	Pamela Johansen Tyoshi
Kelly Cook	Amy Jones
Randi Dale	Scott Kohl
Bill Dorsett	Tom Korte

## KSU CREDIT COURSES

### CREDIT CLASS ENROLLMENT

K-State students enroll through iSIS. If not a K-State student, 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 and health fees may be assessed for students enrolled in 12 or fewer K-State credit hours. There is a non-refundable material fee for withdrawing from some classes after the first day.

### 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/summer2014/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/summer2014/information/deadlines.html>

### DISABILITY SUPPORT SERVICES

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

## INCLEMENT WEATHER POLICY

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

## LIABILITY STATEMENT

Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage or injury that may be sustained while using KSU or UFM facilities or participating in programs. 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.

## UFM STAFF

Executive Director | **LINDA INLOW TEENER**

Education Coordinator | **KAYLA ONEY SAVAGE**

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

KSU Credit Coordinator | **ERIN BISHOP**

Program Assistant | **VAL COLTHARP**

Program Assistant | **SAMANTHA LOVITT**

Mentoring Coordinator | **ANDREW GARVER, MANDY COLTHARP**

Swim Coordinator | **KAYLE CAMPBELL**

Lou Douglas Lecture Coordinator | **OLIVIA COLLINS**

## BOARD OF DIRECTORS

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Trina McCarty	Jerry Remsbecker	Andrew Deckart	

# AQUATICS

## LEARN TO SWIM CLASSES

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

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

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

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

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

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

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

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



## Parent and Child Aquatics & Tot Transition

Beginning & Ending Dates:

Session A1: Monday - Thursday, June 2 - June 5  
Session A2: Monday - Thursday, June 9 - June 12

Session B1: Monday - Thursday, June 16 - June 19  
Session B2: Monday - Thursday, June 23 - June 26

Session C1: Monday - Friday, June 30 - July 3  
Session C2: Monday - Thursday, July 7 - July 10

Session D1: Monday - Thursday, July 14 - July 17  
Session D2: Monday - Thursday, July 21 - July 24

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

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

Fee: \$33.00 per session (4 lessons/35 min)

Session A1: Monday - Thursday  
14BAQAPA 10:00 AM to 10:35 AM  
14BAQAPP 6:00 PM to 6:35 PM

Session A2: Monday - Thursday  
14BAQAPA 10:00 AM to 10:35 AM

Session B1: Monday - Thursday  
14BAQBPA 10:00 AM to 10:35 AM  
14BAQBPP 6:00 PM to 6:35 PM

Session B2: Monday - Thursday  
14BAQBPA 10:00 AM to 10:35 AM

Session C1: Monday - Thursday  
14BAQCPA 10:00 AM to 10:35 AM  
14BAQCPP 6:00 PM to 6:35 PM

Session C2: Monday - Thursday  
14BAQCPA 10:00 AM to 10:35 AM

Session D1: Monday - Thursday  
14BAQDPA 10:00 AM to 10:35 AM  
14BAQDPP 6:00 PM to 6:35 PM

Session D2: Monday - Thursday  
14BAQDPA 10:00 AM - 10:35 AM

## Tot Transition (3-4 yrs)

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

Fee: \$33.00 per session (4 lessons/35 min)

Session A1: Monday - Thursday  
14BAQATA 9:15 AM to 9:50 AM

Session A2: Monday - Thursday  
14BAQATA 9:15 AM to 9:50 AM  
14BAQATP 6:00 PM to 6:35 PM

Session B1: Monday - Thursday  
14BAQBTA 9:15 AM to 9:50 AM

Session B2: Monday - Thursday  
14BAQBTA 9:15 AM to 9:50 AM  
14BAQBTP 6:00 PM to 6:35 PM

Session C1: Monday - Thursday  
14BAQCTA 9:15 AM to 9:50 AM

Session C2: Monday - Thursday  
14BAQCTA 9:15 AM to 9:50 AM  
14BAQCTP 6:00 PM to 6:35 PM

Session D1: Monday - Thursday  
14BAQDTA 9:15 AM to 9:50 AM

Session D2: Monday - Thursday  
14BAQDTA 9:15 AM to 9:50 AM  
14BAQDTP 6:00 PM to 6:35 PM



# AQUATICS

## Levels 1-6, Adult Lessons & Lap Swimming

Beginning & Ending Dates:

Session A: Monday - Thursday, June 2 - June 12

Session B: Monday - Thursday, June 16 - June 26

Session C: Monday - Thursday, June 30 - July 10

Session D: Monday - Thursday, July 14 - July 24

### Level I: Introduction to Water Skills

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

Fee: \$57.00 per session (8 lessons/45 min)

Session A: Monday - Thursday  
 14BAQ01A1 9:55 AM to 10:40 AM  
 14BAQ01A2 10:45 AM to 11:30 AM  
 14BAQ01A3 5:30 PM to 6:15 PM  
 14BAQ01A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday  
 14BAQ01B1 9:55 AM to 10:40 AM  
 14BAQ01B2 10:45 AM to 11:30 AM  
 14BAQ01B3 5:30 PM to 6:15 PM  
 14BAQ01B4 6:30 PM to 7:15 PM

Session C: Monday - Thursday  
 14BAQ01C1 9:55 AM to 10:40 AM  
 14BAQ01C2 10:45 AM to 11:30 AM  
 14BAQ01C3 5:30 PM to 6:15 PM  
 14BAQ01C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday  
 14BAQ01D1 9:55 AM to 10:40 AM  
 14BAQ01D2 10:45 AM to 11:30 AM  
 14BAQ01D3 5:30 PM to 6:15 PM  
 14BAQ01D4 6:30 PM to 7:15 PM

## Level II: Fundamental Aquatic Skills

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

Fee: \$57.00 per session (8 lessons/45 min)

Session A: Monday - Thursday  
 14BAQ02A1 9:55 AM to 10:40 AM  
 14BAQ02A2 10:45 AM to 11:30 AM  
 14BAQ02A3 5:30 PM to 6:15 PM  
 14BAQ02A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday  
 14BAQ02B1 9:55 AM to 10:40 AM  
 14BAQ02B2 10:45 AM to 11:30 AM  
 14BAQ02B3 5:30 PM to 6:15 PM  
 14BAQ02B4 6:30 PM to 7:15 PM

Session C: Monday - Thursday  
 14BAQ02C1 9:55 AM to 10:40 AM  
 14BAQ02C2 10:45 AM to 11:30 AM  
 14BAQ02C3 5:30 PM to 6:15 PM  
 14BAQ02C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday  
 14BAQ02D1 9:55 AM to 10:40 AM  
 14BAQ02D2 10:45 AM to 11:30 AM  
 14BAQ02D3 5:30 PM to 6:15 PM  
 14BAQ02D4 6:30 PM to 7:15 PM



### Level III: Stroke Development

The objective of Level 3 is to build on previously learned skills by providing additional guided practice. Participants will learn to survival float, swim the front crawl and elementary backstroke. Scissors and dolphin kicks, as well as the fundamentals of treading water will be introduced. Participants will also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside. As in all levels, safety skills will be presented. For the list of skills to be learned in class visit [www.tryufm.org](http://www.tryufm.org). Fee: \$57.00 per session (8 lessons/45 min)

Session A: Monday - Thursday  
 14BAQ03A1 9:55 AM to 10:40 AM  
 14BAQ03A2 10:45 AM to 11:30 AM  
 14BAQ03A3 5:30 PM to 6:15 PM  
 14BAQ03A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday  
 14BAQ03B1 9:55 AM to 10:40 AM  
 14BAQ03B2 10:45 AM to 11:30 AM  
 14BAQ03B3 5:30 PM to 6:15 PM  
 14BAQ03B4 6:30 PM to 7:15 PM

Session C: Monday - Thursday  
 14BAQ03C1 9:55 AM to 10:40 AM  
 14BAQ03C2 10:45 AM to 11:30 AM  
 14BAQ03C3 5:30 PM to 6:15 PM  
 14BAQ03C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday  
 14BAQ03D1 9:55 AM to 10:40 AM  
 14BAQ03D2 10:45 AM to 11:30 AM  
 14BAQ03D3 5:30 PM to 6:15 PM  
 14BAQ03D4 6:30 PM to 7:15 PM



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

**Manhattan  
Marlins**

Swim Team



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

Ages: 5 years through adult

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

For more information contact:

Coach Rob Putnam at 303.819.8861 or Drew Venum at 785.236.8802

# AQUATICS



## Level IV: Stroke Improvement

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

Fee: \$57.00 per session (8 lessons/45 min)

Session A: Monday - Thursday  
 14BAQ04A1 9:55 AM to 10:40 AM  
 14BAQ04A2 10:45 AM to 11:30 AM  
 14BAQ04A3 5:30 PM to 6:15 PM

Session B: Monday - Thursday  
 14BAQ04B1 9:55 AM to 10:40 AM  
 14BAQ04B2 10:45 AM to 11:30 AM  
 14BAQ04B3 5:30 PM to 6:15 PM

Session C: Monday - Thursday  
 14BAQ04C1 9:55 AM to 10:40 AM  
 14BAQ04C2 10:45 AM to 11:30 AM  
 14BAQ04C3 5:30 PM to 6:15 PM

Session D: Monday - Thursday  
 14BAQ04D1 9:55 AM to 10:40 AM  
 14BAQ04D2 10:45 AM to 11:30 AM  
 14BAQ04D3 5:30 PM to 6:15 PM

## Level V: Stroke Refinement

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

Fee: \$57.00 per session (8 lessons/45 min)

Session A: Monday - Thursday  
 14BAQ05A1 9:55 AM to 10:40 AM  
 14BAQ05A2 10:45 AM to 11:30 AM  
 14BAQ05A3 5:30 PM to 7:15 PM

Session B: Monday - Thursday  
 14BAQ05B1 9:55 AM to 10:40 AM  
 14BAQ05B2 10:45 AM to 11:30 AM  
 14BAQ05B3 5:30 PM to 7:15 PM

Session C: Monday - Thursday  
 14BAQ05C1 9:55 AM to 10:40 AM  
 14BAQ05C2 10:45 AM to 11:30 AM  
 14BAQ05C3 5:30 PM to 7:15 PM

Session D: Monday - Thursday  
 14BAQ05D1 9:55 AM to 10:40 AM  
 14BAQ05D2 10:45 AM to 11:30 AM  
 14BAQ05D3 5:30 PM to 7:15 PM

