

Summer 2016 UFM Community Learning Center



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

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**Summer 2016
UFM
Catalog**

UFM Community Learning Center
1221 Thurston St
Manhattan, KS 66502



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MANHATTAN, KS 66502

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Cover photograph courtesy of Scott Bean

The featured photo on the cover is a creation of notable landscape photographer Scott Bean (scottbeanphoto.com). It was taken at the Konza Prairie Biological Station, just outside of Manhattan. The Konza Prairie is jointly owned by The Nature Conservancy and Kansas State University and is operated as a field research station. While the primary purpose of the Konza Prairie is for research, the landowners have provided hiking trails that are open and available to the public from dawn to dusk, as weather and trail conditions permit. Continued access to the Konza Prairie is dependent on the cooperation of visitors following the rules set forth below. Please follow the rules so that the public may continue to enjoy the Konza Prairie.

- Remain on designated roads and trails at all times.
- Dogs, horses, and other pets are not permitted on-site.
- Our trails are for hiking only. Bicycles, motorcycles, and any all-terrain vehicles are not permitted.
- Camping or overnight parking is prohibited.
- Collection or removal of flowers, rocks, feathers, or other materials from the area is prohibited.
- Smoking, or any open flame, is prohibited.
- Pack it in, pack it out. Disposal receptacles and picnic areas are not available on the trail.
- The trails and parking area are closed within 1-hour after sunset. Vehicles remaining after this time are subject to being towed at the vehicle owner's expense.
- This area is patrolled by K-State Police.
- Contact K-State Police at 785-532-6412 or use the "Silent Witness" site (<https://www.k-state.edu/police/silent/>) to report any suspicious behavior

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 2016 INSTRUCTORS

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

Voices For All, LLC
Ginny Barnard
Scott Bean
Lorissa Ridley
Erin Bishop
Betsy Blaser (Blazer)
Tom Boley
Charlene Brownson
Kate Cashman
Kelly Cook
Randi Dale
Bill Dorsett
Ana Franklin
John Garetson
Leslie Graves

Kate Grier
Dolly Gudder
Jenny Guilford
Megan Hartford
Palma Holden
Confucius Institute
Brandon Irwin
Kyoshi Pamela Johansen
Milo Kelley
Scott Kohl
Tom Korte
Brian Lorenz
Samantha Lovitt
Kumiko Nakamura
Debbie Newton

Brian Niehoff
Kelly Reed-Harkness
Mandy Ridder
Ruth Rosenblatt
Ryan Semmel
Linda Teener
Abby Thrash
Amy Trujillo
Kellie Weeks
Thomas Weeks
Paul Weidhaas
Amy (Nashid) Werner
Stan Wilson

KSU CREDIT COURSES

CREDIT CLASS ENROLLMENT

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

CREDIT ENROLLMENT FEES

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

CREDIT CLASS REFUNDS AND WITHDRAWALS

Tuition refunds are calculated based on the number of calendar days in the class. You may be eligible for a full or partial refund of tuition if you choose to drop your class before a certain date. Please refer to the full withdrawal and refund policy at <http://global.k-state.edu/courses/registration/policies-withdrawal> or visit <http://courses.k-state.edu/summer2016/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/summer2016/information/deadlines.html>

STUDENT ACCESS CENTER

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

INCLEMENT WEATHER POLICY

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

LIABILITY STATEMENT

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

DONATIONS

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

SPECIAL ASSISTANCE

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

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

UFM STAFF

Executive Director | **LINDA INLOW TEENER**

Education Coordinator | **KAYLA SAVAGE**

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

KSU Credit Coordinator | **ERIN BISHOP**

Program Assistant | **VAL COLTHARP**

Program Assistant | **SAMANTHA LOVITT**

Mentoring Coordinator | **MANDY COLTHARP**

Swim Coordinator | **MORGAN SHETLER**

Student Assistant | **SHELBY MORGAN**

Lou Douglas Lecture Coordinator | **OLIVIA COLLINS**

BOARD OF DIRECTORS

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AQUATICS

LEARN TO SWIM CLASSES

UFM proudly offers the American Red Cross Swim Lessons Levels 1 - 6, Parent and Child, and Tot Transition.