## Level VI: Swimming and Skill Proficiency

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

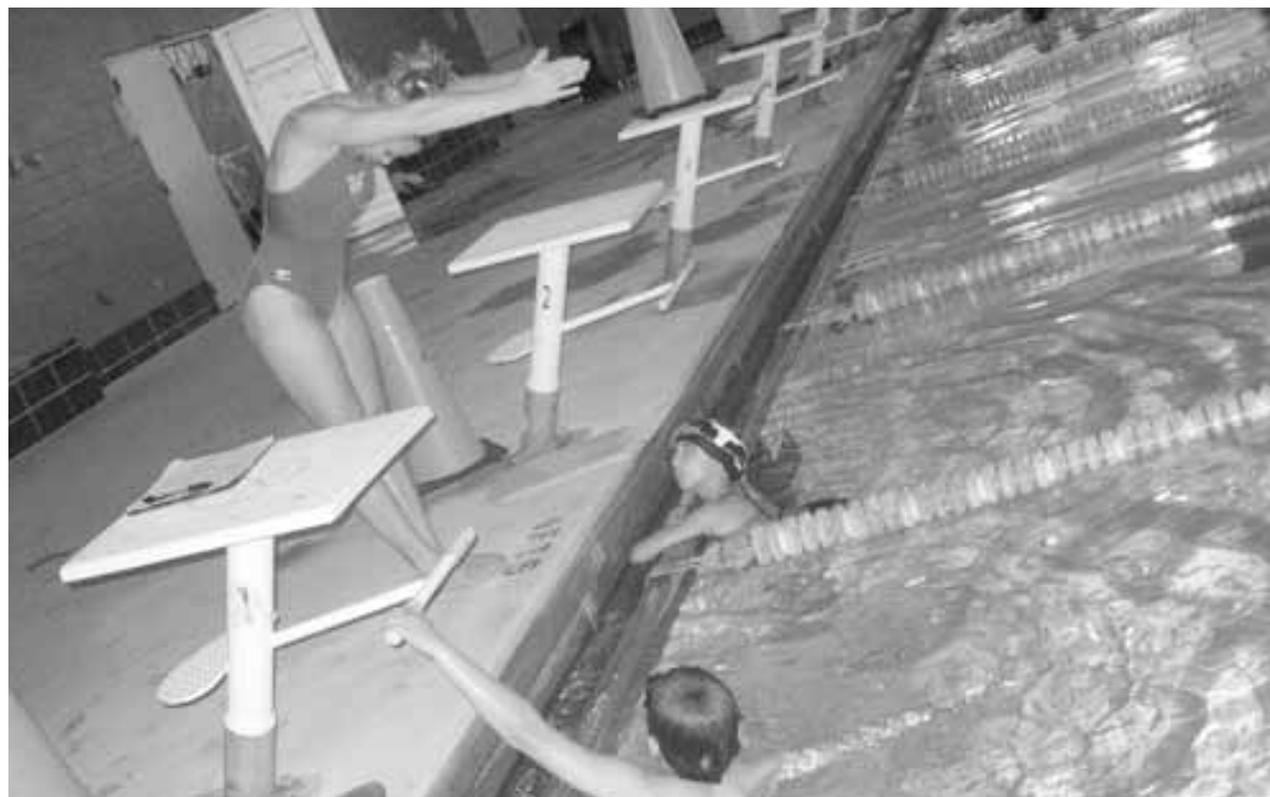
Fee: \$57.00 per session (8 lessons/45 min)

Session A: Monday - Thursday  
 14BAQ06A1 9:55 AM to 10:40 AM  
 14BAQ06A2 10:45 AM to 11:30 AM  
 14BAQ06A3 5:30 PM to 7:15 PM

Session B: Monday - Thursday  
 14BAQ06B1 9:55 AM to 10:40 AM  
 14BAQ06B2 10:45 AM to 11:30 AM  
 14BAQ06B3 5:30 PM to 7:15 PM

Session C: Monday - Thursday  
 14BAQ06C1 9:55 AM to 10:40 AM  
 14BAQ06C2 10:45 AM to 11:30 AM  
 14BAQ06C3 5:30 PM to 7:15 PM

Session D: Monday - Thursday  
 14BAQ06D1 9:55 AM to 10:40 AM  
 14BAQ06D2 10:45 AM to 11:30 AM  
 14BAQ06D3 5:30 PM to 7:15 PM



**We want YOU!**

Contact UFM about teaching a class.

Call 785.539.8763 or email [info@tryufm.org](mailto:info@tryufm.org).

# AQUATICS



## Adult Swim Lessons

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

Fee: \$57.00 per session (8 lessons/45 min)

Session B: Monday - Thursday  
14BAQ-22B: 6:30 PM to 7:15 PM

## 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 (8 times)

Session A: Monday - Thursday  
14BAQLSA1 9:00 AM to 11:30 AM  
14BAQLSA3 5:30 PM to 7:30 PM

Session B: Monday - Thursday  
14BAQLSB1 9:00 AM to 11:30 AM  
14BAQLSB3 5:30 PM to 7:30 PM

\*Session C: Monday - Thursday  
14BAQLSC1 9:00 AM to 11:30 AM  
14BAQLSC3 5:30 PM to 7:30 PM

Session D: Monday - Thursday  
14BAQLSD1 9:00 AM to 11:30 AM  
14BAQLSD3 5:30 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. This class will meet every day your child is enrolled in swimming lessons. In this class you will be able to swim laps to meet your own needs and goals. You may choose your 40-minute block of time during the scheduled times below.

Fee: \$16.00 per session (8 times)

Session A: Monday - Thursday  
14BAQLPA1 9:00 AM to 11:30 AM  
14BAQLPA3 5:30 PM to 7:30 PM

Session B: Monday - Thursday  
14BAQLPB1 9:00 AM to 11:30 AM  
14BAQLPB3 5:30 PM to 7:30 PM

Session C: Monday - Thursday  
14BAQLPC1 9:00 AM to 11:30 AM  
14BAQLPC3 5:30 PM to 7:30 PM

Session D: Monday - Thursday  
14BAQLPD1 9:00 AM to 11:30 AM  
14BAQLPD3 5:30 PM to 7:30 PM



## Private Swim Lessons

Private lessons provide one-on-one instruction for any level of swimmer. Sessions include four 35-minute lessons and occur M-Th. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS, see the Swim Program Make-Up & Refund Policy.

## Private Lessons

Beginning and Ending Dates for Morning and Evening:

14BAQ103A1: Mon. - Thur., June 2 - June 5  
14BAQ103A2: Mon. - Thur., June 9 - June 12

14BAQ103B1: Mon. - Thur., June 16 - June 19  
14BAQ103B2: Mon. - Thur., June 23 - June 26

14BAQ103C1: Mon. - Thur., June 30 - July 3  
14BAQ103C2: Mon. - Thur., July 7 - July 10

14BAQ103D1: Mon. - Thur., July 14 - July 17  
14BAQ103D2: Mon. - Thur., July 21 - July 24

Times for morning classes:

9:15 AM to 9:50 AM  
10:00 AM to 10:35 AM  
10:55 AM to 11:30 AM

Times for all evening classes:

6:10 PM to 6:45 PM  
6:50 PM to 7:25 PM

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

## World's Largest

## Swim Lesson (WLSL) 14BAQWLSL

Join us for this fun, FREE event, along with kids and families at aquatic facilities around the globe for The World's Largest Swimming Lesson.™ We're breaking the Guinness World Record™ to spread the word that Swimming Lessons Save Lives.™ Don't miss the chance to participate in this record-breaking event and help prevent drowning, the second leading cause of injury-related death of children ages 1-14.

Date: 06/20/2014 (F)  
Time: 9:00 AM to 11:00 AM  
Fee: No Charge  
Location: Natatorium, K-State Campus

## Shallow/Deep Water Exercise 14BAQSHD

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: 06/02/2014 to 07/24/2014 (M-Th)  
 Time: 6:40 PM to 7:30 PM  
 Fee: \$20 for 8 classes  
 \$28 for 16 classes  
 \$34 for 24 classes  
 \$48 for 32 classes  
 Location: Natatorium, K-State Campus

## Open Swim Appreciation 14BAQ31A

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.

Date: 06/22/2014 (Su)  
 Time: 5:00 PM to 7:00 PM  
 Fee: No Charge  
 Location: Natatorium, K-State Campus

## Open Swim Appreciation 14BAQ31B

Date: 07/20/2014 (Su)  
 Time: 5:00 PM to 7:00 PM  
 Fee: No Charge  
 Location: Natatorium, K-State Campus

## Blended Learning: Lifeguard Training 14BAQ07

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. 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 \$75 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) 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.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 05/23/2014 to 05/24/2014 (F/Sa)  
 Time: 9:00 AM to 5:00 PM  
 Fee: \$168.00  
 Location: Natatorium, K-State Campus



## Blended Learning: WSI-Water Safety Instructor 14BAQ121

Blended Learning: WSI-Water Safety Instructor gives you the opportunity to complete part of the coursework online. You will be contacted via email with login information and directions to complete the online content. 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 \$75 non-refundable deposit.**

The purpose of the Water Safety Instructor course is to train instructor candidates to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim and water safety courses and presentations. Water Safety instructor candidates must be at least 16 years old on or before the last scheduled day of the Water Safety Instructor course. Please note: The WSI course is NOT designed to teach you the required strokes/skills. Paired practice, coaching and drills are used to refine skills. Be prepared for swimming, reading and homework.

Enrollment and prerequisites for this class are listed at [www.tryufm.org](http://www.tryufm.org).

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 06/06/2014 to 06/08/2014 (F/Sa/Su)  
 Time: 9:00 AM to 5:00 PM  
 Fee: \$190.00  
 Location: Natatorium, K-State Campus

# CAREER & FINANCE

## Computer Skills 101

14BFC119

This orientation to computers is ideal for those who have had little exposure to computers. There will be an overview of parts of the computer and terminology including: desktop, menus, mouse instruction, scrolling, clicking, keying (typing), saving, and basic Internet skills.

Instructor: Liz Krieger

Date: 08/05/2014 to 08/26/2014 (T)

Time: 7:30 PM to 8:30 PM

Fee: \$14.00

Location: Manhattan Public Library  
Computer Classroom  
629 Poyntz Ave.

Liz Krieger has a Master's in Information Technology from Colorado Technical University and has worked in the computer field as an analyst for several years. She has moved back to Manhattan after being away for many years.



## Using iPads in the Classroom

NEW!

14BFC136

Using iPads in the Classroom will give educators the tools and information they need to use iPads (or a single iPad) in their classroom. Participants will learn about apps for differentiation, common core, teachers, students, and managing classroom behavior. Participants will be able to try out the different apps while creating content for their classroom. The course will be taught through Edmodo. Google Hangout will be used for optional "in person" sessions. Here are just a few of the apps that will be covered: ClassDojo, Edmodo, VoiceThread, Prezi, AR, Skype, Toontastic, GoodReader, BrainPop, Khan Academy, and Educreations. The class will be open on Edmodo on July 1st and will close July 31st. Students will be able to work at their own pace and at their own level throughout the month of July. An optional Google Hangout session will be scheduled weekly for students that would like to discuss their progress, help each other, and talk about their challenges of using iPads in the classroom. Resources will be shared through the Edmodo class page about different apps, articles, videos, and general tips of using iPads in the classroom. It is highly encouraged for the participant to have an iPad so he/she can try out the apps discussed in class but it is not mandatory.

Instructor: Amy Trujillo, amyellen@me.com

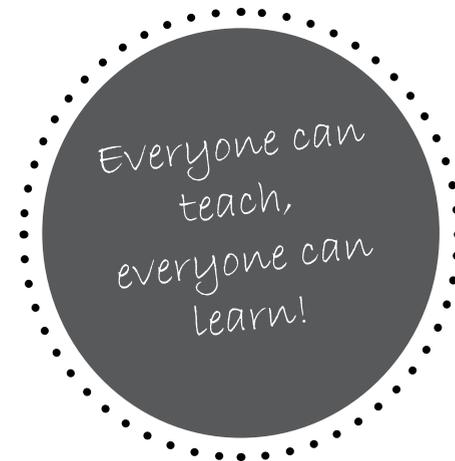
Date: 07/01/2014 to 07/31/2014 (T)

Time: Online

Fee: \$25.00

Location: Online

\* You will be contacted via email by the instructor with directions to complete the online content. Please be sure to check your email frequently and ensure it's in working order.



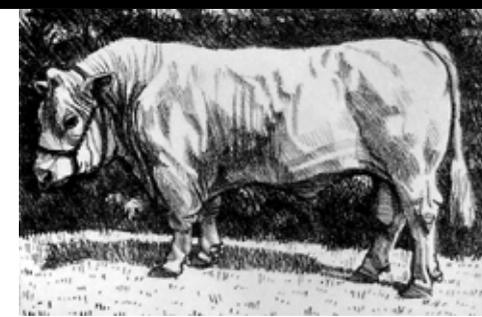
Amy Trujillo is a third grade teacher and 3-5 team leader at Orlando Science Elementary School in Florida. She has written articles about integrating technology into the classroom, presented at local and national conferences about meeting the needs of diverse learners through technology, and continues to learn and grow as an educator through online professional learning communities. In her off time, she runs the Garden and Jr FLL Club after school and visits Disney World on the weekends with her family.



## STRECKER-NELSON GALLERY

We are "bullish" about art

PREVIEW IT ON OUR WEBSITE AT [WWW.STRECKER-NELSONGALLERY.COM](http://WWW.STRECKER-NELSONGALLERY.COM)  
THEN VISIT THE GALLERY MON-SAT 10:00-6:00 AT 406<sup>1/2</sup> POYNTZ 537-2099



# CREATIVE FREE TIME

## Weaving for Wannabes 14BCF215

This class is for people who want to learn about weaving. We will work on small table looms to learn the basics of weaving, and will cover some ways to make patterns in simple weavings. Students will leave with a sampler of weaves, or with usable "mug rugs" in various weavings. We will cover the basics of preparing a loom and there will be information given on where to find looms, yarns, equipment, and classes for further study.

Instructor: Marie Amthauer

Date: 08/09/2014 (Sa)  
Time: 8:00 AM to 12 N  
Fee: \$32.00  
Location: 801 Haid Ct.  
Manhattan, KS

Marie has been weaving since 1973. In 1985, she was named Kansas Master Weaver and has taught weaving for many years, to include classes for UFM, for the State of Kansas, Kansas Affiliation of Weavers and Spinners and also privately. She is a member of Manhattan Area Weavers and Spinners, Kansas Affiliation of Weavers and Spinners, and Handweavers Guild of America.

## Get Hooked! **NEW!** 14BCF222

Get hooked on crochet while making two easy projects! Learn chain stitch, single and double crochet. Materials for the first class project are a size H hook and a light-colored worsted weight smooth yarn. We will discuss a second project at the first class.

Instructor: Linda Teener

Date: 06/03/2014 to 06/24/2014 (T)  
Time: 5:30 PM to 6:30 PM  
Fee: \$15.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

Linda Teener taught herself to crochet in college and has experimented with traditional, nontraditional, flat and dimensional crochet.



## Calligraphy Writing **NEW!** 14BCF223

Calligraphy is described as a visual art related to writing. Learn how to write the basic alphabet in calligraphy and practice the skill to use everyday with addressing envelopes and writing letters. Create your own art and gifts for friends once you've mastered the skills covered in this class. Calligraphy pens and paper are provided for every participant. Ages 12 and up are welcome. (\*Class meets 7/15/14 from 6:30PM to 8:00PM and 7/22/14 from 6:30-8:30PM)

Instructor: Patty Tippin

Date: 07/15/2014 to 07/22/2014 (T)  
Time: \*6:30 PM to 8:30 PM  
Fee: \$15.00 Class fee indiv + material  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

Patty Tippin is a retired 5th & 6th grade teacher who has been sharing the fun of calligraphy with others for 12 years. Patty teaches all ages of people the art of calligraphy and truly enjoys calligraphy as a hobby.

## Cool Tools for Cards and Scrapbooking 14BCF188

In this workshop, you can experiment with a heat embossing tool, die-cut machine, circle cutter, and many other products and tools used in card making and scrapbooking. Visit different project stations to complete a mini project using each tool or technique, and get one-on-one demonstrations. Materials needed: scrapbook adhesive of your choice. Ages 13+.

Instructor: Rosanna Vail

Date: 07/19/2014 (Sa)  
Time: 10:00 AM to 12 N  
Fee: \$14.00  
Location: UFM Solar Addition  
1221 Thurston St.

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

## Quilting for the Beginner 14BCF213A

Thinking about starting to quilt? Log cabin quilts are a traditional quilt pattern that allow for originality in the quilt block layout with a unique look for each participant. We will work together to craft a beautiful 42"X56" log cabin quilt. The instructor will provide and prepare the fabric ready to begin the day quilting. The method we will use allows for participants to quickly construct a quilt using material strips sewn continuously together. When we finish we will have a completed quilt top and then we will discuss finishing options. Participants will need: sewing machine (including bobbins), white thread, seam ripper and scissors. Optional items: rotary cutter, cutting ruler and cutting mat. Instructor will email you once registered with additional information regarding class.

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

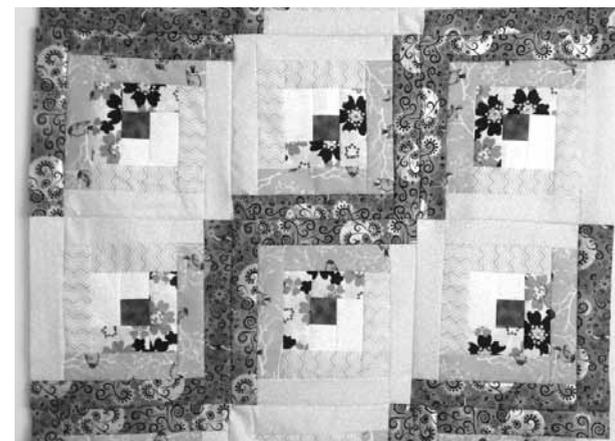
Date: 06/21/2014 (Sa)  
\* Registration deadline 06/16  
Time: 8:00 AM to 4:00 PM  
Fee: \$52.00  
Location: UFM Multipurpose Room  
1221 Thurston St.

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.

## Quilting for the Beginner 14BCF213B

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

Date: 07/12/2014 (Sa)  
\* Registration deadline 07/07  
Time: 8:00 AM to 4:00 PM  
Fee: \$52.00  
Location: UFM Multipurpose Room  
1221 Thurston St.



# CREATIVE FREE TIME

## **The Art of Awareness: My Spirit/My Self** 14BCF204A

In this two-hour workshop we learn to identify with our spirit through a direct imaginative experience of guided meditation. We will express this experience with a choice of art materials to fully embody our spiritual dimension. Finally we will engage in a written imaginative dialogue with our spiritual expression in order to tap into the inner intuitive guidance that is always available to us. No previous art experience is necessary. The focus is on the creative process rather than the end product. All art materials are provided. (785) 340-2557

Instructor: Linda Rae, lindarae@lindaraestudio.com

Date: 06/07/2014 (Sa)  
Time: 2:00 PM to 4:00 PM  
Fee: \$71.00 Class fee indiv + material  
Location: UFM Solar Addition  
1221 Thurston St.

## **The Art of Awareness: My Spirit/My Self** 14BCF204B

Instructor: Linda Rae, lindarae@lindaraestudio.com, (785) 340-2557

Date: 08/02/2014 (Sa)  
Time: 2:00 PM to 4:00 PM  
Fee: \$71.00 Class fee indiv + material  
Location: UFM Solar Addition  
1221 Thurston St.

## **Piano I** 14BCF35Z

This group keyboard class is designed for beginners with little or no previous keyboard instruction. Basic concepts to be studied include: note and rhythm reading, fundamental theory, basic chord-building, simple improvisation, and group and individual playing. Outside practice is essential for progress in this class. Required text: Adult Piano Method, Bk 1, by Fred Kern, et al. Hal Leonard Publ (2005). Available at Glenn's Music, 413 Poyntz Ave (539-1926). For questions and inquiries, please contact the instructor. Enrollment restrictions--this class is for NON-MUSIC MAJORS only. Available for KSU credit. Instructor: Virginia Houser, vhouser@ksu.edu

Date: 05/29/2014 to 06/24/2014 (ThT)  
Time: 6:00 PM to 7:40 PM  
Fee: \$120.00  
Location: K-State McCain Auditorium  
Room 127



## **Guitar Private Instruction** 14BCF199

This class is catered to the individual student. Whether you are starting fresh or a seasoned pro you will learn techniques to enhance your ability and performance as a guitarist. Students must have a guitar that is approved by the instructor. Please call Jonathan McBee to schedule an appointment to have him inspect your guitar and to schedule your private lesson dates and times at (785) 341-1230.

Instructor: Jonathan McBee

Date: 05/05/2014 to 08/03/2014  
Time: TBD  
Fee: \$60.00 for 4 classes  
\$120.00 for 8 classes  
\$180.00 for 12 classes  
\$240.00 for 16 classes  
Location: TBD

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



## **Bass Guitar Private Instruction** 14BCF200

This class is catered to the individual student. Whether you are starting fresh or a seasoned pro you will learn techniques to enhance your ability and performance as a bass guitarist. Students must have a guitar that is approved by the instructor. Please call Jonathan McBee to schedule an appointment to have him inspect your guitar and to schedule your private lesson dates and times at (785) 341-1230.

Instructor: Jonathan McBee

Date: 05/05/2014 to 08/03/2014  
Time: TBD  
Fee: \$60.00 for 4 classes  
\$120.00 for 8 classes  
\$180.00 for 12 classes  
\$240.00 for 16 classes  
Location: TBD

## **A One on One Introduction to Voiceovers** 14BCF129

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 05/05/14 and 08/03/14. Enroll before June 5th for \$24 or after for \$30. Once registered, or for any questions concerning the course, please contact Voices For All at support@voicesforall.com, or call 518-261-1664.

Date: 05/05/2014 to 08/03/2014  
Time: Online  
Fee: \$24.00 (Before June 5)  
\$30.00 (After June 5)  
Location: Online

Voices For All, LLC, The Voices For All Voice Coach/Producer/Instructors are known for their fun and informative presenting methods. Our Coaches have many years experience in the Voiceover Industry, and are masters at teaching all of the information pertinent to making it in Voice Acting. Whether it be speaking, presenting, writing, producing, or announcing, Voices For All has it covered. With hundreds of Regional & National Commercials, and Public Service Announcements under their belts, our instructors not only deliver the highest quality education and coaching to their students, but their unique enthusiasm and expertise bring an element of fun and excitement to the virtual classroom as well.

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

# EARTH & NATURE

## Intro to Geocaching

**14BEN103A**

Geo is a prefix for earth Cache is a hiding place used to store items .Today there are over 1.4 million geocaches hidden around the world. They can be found deep in the woods, under water and even stuck to the underside of park benches and the containers are getting increasingly clever. Geocaching has become a hobby for many individuals, friends and families. Has your interest been piqued? Here's your chance to find out more. The first hour of the class will cover the terms, basic information and how-to for geocaching. After that, the class will be hands-on and geocaching will take place on the KSU campus and close to UFM. If you already have a handheld GPS unit or smart phone or tablet, bring it to the class with you. We will download one of the free apps for geocaching. Some handheld GPS units will be available to borrow.

Instructor: Ryan Semmel,  
flinthillsgeocaching@gmail.com

Date: 06/21/2014 (Sa)  
Time: 10:00 AM to 1:00 PM  
Fee: \$5.00 - Class fee - Family  
\$2.00 - Class fee - Individual  
Location: UFM Fireplace Room  
1221 Thurston St.

## Intro to Geocaching

**14BEN103B**

Instructor: Ryan Semmel,  
flinthillsgeocaching@gmail.com

Date: 06/29/2014 (Su)  
Time: 2:00 PM to 5:00 PM  
Fee: \$5.00 - Class fee - Family  
\$2.00 - Class fee - Individual  
Location: UFM Fireplace Room  
1221 Thurston St.

## Selfies with Sharks

**14BEN119**

Do you have a habit of taking too many pictures of yourself? Why not invite your shark friends to join you for a few selfies? Learn how to fit both you and your shark in the frame with proper selfie-taking techniques. Topics covered will include: underwater camera use, diving guide, and the best shark repellent in case the selfies get out of hand.

Instructor: Tue Min E. Teeth

Date: 08/08/2014 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: \$-1.00  
Location: UFM Conference Room  
1221 Thurston St.

## Solar Electricity 101:

### for Your Home & Business

**14BEN114**

New Kansas law will stunt solar growth so do it now! On July 1 this year, the Kansas law changes for customers of Westar and Kansas City Power & Light. It has been everyone's goal to have a house which produces all its own energy. A system designed for air conditioning will leave Spring and Fall with a big excess. Under the new law, any excess power sent back to their power lines will only be bought for perhaps as little as 2 cents/KWh instead of the current rate of 10.5 cents. So there is a push right now to install systems that will be grandfathered in under the old law for the next 15 years. But the Net Metering contract has to be signed with Westar before that deadline. If your image of solar energy is flattened beer cans and shrink wrap think again. New electronics have revolutionized power-line connected solar, making it profitable in rapidly growing regions of our country. On a compounded annual basis rooftop solar has grown in the U.S. 51% a year since 2005. Whether you are concerned about energy independence, climate change, national security or just your own pocketbook, renewable energy is enormously popular for people from all political parties and backgrounds. We will also discuss lessons learned from eight different Manhattan systems... some of the first in Kansas. With step-by-step photos of designing and installing solar electric systems using the latest hardware, we're going to discuss the advantages and disadvantages of various choices. We can also talk about how these systems compare with battery backup or independent systems. Come with questions and new information for discussion. We'll follow this session with an introduction to our Solar buyers' cooperative. Sponsored by the Flint Hills Resilience Coalition [www.fhrconline.org](http://www.fhrconline.org)  
Instructor: Bill Dorsett, (785) 539-1956,  
wmdorsett@sbcglobal.net

Date: 05/17/2014 (Sa)  
Time: 9:00 AM to 10:30 AM  
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.