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

LOCATION: KSU Natatorium - Ahearn Complex on Denison Avenue

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

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

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

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

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



BEGINNING & ENDING DATES:

(Parent and Child Aquatics & Tot Transition)

Session A1: Monday - Thursday, June 6 - June 9

Session A2: Monday - Thursday, June 13 - June 16

Session B1: Monday - Thursday, June 20 - June 23

Session B2: Monday - Thursday, June 27 - June 30

Session C1: Tuesday - Friday, July 5 - July 8

Session C2: Monday - Thursday, July 11 - July 14

Session D1: Monday - Thursday, July 18 - July 21

Session D2: Monday - Thursday, July 25 - July 28

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
16BAQAPA 9:50 AM to 10:25 AM
16BAQAPP 6:00 PM to 6:35 PM

Session A2: Monday - Thursday
16BAQAPA 9:50 AM to 10:25 AM

Session B1: Monday - Thursday
16BAQBPA 9:50 AM to 10:25 AM
16BAQBPP 6:00 PM to 6:35 PM

Session B2: Monday - Thursday
16BAQBPA 9:50 AM to 10:25 AM

Session C1: Monday - Thursday
16BAQCPA 9:50 AM to 10:25 AM
16BAQCPP 6:00 PM to 6:35 PM

Session C2: Monday - Thursday
16BAQCPA 9:50 AM to 10:25 AM

Session D1: Monday - Thursday
16BAQDPA 9:50 AM to 10:25 AM
16BAQDPP 6:00 PM to 6:35 PM

Session D2: Monday - Thursday
16BAQDPA 9:50 AM to 10:25 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, non-credit course descriptions.

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

Session A1: Monday - Thursday
16BAQATA 9:10 AM to 9:45 AM

Session A2: Monday - Thursday
16BAQATA 9:10 AM to 9:45 AM
16BAQATP 6:00 PM to 6:35 PM

Session B1: Monday - Thursday
16BAQBTA 9:10 AM to 9:45 AM

Session B2: Monday - Thursday
16BAQBTA 9:10 AM to 9:45 AM
16BAQBTP 6:00 PM to 6:35 PM

Session C1: Monday - Thursday
16BAQCTA 9:10 AM to 9:45 AM

Session C2: Monday - Thursday
16BAQCTA 9:10 AM to 9:45 AM
16BAQCTP 6:00 PM to 6:35 PM

Session D1: Monday - Thursday
16BAQDTA 9:10 AM to 9:45 AM

Session D2: Monday - Thursday
16BAQDTA 9:10 AM to 9:45 AM
16BAQDTP 6:00 PM to 6:35 PM



AQUATICS

BEGINNING & ENDING DATES:

Levels I-VI & Lap Swimming

Session A: Monday - Thursday, June 6 - June 16

Session B: Monday - Thursday, June 20 - June 30

Session C: Monday - Thursday, *July 5 - July 14
(*NO class Monday 7/4, makeup Friday 7/8)

Session D: Monday - Thursday, July 18 - July 28

Level I: Introduction to Water Skills

Youth lessons. The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. At this level participants start developing positive attitudes, good swimming habits and safe practices in and around the water. For the list of skills to be learned in class visit www.tryufm.org, non-credit course descriptions.

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

Session A: Monday - Thursday
16BAQ01A1 9:50 AM to 10:35 AM
16BAQ01A2 10:40 AM to 11:25 AM
16BAQ01A3 5:30 PM to 6:15 PM
16BAQ01A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday
16BAQ01B1 9:50 AM to 10:35 AM
16BAQ01B2 10:40 AM to 11:25 AM
16BAQ01B3 5:30 PM to 6:15 PM
16BAQ01B4 6:30 PM to 7:15 PM

Session C: Monday - Thursday
16BAQ01C1 9:50 AM to 10:35 AM
16BAQ01C2 10:40 AM to 11:25 AM
16BAQ01C3 5:30 PM to 6:15 PM
16BAQ01C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday
16BAQ01D1 9:50 AM to 10:35 AM
16BAQ01D2 10:40 AM to 11:25 AM
16BAQ01D3 5:30 PM to 6:15 PM
16BAQ01D4 6:30 PM to 7:15 PM

Level II: Fundamental Aquatic Skills

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

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

Session A: Monday - Thursday
16BAQ02A1 9:50 AM to 10:35 AM
16BAQ02A2 10:40 AM to 11:25 AM
16BAQ02A3 5:30 PM to 6:15 PM
16BAQ02A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday
16BAQ02B1 9:50 AM to 10:35 AM
16BAQ02B2 10:40 AM to 11:25 AM
16BAQ02B3 5:30 PM to 6:15 PM
16BAQ02B4 6:30 PM to 7:15 PM

Session C: Monday - Thursday
16BAQ02C1 9:50 AM to 10:35 AM
16BAQ02C2 10:40 AM to 11:25 AM
16BAQ02C3 5:30 PM to 6:15 PM
16BAQ02C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday
16BAQ02D1 9:50 AM to 10:35 AM
16BAQ02D2 10:40 AM to 11:25 AM
16BAQ02D3 5:30 PM to 6:15 PM
16BAQ02D4 6:30 PM to 7:15 PM



Level III: Stroke Development

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

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

Session A: Monday - Thursday
16BAQ03A1 9:50 AM to 10:35 AM
16BAQ03A2 10:40 AM to 11:25 AM
16BAQ03A3 5:30 PM to 6:15 PM
16BAQ03A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday
16BAQ03B1 9:50 AM to 10:35 AM
16BAQ03B2 10:40 AM to 11:25 AM
16BAQ03B3 5:30 PM to 6:15 PM
16BAQ03B4 6:30 PM to 7:15 PM

Session C: Monday - Thursday
16BAQ03C1 9:50 AM to 10:35 AM
16BAQ03C2 10:40 AM to 11:25 AM
16BAQ03C3 5:30 PM to 6:15 PM
16BAQ03C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday
16BAQ03D1 9:50 AM to 10:35 AM
16BAQ03D2 10:40 AM to 11:25 AM
16BAQ03D3 5:30 PM to 6:15 PM
16BAQ03D4 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

For more information contact:
Coach Rob Putnam at 303.819.8861

AQUATICS

Level IV: Stroke Improvement

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

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

Session A: Monday - Thursday
16BAQ04A1 9:50 AM to 10:35 AM
16BAQ04A2 10:40 AM to 11:25 AM

Session B: Monday - Thursday
16BAQ04B1 9:50 AM to 10:35 AM
16BAQ04B2 10:40 AM to 11:25 AM

Session C: Monday - Thursday
16BAQ04C1 9:50 AM to 10:35 AM
16BAQ04C2 10:40 AM to 11:25 AM

Session D: Monday - Thursday
16BAQ04D1 9:50 AM to 10:35 AM
16BAQ04D2 10:40 AM to 11:25 AM

Level V: Stroke Refinement

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

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

Session A: Monday - Thursday
16BAQ05A1 9:50 AM to 10:35 AM
16BAQ05A2 10:40 AM to 11:25 AM

Session B: Monday - Thursday
16BAQ05B1 9:50 AM to 10:35 AM
16BAQ05B2 10:40 AM to 11:25 AM

Session C: Monday - Thursday
16BAQ05C1 9:50 AM to 10:35 AM
16BAQ05C2 10:40 AM to 11:25 AM

Session D: Monday - Thursday
16BAQ05D1 9:50 AM to 10:35 AM
16BAQ05D2 10:40 AM to 11:25 AM