## Introduction to:

### Flint Hills Renewable Energy & Efficiency Cooperative

**14BEN115**

The cost of the equipment has come way, way down making this option affordable for many more folks. Our Coop, (FHREEC--pronounced "freak") buys solar and efficiency hardware in bulk and Our Community Sun Raisers are modeled after a "barn-raising" following the tradition of neighbor helping neighbor. At first, we will be installing solar electric and solar hot water systems. So, we have much lower to no installation costs. Come learn about photovoltaic basics and about the Coop that can help you make this happen at your place. Sponsored by the Flint Hills Resilience Coalition [www.fhrconline.org](http://www.fhrconline.org)  
Instructor: Bill Dorsett, (785) 539-1956,  
wmdorsett@sbcglobal.net

Date: 05/17/2014 (Sa)  
Time: 10:30 AM to 12 N  
Fee: No Charge  
Location: UFM Solar Addition  
1221 Thurston St.

## Attached Solar Greenhouses:

### Design for Plants & Warmth

**14BEN21**

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

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

Date: 06/07/2014 (Sa)  
Time: 10:00 AM to 12 N  
Fee: No Charge  
Location: UFM Solar Addition  
1221 Thurston St.

# EARTH & NATURE

## Backcountry Navigation **14BEN117**

This class will cover map and compass techniques, backcountry travel decision making, and travel without map and compass. Electronic devices will not be covered or used. This is a hands-on course and will be held outdoors; dress appropriately. Participants should be able to hike two miles on uneven terrain. Make-up date due to inclement weather will be July 13th.

Instructor: Daniel Schapaugh, dts9765@ksu.edu

Date: 07/12/2014 (Sa)  
 Time: 4:00 PM to 8:00 PM  
 Fee: \$26.00  
 Location: Carnahan Park  
 Tuttle Creek Lake

## Friction Fire **NEW!** **14BEN118**

This class will cover friction fire techniques that can be applied to backcountry and survival situations. We will explore how fire can be used as a tool. The class will also apply primitive cordage materials to friction fire. This is a hands-on course and will be held outdoors; dress appropriately. A small knife that one is comfortable using is recommended but not required. Make-up date due to inclement weather will be June 7th, 8am – Noon.

Instructor: Daniel Schapaugh, dts9765@ksu.edu

Date: 05/31/2014 (Sa)  
 Time: 4:00 PM to 8:00 PM  
 Fee: \$26.00  
 Location: Wildcat County Park



## Making Fire and Primitive Cordage **14BEN116**

This class will cover modern fire lighting techniques that can be applied to backcountry and survival situations. We will also explore primitive lighting methods and how fire can be used as a tool. Finally the class will cover an introduction to making primitive cordage using materials found in the wild. This is a hands-on course and will be held outdoors; dress appropriately. A small knife that one is comfortable using is recommended but not required. Make-up date due to inclement weather will be the following Saturday.

Instructor: Daniel Schapaugh, dts9765@ksu.edu

Date: 06/07/2014 (Sa)  
 Time: 4:00 PM to 8:00 PM  
 Fee: \$26.00  
 Location: Wildcat County Park

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

## Wildflower Walk at Tuttle Creek Lake **14BEN69**

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

\*Rain date the following Sunday.

Instructor: Paul Weidhaas, (785) 539-8511

Date: 06/21/2014 (Sa)  
 Time: 10:00 AM to 12 N  
 Fee: No Charge  
 Location: Tuttle Creek Lake Visitor Center  
 5020 Tuttle Creek Blvd

Featured UFM  
 Instructor

**Daniel Schapaugh**



Daniel Schapaugh is a graduate of Kansas State University and longtime Manhattan area resident. He teaches a variety of outdoor and backcountry skill topics to a broad spectrum of community members, in which he has thousands of days and nights of experience afield to draw from. Daniel enjoys exploring outdoor experiences from a 'do more with less' perspective, regularly integrating primitive technologies and deep ecology philosophies to life afield. He is passionate about the positive life changing influence outdoor experiences can have in people; and believes experiences with and amongst wild spaces are some of our most valuable, as they provide intense perspective on our world and critical reflection of ourselves.



Hy-Vee in Manhattan is implementing an exciting nutrition and garden-based program...

### “Sprouts – Get Out and Grow”

The intent of the Sprouts program is to increase children's preferences for vegetables through the experience of helping to grow, prepare and taste featured vegetables.

A limited number of spots are available on the Sprouts-Get Out and Grow Team

Call Karen Hanson, the Manhattan Hy-Vee dietitian for more information at 785-587-8609.

A proud partnership with HyVee, UFM Community Learning Center and the Manhattan Community Garden.



# FUN FOODS



## Shaken OR Stirred: Making James Bond-Style Martinis or Otherwise 14BFF105

This hands-on one-time class will cover making classic martinis; gimlets, a fruity variation on the martini theme; and what is called the opposite of a martini: the Manhattan. Discussion will include how martinis became popular, in part because of prohibition; the importance of the ingredients; the difference between the classic style of stirred martinis and the James Bond-promoted shaken style; choice of tools; the effect of technique; the reason behind the traditional garnishing with an olive; and the history of gin. All supplies are included in the class fee. Participants must be 21 years old.

Instructors: Jenne Andrews & Rusty Andrews

Date: 06/26/2014 (Th)  
Time: 7:00 PM to 8:30 PM  
Fee: \$24.00  
Location: Box Lab Kitchen  
407 Poyntz Avenue



## Summertime Garden Fresh Salads and Dressings 14BFF109

The instructor for this class has had an organic garden in the Manhattan Community Garden for over 20 years where she raises fresh veggies and herbs for her family. She will tell you how to keep your garden producing from early spring until fall frost and how to easily concoct healthy salads and salad dressings from that produce. People's Grocery and UFM have collaborated to bring you this class.

Instructor: Sylvia Beeman

Date: 06/21/2014 (Sa)  
Time: 2:00 PM to 3:30 PM  
Fee: No Charge  
Location: People's Grocery  
523 South 17th St

## Easy Indian Cooking 14BFF121

Learn to make a traditional Indian meal, using ingredients that can be found locally. We will be learning how to prepare a three course Indian meal: Appetizer: Sago Balls (crispy balls made out of sago, rice flour and spices). Entree: Biryani (rice cooked in spices and vegetables). Dessert: Seviya kheer (vermicelli cooked in milk and nuts).

Instructor: Likitha Vishnu,  
likithavishnu.1986@gmail.com

Date: 05/06/2014 (T)  
Time: 6:00 PM to 8:00 AM  
Fee: \$24.00  
Location: Box Lab Kitchen  
407 Poyntz Avenue

## Flavors of Korea: Japchae & Jeyuk Bokkeum 14BFF123

Learn the secrets of cooking Korean cuisine! With wellness becoming increasingly important, this class aims to teach authentic, healthy Korean cuisine which everyone will enjoy. The 2.5 hour class consists of a demonstration of two dishes Japchae (stir-fried noodles with vegetables) and Jeyuk Bokkeum (spicy marinated pork). You will be shown how to enhance the flavors of new ingredients while learning fundamental culinary techniques and become familiar with chopsticks!

Instructor: Joowon Choi

Date: 06/19/2014 (Th)  
Time: 6:00 PM to 8:30 PM  
Fee: \$25.00  
Location: Box Lab Kitchen  
407 Poyntz Avenue



## Flavors of Korea: Bibimbap & Bulgogi 14BFF122

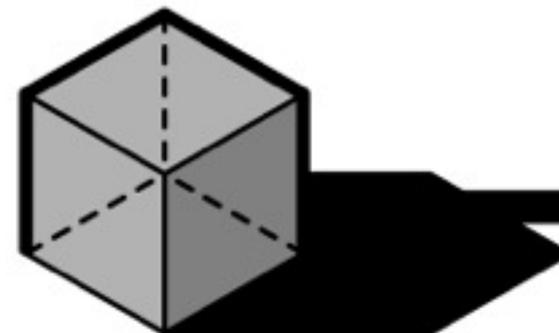
**NEW!**

Learn the secrets of cooking Korean cuisine! With wellness becoming increasingly important, this class aims to teach authentic, healthy Korean cuisine which everyone will enjoy. The 2.5 hour class consists of a demonstration of two dishes Bibimbap (rice mixed with vegetables) and Bulgogi (Korean beef bbq). You will be shown how to enhance the flavors of new ingredients while learning fundamental culinary techniques and become familiar with chopsticks!

Instructor: Joowon Choi

Date: 05/22/2014 (Th)  
Time: 6:00 PM to 8:30 PM  
Fee: \$25.00  
Location: Box Lab Kitchen  
407 Poyntz Avenue

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# ONLINE LEARNING

## **A One on One Introduction to Voiceovers 14BCF129**

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/000> 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 05/05/14 and 08/03/14. Enroll before June 5th for \$24 or after for \$30. Once registered, or for any questions concerning the course, please contact Voices For All at [support@voicesforall.com](mailto:support@voicesforall.com), or call 518-261-1664.

Date: 05/05/2014 to 08/03/2014  
Time: Online  
Fee: \$24.00 (Before June 5)  
\$30.00 (After June 5)  
Location: Online

Voices For All, LLC, The Voices For All Voice Coach/Producer/Instructors are known for their fun and informative presenting methods. Our Coaches have many years experience in the Voiceover Industry, and are masters at teaching all of the information pertinent to making it in Voice Acting. Whether it be speaking, presenting, writing, producing, or announcing, Voices For All has it covered. With hundreds of Regional & National Commercials, and Public Service Announcements under their belts, our instructors not only deliver the highest quality education and coaching to their students, but their unique enthusiasm and expertise bring an element of fun and excitement to the virtual classroom as well.

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

## **Blended Learning: Lifeguard Training 14BAQ07**

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. 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 \$75 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) 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.

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

Date: 05/23/2014 to 05/24/2014 (F/Sa)  
Time: 9:00 AM to 5:00 PM  
Fee: \$168.00  
Location: Natatorium, K-State Campus



## **Using iPads in the Classroom**

**NEW!**

**14BFC136**

Using iPads in the Classroom will give educators the tools and information they need to use iPads (or a single iPad) in their classroom. Participants will learn about apps for differentiation, common core, teachers, students, and managing classroom behavior. Participants will be able to try out the different apps while creating content for their classroom. The course will be taught through Edmodo. Google Hangout will be used for optional "in person" sessions. Here are just a few of the apps that will be covered: ClassDojo, Edmodo, VoiceThread, Prezi, AR, Skype, Toontastic, GoodReader, BrainPop, Khan Academy, and Educreations. The class will be open on Edmodo on July 1st and will close July 31st. Students will be able to work at their own pace and at their own level throughout the month of July. An optional Google Hangout session will be scheduled weekly for students that would like to discuss their progress, help each other, and talk about their challenges of using iPads in the classroom. Resources will be shared through the Edmodo class page about different apps, articles, videos, and general tips of using iPads in the classroom. It is highly encouraged for the participant to have an iPad so he/she can try out the apps discussed in class but it is not mandatory.

Instructor: Amy Trujillo, [amyellen@me.com](mailto:amyellen@me.com)

Date: 07/01/2014 to 07/31/2014 (T)  
Time: Online  
Fee: \$25.00  
Location: Online

Amy Trujillo is a third grade teacher and 3-5 team leader at Orlando Science Elementary School in Florida. She has written articles about integrating technology into the classroom, presented at local and national conferences about meeting the needs of diverse learners through technology, and continues to learn and grow as an educator through online professional learning communities.