Level VI: Swimming and Skill Proficiency

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

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

Session A: Monday - Thursday
16BAQ06A1 9:50 AM to 10:35 AM
16BAQ06A2 10:40 AM to 11:25 AM

Session B: Monday - Thursday
16BAQ06B1 9:50 AM to 10:35 AM
16BAQ06B2 10:40 AM to 11:25 AM

Session C: Monday - Thursday
16BAQ06C1 9:50 AM to 10:35 AM
16BAQ06C2 10:40 AM to 11:25 AM

Session D: Monday - Thursday
16BAQ06D1 9:50 AM to 10:35 AM
16BAQ06D2 10:40 AM to 11:25 AM



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

AQUATICS

Private Swim Lessons **16BAQ103**

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. Due to time constraints, THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS. Class is held during group lessons and other aquatic classes.

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

Beginning and Ending Dates for Morning Private Lessons:

16BAQ103A1: Mon. - Thur., June 6 - June 9
16BAQ103A2: Mon. - Thur., June 13 - June 16

16BAQ103B1: Mon. - Thur., June 20 - June 23
16BAQ103B2: Mon. - Thur., June 27 - June 30

16BAQ103C1: Tues. - Fri., July 5 - July 8
16BAQ103C2: Mon. - Thur., July 11 - July 14

16BAQ103D1: Mon. - Thur., July 18 - July 21
16BAQ103D2: Mon. - Thur., July 25 - July 28

Time for morning classes:
9:10 AM to 9:45 AM

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



Lap Swimming: Ages 13+

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

Fee: \$19.00 per session (8 times)

Session A: Monday - Thursday
16BAQLSA1 9:10 AM to 11:25 AM
16BAQLSA3 5:30 PM to 7:30 PM

Session B: Monday - Thursday
16BAQLSB1 9:10 AM to 11:25 AM
16BAQLSB3 5:30 PM to 7:30 PM

Session C: Monday - Thursday
16BAQLSC1 9:10 AM to 11:25 AM
16BAQLSC3 5:30 PM to 7:30 PM

Session D: Monday - Thursday
16BAQLSD1 9:10 AM to 11:25 AM
16BAQLSD3 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. The lap pool is available every day your child is enrolled in swimming lessons. During this time you will be able to swim laps to meet your own needs and goals.

Fee: \$16.00 per session (8 times)

Session A: Monday - Thursday
16BAQLPA1 9:10 AM to 11:25 AM
16BAQLPA3 5:30 PM to 7:30 PM

Session B: Monday - Thursday
16BAQLPB1 9:10 AM to 11:25 AM
16BAQLPB3 5:30 PM to 7:30 PM

Session C: Monday - Thursday
16BAQLPC1 9:10 AM to 11:25 AM
16BAQLPC3 5:30 PM to 7:30 PM

Session D: Monday - Thursday
16BAQLPD1 9:10 AM to 11:25 AM
16BAQLPD3 5:30 PM to 7:30 PM

AQUATICS

Shallow/Deep Water Exercise 16BAQSHD

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

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

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

Date: 06/06/2016 to 07/28/2016 (M-TH)
NO class 7/04
Time: 6:40 PM to 7:25 PM
Fee: \$24 for 8 classes
\$36 for 16 classes
\$48 for 24 classes
Location: Natatorium, K-State Campus

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

UFM Community Learning Center



Facebook.com/UFMCLC

Have an idea for a class?

email Kayla at kayla@tryufm.org

Blended Learning: Lifeguard Training

16BAQ07

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

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

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

Source: American Red Cross

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

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

****Prerequisites:** candidates must

1) Be 15 years of age on or before the last scheduled day of class;

2) Swim 500 yards continuously using these strokes in the following order:

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

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

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

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

Instructor: Kelly Cook

Date: 05/25/2016 to 05/26/2016 (W/Th)
Time: 4:00 PM to 10:00 PM
Fee: \$165.00
Location: Natatorium, K-State campus



Blended Learning:

WSI - Water Safety Instructor 16BAQ121

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 \$85 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.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 05/31/2016 – 06/01/2016 (Tu/W)
Time: 8:00 AM to 7:00 PM
Fee: \$190.00
Location: Natatorium, K-State campus

CAREER & FINANCE

Financial Literacy: The Talk About Money **NEW!** **16BFC156**

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

Instructor: Milo Kelley

Date: 07/14/2016 to 08/04/2016 (Th)
 Time: 6:30 PM to 8:00 PM
 Fee: \$18.00
 Location: UFM Conference Room
 1221 Thurston St.

BrainPOP for the Classroom **NEW!** **16BFC151**

BrainPOP has a myriad of new features that can continue the learning for students and provide a glimpse into the student's mind and if they are understanding the content. Some of the features that will be discussed and practiced are FYI, Make-A-Map, GameUp, Primary Sources, Class Accounts, and BrainPOP Educators. BrainPOP can be used to differentiate from and meet the needs of a wide range of students. This online course will go over the features through videos, online chats through Google Hangouts and Skype, and individual assignments that will be submitted online through BrainPOP. Participants in this course are strongly encouraged to have a BrainPOP account. Deadline to enroll is May 31st.

Must have a valid email address. All course items and optional projects will be on Edmodo
 Instructor: Amy Trujillo, amyellen@me.com

Date: 06/05/2016 to 06/19/2016
 *Registration Deadline May 31
 Time: Online
 Fee: \$25.00
 Location: Online



Digital Storytelling with ELLs **NEW!** **16BFC152**

Digital storytelling is an excellent way for students still learning English to communicate their understanding of the content with their class, school, and the rest of the world. Course participants will be able to practice with digital storytelling tools, like VoiceThread, Glogster, ShadowPuppet Edu, Toontastic, ExplainEverything, and Voice Notes. Examples of student work will be shared as well as tips on how to use the programs and how it links to the standards. Class discussions will take place in Google Hangouts, Twitter, as well as in email. Participants are encouraged to have an iPad or tablet. Deadline to enroll is June 14.

Must have a valid email address. All course items and optional projects will be on Edmodo
 Instructor: Amy Trujillo, amyellen@me.com

Date: 06/19/2016 to 07/03/2016
 *Enrollment deadline is June 14
 Time: Online
 Fee: \$25.00
 Location: Online



STEM Lessons for Beginners **NEW!** **16BFC154**

Participants will learn how to find STEM lessons, have the chance to practice some of the selected lessons, and learn the difference between the engineering process and the scientific method. All lessons and materials lists will be available for download so participants can take what they learned and use it in the classroom or with their own children. This is an introductory course and does not require any knowledge of STEM or the engineering process. This course is perfect for education students, home school parents, and classroom teachers. The course will be taught online through Google Hangouts, email, Twitter, and Skype. Participants may just use the course for discussion with others or they may participate in the scheduled online class sessions where the lessons will be demonstrated. Deadline to enroll is June 28.

Must have a valid email address. All course items and optional projects will be on Edmodo
 Instructor: Amy Trujillo, amyellen@me.com

Date: 07/03/2016 to 07/17/2016
 *Enrollment deadline is June 28
 Time: Online
 Fee: \$25.00
 Location: Online

Meeting the Needs of Gifted Students **NEW!** **16BFC155**

The new student already knows everything in your textbook and it is only September. What do you do now? This course offers practical advice on how to differentiate, resources for digging deeper, things to avoid with gifted learners, and how to keep the student engaged and learning content in your classroom. Course participants will receive links to articles, gifted identification, research, organizations, and conferences for gifted learners and their families. Participants will also be able to ask parents of gifted children, as well as gifted children, questions so they can better help the next gifted student that is in their classroom. Class discussions will take place in Google Hangouts, Twitter, as well as email. Deadline to enroll is July 12.