# HEALTH & WELLNESS

## Past, Present & Future Uses of Essential Oils

**14BHW160**

First session - Introduction to the company and to the therapeutic essential oils: These concentrated, natural aromatic liquids are extracted from shrubs, flowers, trees, roots, bushes, and seeds. Pure, unadulterated essential oils have many potential benefits and are used daily to enhance the lives of millions. You will receive a DVD, The Missing Link. Instructor: Enell Foerster, (785) 537-0977, foerbande@gmail.com

Date: 05/31/2014 (Sa)  
Time: 10:00 AM to 12 N  
Fee: \$22.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

Enell Foerster, Young Living distributor, Body Recall Exercise instructor, past UFM and Red Cross Swimming, First Aid and CPR instructor.

## Nine Everyday Young Living Essential Oils

**14BHW161**

Second Session - Building a Natural Medicine Cabinet for First Aid: How to use the different oils in small emergencies like a headache or a bee sting. This session will include a DVD presentation, discussion, hand out materials and Essential Oil samples. \*Prerequisite - Session 1 - 14AHW160 Instructor: Enell Foerster, (785) 537-0977, foerbande@gmail.com

Date: 06/14/2014 (Sa)  
Time: 10:00 AM to 12 N  
Fee: \$14.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Essential Oils for a Healthy Home and Environment

**14BHW162**

Thirds session - Using the Essential Oils for mold and helping keep our bodies healthy and home clean. This session will include a DVD presentation, discussion, hand out materials and Essential Oil samples. \*Prerequisite - Session 1 - 14AHW160 Instructor: Enell Foerster, (785) 537-0977, foerbande@gmail.com

Date: 07/12/2014 (Sa)  
Time: 10:00 AM to 12 N  
Fee: \$14.00  
\$12.00 - completed sessions 1 & 2  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Women's Self Defense

**14BHW118Z**

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

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

Date: 05/24/2014 to 06/01/2014 (Sa/Su)  
Time: 1:00 PM to 5:00 PM  
Fee: \$70.00  
Location: K-State Ahearn Room 301  
College Heights Rd., 3rd floor

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



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

There is a class for *Everyone!*

Learning is *Fun!*

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## Basic Parenting

**14BHW131**

Parents will participate in six two-hour sessions led by Jeremy Boyle, Ph.D., LCMFT, CFLE. Sessions cover a variety of topics fundamental to good parenting such as personal stress management, understanding children, and helping children learn. These sessions are appropriate for parents of children of any age. Child care is offered for children of attendee's ages 18 months to 12 years. If you are in the need of childcare advanced notice must be provided. City of Manhattan residents are eligible for a scholarship to help cover the cost of the workshop.

Instructor: Jeremy Boyle, (785) 587-4300, Mary.Heath@pawnee.org

Date: 07/17/2014 to 09/04/2014 (Th)  
(No class 7/31, 8/14)  
Time: 6:30 PM to 8:30 PM  
Fee: \$65.00  
Location: Pawnee Mental Health  
2001 Claflin, Manhattan, KS

Jeremy Boyle, Ph.D., LCMFT, CFLE, Therapy and Evaluation Services Supervisor at Pawnee Mental Health Services is a Licensed Clinical Marriage and Family Therapist. Mr. Boyle has a bachelor's degree in Marriage, Family and Human Development from Brigham Young University and a master's degree in Family and Consumer Science from the University of Nebraska-Lincoln. He received his doctorate degree in Clinical Marriage and Family Therapy from Kansas State University.

# HEALTH & WELLNESS

## Mindfulness Awareness

### Summer Sundays **14BHW126**

Mindfulness-based Stress Reduction (MBSR) is a non-sectarian, empirical investigation of the field of mind and matter. All participants will learn how to self-regulate the fight or flight response. All participants will learn how feelings are mental stressors that may be observed and controlled. Sitting and walking meditation along with Mindfulness Movements will be the feature techniques offered. Mental Health Professionals and Health Care Providers are especially encouraged to participate in this course and are being offered a deep discount of 30% on the base price. CME's and CEU's are pending final approval. The Saturday practice intensive session will be June 14 from 10:15 am to 4:15 pm. Matthew has 25 years of experience of regular mindful awareness practice and has completed more than 24 long silent retreats.

Instructor: Dr. Matthew Cobb

Date: 06/01/2014 to 08/03/2014 (Su)  
 Time: 7:15 PM to 9:00 PM  
 Fee: \$185.00  
 \$138.50 - Health Care Professional  
 Location: 706 4th St  
 Wamego, KS

Matthew Cobb, D Min., M. Div., MA has over 15 years of experience in pastoral care and counseling and spiritual direction. Dr. Cobb's practice integrates body, mind, heart and soul with people seeking healing and transformation on their unique life path. He works with children, adults and elders using Neurolinguistic Programming and Gestalt Therapy and stress management techniques based on mindfulness meditation. He teaches intensive courses in Stress Management based on Mindfulness Meditation.

## Serene Saturday Intensive (SSI)

**14BHW166**

Serene Saturdays are designed to equip mindful awareness practitioners with the tools necessary for courageous living. Mindful Awareness Practice (MAP) is a nonsectarian, empirical investigation on the field of mind and matter. MAP provides a method relying on precise techniques and pristine attention. When attending a Serene Saturday session you have the opportunity to receive four hours of applied learning dedicated to MAP techniques and attention. Instructor: Dr. Matthew Cobb

Date: 06/14/2014 (Sa)  
 Time: 10:30 AM to 4:15 PM  
 Fee: \$67.00  
 Location: 706 4th St  
 Wamego, KS



**NEW!**

## Meditation:

### Taking Time for Yourself! **14BHW168**

We'll cover meditation basics in this conversational and experiential class: setting sacred space; relaxing and grounding; music; mindfulness, and varying the breath. People's Grocery and UFM have collaborated to bring you this class.

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

Date: 06/12/2014 (Th)  
 Time: 7:00 PM to 8:30 PM  
 Fee: No Charge  
 Location: People's Grocery  
 523 South 17th St

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# HEALTH & WELLNESS

## Guided Meditation: Series of Three

**14BHW146**

Register for this class and participate in all three of the Guided Meditation classes. See class descriptions listed with individual classes: Guided Meditation: Healing Messages from Loved Ones; Journey to the Seven Directions; Peeling the Layers (savings of \$10.00).

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

Date: 06/17/2014 to 07/24/2014 (T)  
Time: 6:00 PM to 7:30 PM  
Fee: \$98.00 - Series Individual  
Location: UFM Solar Addition  
1221 Thurston St.

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

**NEW!**

## Guided Meditation: Healing Messages from Loved Ones

**14BHW167**

In this small group setting, we'll begin with a heart-centered meditation, followed by the delivery of messages Palma receives for your beloved people and animals who have passed. Palma will also deliver messages from you to your loved ones. This can be very beneficial and comforting for those missing relatives, friends, and pets. Palma Holden, M.S., provides stress consulting, intuitive readings, and healing energy sessions to people and animals in and around Manhattan, KS, and also provides distance sessions by phone.

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

Date: 06/17/2014 (T)  
Time: 6:00 PM to 7:30 PM  
Fee: \$36.00  
Location: UFM Solar Addition  
1221 Thurston St.



## Guided Meditation: Journey to the Seven Directions

**14BHW159**

We start by relaxing & grounding, then move into a guided meditation tape to the seven directions led by the voice of Marcellus Bear Heart Williams, a native American shaman. Feel free to take notes.  
Instructor: Palma Holden, (785) 341-9072, palma@brightlifeconsulting.com

Date: 07/09/2014 (W)  
Time: 6:00 PM to 7:30 PM  
Fee: \$36.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Guided Meditation: Peeling the Layers

**14BHW145**

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: 07/24/2014 (Th)  
Time: 6:00 PM to 7:30 PM  
Fee: \$36.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Gentle Yoga for All

**14BHW99B**

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

Date: 05/27/2014 to 07/15/2014 (T)  
Time: 5:30 PM to 6:45 PM  
Fee: \$89.00  
Location: Heart Space Yoga  
321 Poyntz Ave, Ste A

## Yoga On Purpose

**NEW!**

**14BHW169**

Your yoga practice is your personal experience. Learn how to make it work for you and help you find your own unique gifts. yogaconnection@gmail.com  
Instructor: Ana Franklin, (785) 537-8224

Date: 06/14/2014 (Sa)  
Time: 3:00 PM to 5:00 PM  
Fee: \$27.00  
Location: Heart Space Yoga  
321 Poyntz Ave, Ste A

## Moving Into Energy Yoga

**NEW!**

**14BHW170**

Are you wanting to create more abundance in your life, yet you need some motivation? In this workshop, we'll view and discuss the motivational movie, THE SECRET; uncover and rewrite old beliefs that hinder personal success; explore our top five passions in life, and create vision boards reflecting our highest goals for prosperity, happiness and health.  
Instructor: Ana Franklin, (785) 537-8224

Date: 07/12/2014 (Sa)  
Time: 3:00 PM to 5:00 PM  
Fee: \$27.00  
Location: Heart Space Yoga  
321 Poyntz Ave, Ste A

Heart Space



Ana Franklin

321 Poyntz Avenue  
Suite A  
Manhattan, KS 66505

**785-341-9908**

www.yogaconnection.byregion.net

# HEALTH & WELLNESS

## Evening Yoga

**14BHW88A**

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, [dnewton@flinthills.com](mailto:dnewton@flinthills.com)

Date: 06/02/2014 to 06/30/2014 (M)

Time: 5:30 PM to 7:00 PM

Fee: \$29.00

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

## Evening Yoga

**14BHW88B**

Instructor: Debbie Newton, [dnewton@flinthills.com](mailto:dnewton@flinthills.com)

Date: 07/07/2014 to 08/04/2014 (M)

Time: 5:30 PM to 7:00 PM

Fee: \$29.00

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

## Morning Yoga

**14BHW89A**

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

Instructor: Debbie Newton, [dnewton@flinthills.com](mailto:dnewton@flinthills.com)

Date: 05/31/2014 to 06/28/2014 (Sa)

Time: 9:30 AM to 11:00 AM

Fee: \$29.00

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

## Morning Yoga

**14BHW89B**

Instructor: Debbie Newton, [dnewton@flinthills.com](mailto:dnewton@flinthills.com)

Date: 07/12/2014 to 08/09/2014 (Sa)

Time: 9:30 AM to 11:00 AM

Fee: \$29.00

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

## Chair Yoga

**14BHW156**

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

Date: 06/03/2014 to 07/01/2014 (T)

Time: 1:30 PM to 2:30 PM

Fee: \$29.00

Location: UFM Solar Addition  
1221 Thurton St.

## Restorative Yoga

**14BHW140A**

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, [dnewton@flinthills.com](mailto:dnewton@flinthills.com)

Date: 06/01/2014 to 06/29/2014 (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

**14BHW140B**

Instructor: Debbie Newton, [dnewton@flinthills.com](mailto:dnewton@flinthills.com)

Date: 07/13/2014 to 08/10/2014 (Su)

Time: 6:30 PM to 7:30 PM

Fee: \$29.00

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

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# LANGUAGE



## Getting Started with Japanese

14BLA38A

This class is for people with no or very little background of Japanese language. The class provides a functional introduction to the Japanese language. The objectives of the class are to learn the oral and aural skills needed to understand basic everyday conversation and express oneself in a variety of daily situations without formally studying grammar. The class also provides cultural and sociolinguistic information useful for novice-level Japanese language learners.

Instructor: Kumiko Nakamura

Date: 05/29/2014 to 06/12/2014 (Th/M)  
Time: 5:30 PM to 6:30 PM  
Fee: \$70.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

Kumiko Nakamura is a native speaker of Japanese and an instructor of Japanese language at K-State. Before K-State, she taught Japanese at college level internationally.

## Getting Started with Japanese

14BLA38B

Instructor: Kumiko Nakamura

Date: 07/07/2014 to 07/21/2014 (M/Th)  
Time: 5:30 PM to 6:30 PM  
Fee: \$70.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Swahili Language and Cultures of Africa

14BLA53

This course introduces participants to the Swahili language and cultures of Africa. The Swahili language is spoken by over 150 million people. It is the most widely spoken African language. This course is ideal for people with different interests ranging from volunteering, touring, Peace Corps, community service, study abroad, and many more interests.