Must have a valid email address. All course items and optional projects will be on Edmodo
 Instructor: Amy Trujillo, amyellen@me.com

Date: 07/17/2016 to 07/31/2016
 *Enrollment deadline is July 12
 Time: Online
 Fee: \$25.00
 Location: Online

CREATIVE FREE TIME

NEW!

Playing Blues Harmonica **16BCF249**

This is a beginner's class on the blues harmonica or harp. The sessions will provide an introduction to the harmonica, from the basics (how to hold, playing notes, techniques) to playing in the blues style (bending notes, warbles, and tone), as well as learning some simple tunes. The class will also learn about some of the key blues harp musicians in history. It is not necessary that learners have any musical knowledge or background for this class. *Learners are expected to bring their own harmonica in the key of A to the class. Harmonicas can be purchased locally at Glenn's Music or Rick's Music Shop, or online at www.musiciansfriend.com.
Instructor: Brian Niehoff, (785) 770-7532
niehoff@ksu.edu

Date: 06/13/2016 to 07/18/2016 (M)
(No Class July 4)
Time: 7:00 PM to 8:00 PM
Fee: \$19.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Dr. Brian Niehoff has been playing blues harp for about 10 years. A lifelong guitar player, he started learning the harp through lessons offered free on YouTube, then studied different styles under Dr. Wayne Goins for a year or so. He occasionally plays with a few local bands. In his day job, he is the associate provost for institutional effectiveness at Kansas State University and a professor of management in the College of Business Administration.



Sax, Clarinet or Flute Private Instruction **16BCF232**

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

Date: 06/01/2016 to 08/07/2016 (W)
Time: TBD
Fee: \$64.00 for 4 classes
\$128.00 for 8 classes
\$192.00 for 12 classes
\$256.00 for 16 classes
Location: UFM - 1221 Thurston St.



Get Hooked Together! **16BCF243**

Crochet enthusiasts, from beginners to experts, can participate in these skill building and sharing sessions. Explore stitches and see what others are creating. Bring a project you are working on or teach us a new technique you have learned. Beginners are welcome! This group is a continuation of the spring get togethers and may continue beyond the scheduled dates for those interested. Bring a hook (size H, I or J), some light colored worsted weight (Size 4) yarn for practice, a project you are working on, and any creations you want to share.
Instructor: Linda Teener

Date: 06/08/2016 to 07/27/2016 (W)
*Class meets 6/08, 6/29, 7/13, 7/20, and 7/27
No class 6/15, 6/22, & 7/06
Time: 5:30 PM to 7:00 PM
Fee: \$15.00
Location: UFM
1221 Thurston St.



Broomstick Lace **16BCF234**

Take your crochet projects beyond the basics. Learn broomstick lace while making an infinity scarf. This is a crochet skill that creates an open, lace-like fabric. Participants need to be comfortable with the basic crochet skills of chain, single and double crochet. Bring a size I crochet hook. The yarn and "broomstick" are included in the class fee. (Class fee of \$31 includes most materials.)
Instructor: Linda Teener

Date: 06/15/2016 to 06/22/2016 (W)
Time: 5:30 PM to 7:00 PM
Fee: \$31.00 - Class fee + materials
Location: UFM
1221 Thurston St.

CREATIVE FREE TIME



NEW!

Dynamic T-Shirt Quilt Class 16BCF248

T-shirt quilts come in many different shapes and styles. Come find out how you can dazzle with different settings, sashings and multiple t-shirts in various arrangements. We will discuss the various ways you can assemble your t-shirt quilt and then design and create your t-shirt quilt. Students will have several variations of quilt designs to choose from so it will be a unique design. Students will need to have basic sewing skills and a sewing machine to bring to class. Students who have taken Mandy's previous t-shirt quilts classes will excel in this class, although students do not need to have taken the previous class to enroll in this class. The June 29th class will be an informational meeting to go over supplies for the two Saturday classes.