Instructor: Joab Esamwata

Date: 07/19/2014 to 08/16/2014 (Sa)  
Time: 11:00 AM to 12:30 PM  
Fee: \$50.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

Joab is originally from Kenya and is currently seeking his doctorate of sociology from KSU. He has taught the Swahili language to students for nearly 25 years in multiple countries throughout the world. Joab looks forward to sharing his culture and his language with you.



## Introduction to Spanish

14BLA33

In this course, students will receive a basic introduction to the exciting world of the Spanish Language. While this opportunity may seem like one big fiesta, the class will cover topics useful in real life situations such as basic vocabulary, numbers, grammar and sentence structure. Students are encouraged to bring a notebook and writing utensil to class. Ages 13 and up are welcome

Instructor: Rachel McAdam

Date: 06/02/2014 to 07/14/2014  
Time: 7:00 PM to 8:00 PM  
Fee: \$46.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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**Camp MAC: Summer Story Adventure** Summer art & theatre camp starts June 2  
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1520 Poyntz Ave, Manhattan, KS 785-537-4420 [www.manhattanarts.org](http://www.manhattanarts.org)

# MARTIAL ARTS

## Karate & Self-Defense

**14BMA10**

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

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

Date: 06/21/2014 to 08/09/2014 (Sa)  
(No class 7/5)  
Time: 11:30 AM to 12:30 PM  
Fee: \$74.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

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



## The White Phoenix System

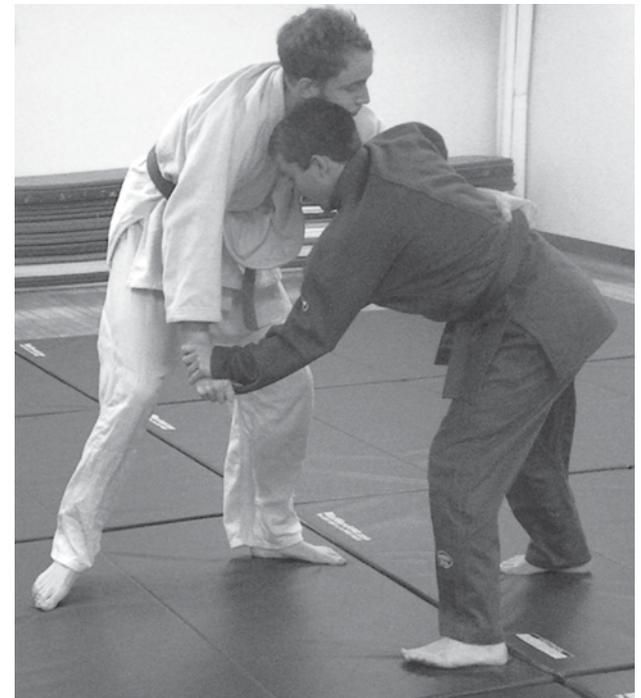
**14BMA18**

The White Phoenix System is comprised mostly of Japanese Jujutsu and Chinese Kung Fu. In this class we will work on Kung Fu Basics, (stances, blocks, punches, kicks, and strikes) and the 20 Jujutsu self-defense techniques. This makes up the 6th lower level of the White Phoenix System. The student will be able to test over this level; if they want to. If we have time, we will start on the 5th lower level.

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

Date: 05/21/2014 to 08/13/2014 (W)  
Time: 7:00 PM to 8:00 PM  
Fee: \$66.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

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.



## Tae Kwon Do I

**14BMA01Z**

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+.

Instructor: David Moore

Date: 06/03/2014 to 07/31/2014  
Time: 5:00 PM to 6:00 PM (T/Th)  
Fee: \$72.00  
Location: Sun Yi's Academy  
1650 Hayes Dr.



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

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**Riley County Historical Museum**  
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Sat. & Sun. 2:00 – 5:00  
Research Library by appointment  
785.565.6490

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

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

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

# PERSONAL INTEREST

## Flint Hills Wisdom Keepers Gathering Informational Meeting

**NEW!**

**14BPI130**

You are invited to a free "get acquainted" informational meeting to introduce the historical Flint Hills Wisdom Keepers Gathering which is scheduled in April 2015. Featured at this Gathering are American Indian Elders from across the country, sharing their tribal traditions as they feel called to do. It has been held most every year since the mid-1980s with beginnings in Ashville, North Carolina and then later moved in 2002 to Council Grove, Kansas. At this informational meeting, the following activities are planned related to this Gathering:

1. Drumming, singing and dancing (drums to share)
2. Brief slide presentation of Gathering highlights
3. Stories and accounts about previous invited Elders
4. Chance to speak with past attendees of Gathering
5. Ceremonial and traditional aspects of Gathering
6. Time for discussion with those attending
7. Brief "hands on" native craft demonstration

Come join us for this class sponsored by the Flint Hills Wisdom Keepers Foundation. Check out our website at [www.fhwisdomkeepers.org](http://www.fhwisdomkeepers.org).

Instructor: Pat Embers

Date: 06/28/2014 (Sa)  
Time: 10:00 AM to 12 N  
Fee: No Charge  
Location: UU Fellowship Bldg  
481 Zeandale Rd  
Manhattan, KS 66502



Flint Hills  
Wisdom Keepers

## From the Vine to the Glass - Sierra Vista Vineyard

**NEW!**

**14BPI131A**

Experience all aspects of winemaking in Kansas, right here locally! The Manhattan/St. George/Wamego area is home to several local grape growers that grow their crops for the process of winemaking throughout the state of Kansas. Highland Community College in Wamego has blazed the trail of making the art of viticulture (growing grapes) and enology (winemaking) accessible to everyone through their unique educational program that teaches participants the complete process of the grape from the vine to the bottle. For the very first time ever, HCC and UFM have partnered to offer a special series of classes that allow the opportunity to tour a few of the local vineyards as well as discuss and taste local wines. The final class will include a tour of the winemaking facilities at HCC in Wamego. Participants will see the various stages of the grapes, spread over three months in the summer, with the final class tasting some of the wines produced at Wamego HCC with grapes that are grown locally. **MUST BE 21 TO PARTICIPATE IN TASTING.**

Location: Sessions A and B will meet in UFM Fireplace Room for the first 30 minutes of class. Then will drive to the vineyard. Session C will meet at Highland Community College (HCC) in Wamego. More detailed location information will be emailed prior to class.

Instructor: Scott Kohl

Date: 05/21/2014 (W)  
Time: 6:00 PM to 8:30 PM  
Fee: \$30.00 Per class - one class  
\$28.00 Per class - two classes  
\$27.00 Per class - three classes

Location: UFM Fireplace Room  
1221 Thurston St.

Scott is the director of the Viticulture and Enology program at Highland Community College in Wamego, the only one in the state since 2010. He is the Vice-Chair of the Kansas Department of Agriculture Grape and Wine Industry Advisory Council and helps to coordinate workshops and educational activities with the Kansas Grape Growers and Winemakers Association. Scott is a mentor to state coordinators in the VESTA National Center of Excellence while continuing to oversee activities at HCC's three vineyards and college winery.



## From the Vine to the Glass - Prairie Ridge Vineyards

**NEW!**

**14BPI131B**

Instructor: Scott Kohl

Date: 06/18/2014 (W)  
Time: 6:00 PM to 8:30 PM  
Fee: \$30.00 Per class - one class  
\$28.00 Per class - two classes  
\$27.00 Per class - three classes  
Location: UFM Fireplace Room  
1221 Thurston St.

## From the Vine to the Glass - Highland Community College vineyard

**NEW!**

**14BPI131C**

Instructor: Scott Kohl

Date: 07/16/2014 (W)  
Time: 6:00 PM to 8:30 PM  
Fee: \$30.00 Per class - one class  
\$28.00 Per class - two classes  
\$27.00 Per class - three classes  
Location: Highland Community College  
606 W Main St.  
Highland, KS 66035

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

**Before the Boy King** **NEW!** **14BPI82**

Learn a brief history of Egypt with special highlights on the age of the King Tutakamen, including his name, period of his reign, the discovery his tomb, and his possessions kept in the Egyptian museum in Cairo. Other topics will include the Egyptians' diversified culture, religions, lifestyle, and traditions and the tourist attractions in Egypt. Join this class before going to see the King Tut exhibit in Kansas City at Union Station.

Instructor: Basem Boutros

Date: 07/10/2014 (Th)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$5.00  
 Location: UFM Conference Room  
 1221 Thurston St.

Basem is from Egypt and is a visiting student at Kansas State University completing research in food safety. He is happy to share about Egyptian history, culture, food and more.

\* See page 30 for the Osher Lifelong Learning special event trip to Kansas City Union Station to see the "Discovery of King Tut".



**The Design, Construction, and Use of Wood Fired Masonry Ovens** **14BPI111**

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

Date: 06/14/2014 (Sa)  
 Time: 2:00 PM to 5:00 PM  
 Fee: \$10.00  
 Location: 1624 Osage  
 Manhattan, KS 66502

Matt Campbell earned his Bachelors and Masters in Mechanical Engineering degrees at K-State. Matt's interest in brick ovens comes from a growing interest in traditional baking and cooking, an interest in design and construction and maybe most of all an interest in community development.

**The Ukraine Crisis** **NEW!** **14BPI83**

Join the discussion of the current crisis in Ukraine. The discussion will be led by Waldemar Binecki, previous resident of Poland. Topics covered include strategic and geopolitical role of Ukraine today, brief history of Russia and Ukraine: The Expansion of the Russian Empire and Soviet Republics, conflicts in Chechnya, Georgia, Abkhazia. The question of if the crisis can expand to eastern and central European countries will be discussed.

Instructor: Waldemar Binecki

Date: 07/09/2014 (W)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$5.00  
 Location: \*College Court Social Room  
 Kansas State University  
 Global Campus  
 1615 Anderson Avenue  
 Manhattan, KS 66502

\* Enter through doors on the back of the building. Room is inside and to the right.



# RECREATION & FITNESS

## Stepanomics 101

**NEW!**

**14BRF166**

Learn the art of stepping, how stepping is beneficial and the process of learning a step routine. This will be an active physical class.

Instructor: Nicholas Wiggins, Mikel Neil & Jeremy Scott

Date: 07/08/2014 to 07/31/2014 (TTh)  
Time: 7:00 PM to 9:00 PM  
Fee: \$36.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## PiYo™ Strength

**NEW!**

**14BRF167A**

With a foundation in basic yoga and Pilates, PiYo™ Strength incorporates elements of sports and dance conditioning, flexibly, training, dynamic stretch and balance, and core conditioning. PiYo™ Strength will increase the participants strength, flexibility and balance while offering stress reduction and improving ones overall fitness level. Set to all genres of music, PiYo™ Strength delivers a rhythmic all over body workout. Be sure to bring water and a yoga mat! Ages 14+

Instructor: Alana Pfeifer

Date: 06/04/2014 to 06/25/2014 (W)  
Time: 6:15 AM to 7:15 AM  
Fee: \$24.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

Alana has a degree in Physical Education and Health and Human Performance from Fort Hays State University. She is currently at K-State working on her dance degree. Alana is CPR/First Aid/AED certified. She also has certifications from YogaFit (working on her 200 hours), Spinning, and PiYo™ Strength.

## PiYo™ Strength

**NEW!**

**14BRF167B**

Instructor: Alana Pfeifer

Date: 07/02/2014 to 07/30/2014 (W)  
(No class 7/09)  
Time: 6:15 AM to 7:15 AM  
Fee: \$24.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## ZUMBA Fitness

**14BRF08A**

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

Instructor: Elsa Toburen, (785) 844-2016,  
elsatob@hotmail.com

Date: 06/04/2014 to 07/02/2014 (W)  
(No class 6/25)  
Time: 5:30 PM to 6:30 PM  
Fee: \$40.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

Elsa Toburen was born and raised in Tarapoto, Peru. Elsa has been teaching Zumba Fitness since 2007 and has recently received her license to teach QiFORZE. She is looking forward to continue sharing her passion for Fitness with the community.

## ZUMBA Fitness

**14BRF08B**

Instructor: Elsa Toburen, (785) 844-2016,  
elsatob@hotmail.com

Date: 07/09/2014 to 07/30/2014 (W)  
Time: 5:30 PM to 6:30 PM  
Fee: \$40.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## QiForze

**14BRF116A**

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

Instructor: Elsa Toburen, (785) 844-2016,  
elsatob@hotmail.com

Date: 06/02/2014 to 06/30/2014 (M)  
(No Class 6/23)  
Time: 5:30 PM to 6:30 PM  
Fee: \$48.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## QiForze

**14BRF116B**

Instructor: Elsa Toburen, (785) 844-2016,  
elsatob@hotmail.com

Date: 07/07/2014 to 07/28/2014 (M)  
Time: 5:30 PM to 6:30 PM  
Fee: \$48.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Hula Hooping for Fitness

**14BRF118**

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

Instructor: Pam Lathrop

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

Date: 07/09/2014 to 07/30/2014 (W)  
Time: 7:00 PM to 7:50 PM  
Fee: \$20.00  
Location: College Avenue United Methodist  
1609 College Ave



## Beginning Ballet for Adults 14BRF160

This is a basic ballet class for adults with little or no experience. Ballet is a fantastic way to gain strength and flexibility, as well as balance and focus. The class will be a fun and relaxed atmosphere and open to anyone wanting to learn!

Instructor: Amy Jones (Reazin)

Date: 05/16/2014 to 06/20/2014 (F)  
 Time: 5:30 PM to 7:00 PM  
 Fee: \$40.00  
 Location: K-State Ahearn Room 304  
 College Heights St., 3rd floor

Amy Jones has been studying ballet for 17 years, at a variety of studios including The Culture House, Kansas City Ballet, and Kansas State University. She also has experience in modern, jazz, lyrical and some tribal dance. Amy has been teaching ballet for two years and has also been involved in choreographing several pieces for Manhattan Art Center's Dance Attack performances in 2012 and 2013. Dancing is her passion and teaching it to others is her joy!



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

## Intro to Contemporary Dance 14BRF162

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

Instructor: Laura Vallejo

Date: 05/12/2014 to 06/16/2014 (M)  
 (No class 5/26)  
 Time: 7:00 PM to 8:00 PM  
 Fee: \$25.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

Laura Vallejo is a K-State senior in Theatre, Humanities and Dance with an emphasis on performance. Performing for years now she has been cast in numerous shows in the area to include K-State theatre and dance productions, Manhattan Arts Center, Columbian Theatre and The Kansas Dance Festival in Wichita.

## Belly Dance Conditioning Workout 14BRF12

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

Instructor: Michele Janette, [mjanette@ksu.edu](mailto:mjanette@ksu.edu)

Date: 07/01/2014 to 07/22/2014 (T)  
 Time: 5:30 PM to 6:30 PM  
 Fee: \$34.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

Michele Janette has studied tap, ballet, and jazz dance as well as Belly Dancing. She has been teaching the Belly Dance Workout class for eight years, and looks forward to many more!

## Salsa Dance 14BRF121Z

This is an introductory course in social dancing that emphasizes technique, partnering, musicality, and style of salsa as well as other Latin dances. Demonstrations, performances, and videos will supplement the course. Partners are welcome but not required for this class. No textbook is required for this course; however, ordering information for optional text/DVD/dance shoes is available from the instructor.

Instructor: Janet Galloway

Date: 05/20/2014 to 06/10/2014 (TTh)  
 Time: 6:00 PM to 8:30 PM  
 Fee: \$75.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Intro to Irish Dance 14BRF158A

Irish dancing is a fun way to stay active and is appropriate for all ages. In this class we will learn basic Irish dance steps and traditional soft shoe and ceili dances. No previous dance experience or special shoes are needed, beginners are welcome. Course content may vary depending on size and interests of the class.

Instructor: Patricia MacNeil, [tuckeranne@gmail.com](mailto:tuckeranne@gmail.com)

Date: 06/03/2014 to 06/24/2014 (T)  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$38.00  
 Location: K-State Ahearn Room 304  
 College Heights St., 3rd floor

Patricia MacNeil is a championship level Irish dancer who has participated in dance competitions in the Western United States as well as Europe for the past 15 years. She began teaching 8 years ago and has taught classes in traditional Irish dance in Utah, Colorado, Mississippi, and Germany. Her students have ranged from wee 3 year olds to adults. She loves to teach and share Irish dance with students of all abilities and levels.

## Intro to Irish Dance 14BRF158B

Instructor: Patricia MacNeil, [tuckeranne@gmail.com](mailto:tuckeranne@gmail.com)

Date: 07/10/2014 to 07/31/2014 (Th)  
 Time: 6:30 PM to 7:30 PM  
 Fee: \$38.00  
 Location: K-State Ahearn Room 304  
 College Heights St., 3rd floor

## Introduction to Golf 14BRF04A

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

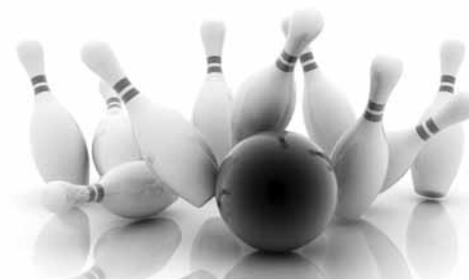
Instructor: Brian Lorenz

Date: 06/12/2014 to 06/26/2014 (Th)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$41.00  
 Location: Stagg Hill Golf Club  
 4441 Fort Riley Blvd.

## Introduction to Golf 14BRF04B

Instructor: Brian Lorenz

Date: 07/10/2014 to 07/24/2014 (Th)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$41.00  
 Location: Stagg Hill Golf Club  
 4441 Fort Riley Blvd.



## Beginning Bowling 14BRF123Z

This course will cover the basic fundamentals of bowling: how to choose a ball, stance, four-step approach, aim, spot bowling, proper release, and spare conversion system. Score keeping, tournament play, rules, and tips will also be taught.

Instructor: John Garetson

Date: 06/10/2014 to 07/31/2014  
 Time: 2:30 PM to 3:30 PM  
 Fee: \$80.00  
 Location: K-State Student Union  
 Bowling Alley

## SilverSneakers® Classic 14BRF113A

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

Instructor: Anna Simoneau

Date: 06/02/2014 to 06/26/2014 (M/T/Th)  
 Time: 10:10 AM to 11:10 AM  
 Fee: \$74.00  
 Location: Maximum Performance Physical  
 Therapy and Fitness Center  
 426A McCall Road

## SilverSneakers® Classic 14BRF113B

Instructor: Anna Simoneau

Date: 06/02/2014 to 07/21/2014 (M/F)  
 Time: 1:30 PM to 2:30 PM  
 Fee: \$100.00  
 Location: 4201 B Anderson Ave, Suite 1

## SilverSneakers® Circuit 14BRF114A

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

Instructor: Anna Simoneau

Date: 06/04/2014 to 07/23/2014 (W/F)  
 Time: 10:10 AM to 11:10 AM  
 Fee: \$100.00  
 Location: Maximum Performance Physical  
 Therapy and Fitness Center  
 426A McCall Road

## SilverSneakers® Circuit 14BRF114B

Instructor: Anna Simoneau

Date: 06/04/2014 to 07/23/2014 (W)  
 Time: 1:30 PM to 2:30 PM  
 Fee: \$86.00  
 Location: 4201 B Anderson Ave, Suite 1

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# YOUTH

## Junior Chefs:

### Taste the Rainbow

**NEW!**

**14BYO86**

Packed with food, fun and lots of color, Junior Chefs will explore a rainbow of tastes and texture. From salad wraps and kale chips to strawberry freezer jam and fruit pizza, kids will have a blast in the kitchen. Ages 6 to 12.

Instructor: Ginny Barnard

Date: 06/08/2014 (Su)  
Time: 2:30 PM to 4:30 PM  
Fee: \$10.00  
Location: Pottorf Hall at Cico Park  
Clover Room

## Junior Chefs:

### Hawaiian Luau

**NEW!**

**14BYO87**

Discover some great yummy foods from the island of Hawaii including fruits, veggies and nuts. Junior Chefs will enjoy making papaya smoothies and loco moco fried rice. Ages 6 to 12.

Instructor: Ginny Barnard

Date: 07/13/2014 (Su)  
Time: 2:30 PM to 4:30 PM  
Fee: \$10.00  
Location: Pottorf Hall at Cico Park  
Clover Room



Ask us about our UFM scholarship opportunities!



## Junior Golf Camp - Beginners

**NEW!**

**14BYO88A**

Stagg Hill Golf Club is offering a junior golf program that is dedicated to developing the junior golfers of the Manhattan area, not only for the year at hand but for the years to come. This program is designed to help all juniors of any age and skill level. The program is based around instruction led by PGA Golf Professional, Brian Lorenz. This camp is designed to cover all the basics to get your junior interested in the game of golf. We will be covering rules and etiquette, putting, chipping, and the basic fundamentals of the golf swing.

Instructor: Brian Lorenz

Date: 06/10/2014 to 06/12/2014 (T/W/Th)  
Time: 8:00 AM to 9:00 AM  
Fee: \$30.00  
Location: Stagg Hill Golf Club  
4441 Fort Riley Blvd.

## Junior Golf Camp - Beginners

**NEW!**

**14BYO88C**

Instructor: Brian Lorenz

Date: 07/08/2014 to 07/10/2014 (TWTh)  
Time: 8:00 AM to 9:00 AM  
Fee: \$30.00  
Location: Stagg Hill Golf Club  
4441 Fort Riley Blvd.

\*For additional Junior Gold Camp dates visit [www.tryufm.org](http://www.tryufm.org).



## Archery for Youth

**14BYO01A**

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 is provided by the instructor. Ages 8+.

Date: 06/04/2014 to 06/25/2014 (W)  
Time: 9:30 AM to 10:30 AM  
Fee: \$35.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Archery for Youth

**14BYO01B**

Instructor: Tom Korte, (785) 494-8889

Date: 07/08/2014 to 07/29/2014 (T)  
Time: 6:00 PM to 7:00 PM  
Fee: \$35.00  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor

## Teen Archery

**NEW!**

**14BYO82A**

This is for older students to practice archery in a supervised environment. Emphasis is on learning steps for development of good form. Repeaters are welcome and will be accommodated with instruction to match the individual skill sets. All equipment supplied by instructor. Ages: 13-17

Instructor: Tom Korte, (785) 494-8889

Date: 06/04/2014 to 06/25/2014 (W)  
Time: 10:45 AM to 11:45 AM  
Fee: \$35.00  
Location: UFM Solar Addition  
1221 Thurston St.

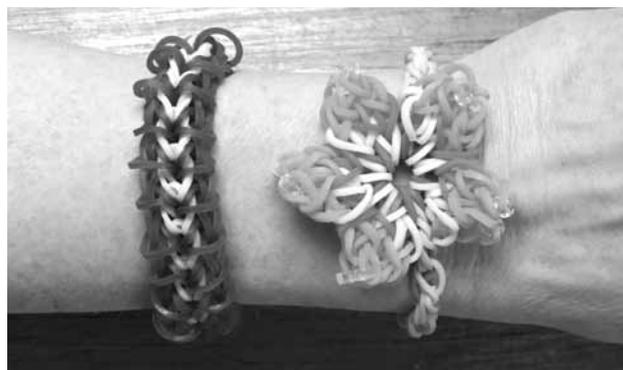
## Teen Archery

**NEW!**

**14BYO82B**

Instructor: Tom Korte, (785) 494-8889

Date: 07/08/2014 to 07/29/2014 (T)  
Time: 7:00 PM to 8:00 PM  
Fee: \$35.00  
Location: K-State Ahearn Room 304  
College Heights St., 3rd floor



**Rubber Band Loom Meetup**

**NEW!**

**14BYO85A**

Come join in on some rubber band crafting fun! Learn with fellow loomers and make new friends. Share your skills, and get new ideas as well. We will go just beyond bracelet-making and work on items such as charms and earrings. This meetup is intended for kids with some experience using a rubber band loom. Parents are welcome to stay and join in on the fun! Ages 7-12.

Instructor: Ava Hornung

Date: 06/22/2014 (Su)  
 Time: 2:00 PM to 4:00 PM  
 Fee: \$5.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

Ava is a 4th grader and has been creating bracelets, charms and earrings with her rubber band loom for about a year. She enjoys making other crafts, including hair bows, and also playing piano.

**Rubber Band Loom Meetup**

**NEW!**

**14BYO85B**

Instructor: Ava Hornung

Date: 07/20/2014 (Su)  
 Time: 2:00 PM to 4:00 PM  
 Fee: \$5.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor



**Junior Explorers Club**

**14BYO75**

Discover what exciting adventure awaits you! We will explore some of our local parks through scavenger hunts, nature study, fun games, and much more. Jr. Explorers will need a water bottle and shoes for walking/running. \*For children ages 5 to 10 yrs\*

Dates and Meeting locations:  
 Friday, June 6 - Fairmont Park  
 Friday, June 13 - Northeast Community Park  
 Friday, June 20 - Pioneer Park  
 Instructor: Ginny Barnard

Date: 06/06/2014 to 06/20/2014 (F)  
 Time: 9:30 AM to 11:00 AM  
 Fee: \$20.00  
 Location: Check class description above

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



**Camp A-B-C**

**NEW!**

**14BYO89**

UFM and Sylvan Learning have partnered to offer this camp. This 20 hour camp offers your child a fun-filled approach to building early reading skills. Camp highlights: build listening comprehension strategies, recognize and write capital and lowercase letters, increase print awareness, and build phonemic awareness. Camp is targeted for Pre-K kids. Fee includes a reading skills pre-assessment, 20 hours of instruction by certified teachers, a consult to communicate strengths and areas for improvement and a post assessment.

Instructor: Sylvan Learning Center

Date: 06/16/2014 to 06/27/2014 (M-Th)  
 \* Registration deadline is June 6  
 Time: 1:00 PM to 3:00 PM  
 Fee: \$360.00  
 Location: UFM Conference Room  
 1221 Thurston St.

**Tutoring in Reading and Language Arts**

**14BYO54**

This class was designed to meet the needs of students who want to enhance their reading and language arts skills this fall. Tutoring will be tailored to each student's needs and interests and will develop sight word vocabulary, context clues, dictionary aids, reading for meaning and comprehension skills. Writing techniques will be taught. Homework will be assigned and is necessary to continue learning. Students will be divided into appropriate reading and age levels. This is for grade levels: Completed 1st grade through 6th grade. Randi Dale is a certified teacher grades K-12 with a Masters in Curriculum and Instruction. She has her certifications in Reading. Please call 785-539-5767 before coming to class so the correct reading level materials are available for the students.

Instructor: Randi Dale, (785) 539-5767

Date: 07/22/2014 to 07/31/2014 (TTh)  
 Time: 1:00 PM to 1:40 PM  
 Fee: \$45.00  
 Location: College Avenue United Methodist  
 1609 College Ave

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





**Pre-School Dance 14BYO63**

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

Instructor: Randi Dale

Date: 06/09/2014 to 06/16/2014 (M)  
 Time: 5:30 PM to 6:00 PM  
 Fee: \$14.00  
 Location: UFM Banquet Room  
 1221 Thurston St.



**Introduction to Ballet and Tap Dancing 14BYO73**

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

Instructor: Randi Dale, (785) 539-5767

Date: 06/09/2014 to 06/16/2014 (M)  
 Time: 6:00 PM to 6:30 PM  
 Fee: \$14.00  
 Location: UFM Banquet Room  
 1221 Thurston St.

**Teen Beginning Ballet 14BYO83**

This class is designed to learn or review basic Ballet techniques and learn a dance from the classic story ballet Sleeping Beauty. It is not necessary to wear ballet attire.

Instructor: Randi Dale, (785) 539-5767

Date: 05/19/2014 to 06/02/2014 (M)  
 (No class 5/26)  
 Time: 5:30 PM to 6:00 PM  
 Fee: \$14.00  
 Location: UFM Banquet Room  
 1221 Thurston St.

**Teen Beginning Tap NEW! 14BYO84**

This class is designed to learn basic tap techniques and a fun dance. Learn the maxi-fered, shuffle ball-change, the buffaloes, and more. Tennis shoes can be worn.

Instructor: Randi Dale, (785) 539-5767

Date: 05/19/2014 to 06/02/2014 (M)  
 Time: 6:00 PM to 6:30 PM  
 Fee: \$14.00  
 Location: UFM Banquet Room  
 1221 Thurston St.



Ask us about our UFM scholarship opportunities!



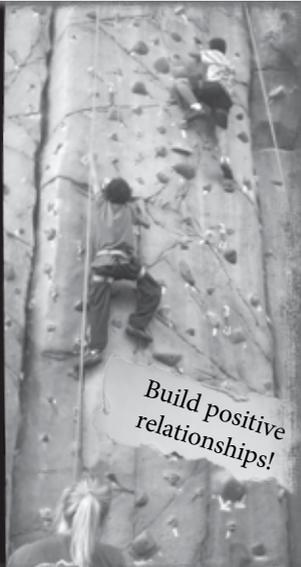
## {Teen Mentoring!}

**Wednesdays**  
 June 4 - July 30

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)



Have Fun!

Build positive relationships!

# OSHER LIFELONG LEARNING



## Feeding the Threshers: Harvest Customs of Kansas

*Presented by Roy Bird*  
Mondays, June 2, 9 & 16 - 3:00-5:00 p.m.  
Meadowlark Hills Community Room  
2121 Meadowlark Road, Manhattan  
\$40.00

Explore the rich history, with a special interest in the role of women, from the pioneer era through the mechanization of the 19th and 20th centuries, to the wireless technology of harvesting today. While men and boys toiled to gather a crop—fighting time, the elements and obstinate machinery—farm wives and daughters did chores and housework, and still managed to spread scrumptious meals for the harvesters.

## Peace and Conflict in Northern Ireland

*Presented by Terrie R. McCants*  
Weds, July 2, 9 & 16 - 2:00-4:00 p.m.  
Meadowlark Hills Community Room  
2121 Meadowlark Road, Manhattan  
\$40.00

This course examines the historical, political, and religious roots of Northern Ireland's conflict. We'll analyze the area's cultural traditions and explore the ways in which this divided society copes with the attendant political, economic and social problems. We will look at key events of the conflict.

## The History of Rock 'n' Roll

*Presented by Steven Maxwell*  
Weds, July 14, 21 & 28 - 3:00- 5:00 p.m.  
Meadowlark Hills Community Room  
2121 Meadowlark Road, Manhattan  
\$40.00

For more than fifty years, rock 'n' roll has influenced many aspects of our lives. This course will look at rock 'n' roll from its origins, focusing on the development of rock styles from its roots in blues, folk, country and pop. For the purposes of this course, we'll focus on music from the 1950s, 1960s and 1970s.

## The Ukraine Crisis

*Presented by Waldemar Biniiecki*  
Weds, July 23, 30, Aug 6 - 7:00-9:00 p.m.  
Meadowlark Hills Community Room  
2121 Meadowlark Road, Manhattan  
\$40.00

This course explores the fast moving events in Ukraine as they are unfolding. We'll start with a brief history of both Ukraine and Russia and the expansion of the Russian Empire and Soviet Republics. Ukraine achieved independence in 1991 after the Soviet empire crumbled. We'll discuss the economic, strategic and geopolitical role of Ukraine today as well as what contributed to the February 2014 revolution that ousted leader Viktor Yanukovich and prompted Russia's takeover of Crimea.

### SPECIAL EVENT: Trip to Kansas City Union Station to see the "Discovery of King Tut"

The North American premier of The Discovery of King Tut exhibit comes to Kansas City's Union Station this summer. Afterwards, enjoy an elegant lunch at the Webster House. Friday • July 18 - 8:00 a.m. Charter coach departs from the Meadowlark Hills main entrance with an additional stop at Manhattan Town Center, parking lot west of Dillard's. 3:45 p.m. approximate return to Manhattan Fee: \$55 includes coach transportation, exhibit admission and lunch.

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

## evening college

on-campus classes offered after hours

**intersession**  
on-campus and online classes between terms

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

ON CAMPUS ONLINE  
**ON TRACK**  
to your degree

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

Elsa Toburen, bachelor's student

flexible classes you can complete from anywhere  
**online**

**KANSAS STATE**  
UNIVERSITY

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

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

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

- 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>				
11463 - Salsa Dance	6:00 to 8:30PM	5/20/2014 to 6/5/2014 (T/Th)	\$315.00	Ahearn 301
<b><u>MUSIC 206</u></b>				
11979 - Beginning Piano	6:00 to 7:40 PM	5/29/2014 to 6/24/2014 (T/TH)	\$303.00	McCain 127
<b><u>KIN 101</u></b>				
11841 - Bootcamp Fitness	7:00 to 8:00 PM	6/10/2014 to 7/31/14 (T/TH)	\$413.00	Pro Fitness
<b><u>RRES 200</u></b>				
11453 - First Aid/CPR/AED	Noon to 7:30 PM	5/31/2014 to 6/1/2014 (Sat/Sun)	\$389.00	UFM
11777 - First Aid/CPR/AED	Noon to 7:30 PM	7/26/2014 to 7/27/2014 (Sat/Sun)	\$389.00	UFM
11599 - Tae Kwon Do	5:00 to 6:00 PM	6/3/2014 to 7/31/2014 (T/TH)	\$389.00	Sun Yi's
11455 - Women's Self Defense	5:00 to 6:00 PM	5/24, 5/25, 5/31, 6/1/2014 (T/TH)	\$333.00	Ahearn 301
115550 - Boxing 1	6:30 to 7:30 PM	6/2/2014 to 7/23/2014 (M/W)	\$419.00	K.O. Boxing
11554 - Boxing 1	6:30 to 7:30 PM	6/3/2014 to 7/24/14 (T/TH)	\$419.00	K.O. Boxing
11556 - Boxing 2	5:30 to 6:30 PM	6/4/2014 to 7/24/2014 (W/TH)	\$419.00	K.O. Boxing
11542 - Boxing 3	5:30 to 6:30 PM	6/2/2014 to 7/22/2014 (M/T)	\$419.00	K.O. Boxing
11557 - Boxing 4	7:30 to 8:30 PM	6/3/2014 to 7/24/2014 (T/TH)	\$419.00	K.O. Boxing
11560 - Boxing 4	7:30 to 8:30 PM	6/2/2014 to 7/23/2014 (M/W)	\$419.00	K.O. Boxing
11666 - Beginning Bowling	2:30 to 3:20 PM	6/10/2014 to 7/31/2014 (T/TH)	\$313.00	K-State Union

**Locations:**

Pro Fitness in Aggieville, 1125 Laramie St, Lower Level  
 Natatorium, K-State pools in Ahearn Complex  
 UFM Building, 1221 Thurston Street  
 Golf -Stagg Hill Golf Club, 4441 Ft Riley Blvd,  
 Sport Center, 615 A South 11th Street  
 McCain Auditorium, Room 127

Sun Yi's Academy Tae Kwon Do, 1650 Hayes Drive  
 K.O. Boxing, Blue Hills Shopping Center  
 K-State Student Union Bowling Alley, Basement  
 Ahearn 301, Ahearn Complex, 3rd floor, Gymnasium door entry  
 on NW side of building

# ENROLL TODAY!

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

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

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

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

Class registration confirmations will be sent via email.



## UFM REGISTRATION FORM

1221 Thurston St | Manhattan KS 66502

785.539.8763 | (F) 785.539.9460 | [www.tryufm.org](http://www.tryufm.org) | [info@tryufm.org](mailto:info@tryufm.org)



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

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

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

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

Course Code	Session	Course Name	Fee \$
Example: 14BCF188		Cool Tools for Cards and Scrapbooking	14.00

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.