Class dates:

* Wednesday, June 29 - 6:30p-7:30p

* Saturday, July 9 and 16 - 8:00a - 4:00p

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

Date: 06/29/2016 to 07/16/2016 (W/Sa)

Time: 6:30 PM to 7:30 PM

Fee: \$50.00

Location: TBD

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.

Painted Pet Rocks **NEW!** 16BYO108

Join us to have fun creating your own pet rocks! Our first project will be to paint ten small rocks that will be used to create your own tic-tac-toe board game. The second project will be to use a larger rock to create another painted art work. Wear your paint clothes. All materials will be provided, however you may bring your own rocks. Smaller smooth rocks should be 1/2 inch to fit the board, the larger smooth rock could be 4-6 inches. Ages 5 years and up.

Instructors: Charlene Brownson & Samantha Lovitt

Date: 06/22/2016 (W)

Time: 3:30 PM to 4:30 PM

Fee: \$12.00

Location: UFM Solar Addition
1221 Thurston St.



Introduction to Digital Photography: The Basics 16BCF190

This class will focus on the basic concepts of photography and using your camera. To get the most from the class, participants should have a digital camera that users can set the f-stop and shutter speed for (DSLR's and most advanced compact cameras will have a manual, aperture priority or shutter priority mode that will work for this). If you aren't sure if your camera will work for the class, don't hesitate to ask. Topics that will be covered in the class are how f-stop, shutter speed, and ISO work together to determine a photograph's exposure, how these settings can influence the look of your photo, how to take control of your camera and set the f-stop and shutter speed, how to use ISO, what white balance is, and how in-camera processing settings can impact the color of your photographs. The class will also cover controlling your exposure, using your histogram, bracketing exposures and working with light. The last part of the class will introduce some basic concepts about composition and creating the photograph you want. The class will include 4 classroom meetings (Thurs) and 3 optional field trips (Saturdays) to practice what we cover in the class meetings. Exact times of the field trips will be discussed at the first class, but will be on Saturday evening a few hours before sunset. Participants will be responsible for their own transportation to the field trips. Class dates: Thursday: 7-9pm, June 2, 9, 16, and 23. Saturday: a few hours before sunset June 4, 11 & 18. Instructor: Scott Bean, (785) 341-1047
scott@scottbeanphoto.com

Date: 06/02/2016 to 06/23/2016 (Th/Sa)

Time: 7:00 PM to 9:00 PM

Fee: \$68.00

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

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

Scott Bean
Photography

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

EARTH & NATURE

Herb Walk

NEW!

16BEN134

Late spring is a beautiful time to take a stroll at the Collin's Lane community garden. We will explore the culinary and medicinal values of 10 different herb plants at Ruth's garden plot. Samples and handouts will be provided. Bring your cameras, if you'd like, and join us for an hour of fragrant delight!

Instructor: Ruth Rosenblatt

Date: 05/21/2016 (Sa)
 Time: 6:00 PM to 7:00 PM
 Fee: No charge
 Location: Collins Lane Garden
 1435 Collins Lane
 Manhattan, KS

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

Tiny House Practicum

NEW!

16BEN135

The purpose of this practicum is to expose students to the building phase of tiny house construction and generate enthusiasm for the tiny house movement in Manhattan, KS. Students are free to observe, but are highly encouraged to participate in the build. Specific tasks will be assigned based on experience (some construction experience required if you want to participate in the build) and may include: framing, flooring, roofing, plumbing, or electrical. Contact Brandon Irwin with question at bcirwin@ksu.edu. To follow the project online, visit www.EarthToBrandon.com.

Instructor: Brandon Irwin

Date: 06/11/2016 to 07/09/2016 (Sa)
 No class 06/18
 Dates & times are subject to change
 Time: 10:00 AM to 2:00 PM
 Fee: No charge
 Location: 2205 Grandview Drive
 Manhattan, KS



Intro to Geocaching

16BEN103

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

Instructor: Ryan Semmel,
flinthillsgeocaching@gmail.com

Date: 07/16/2016 (Sa)
 Time: 1:00 PM to 5:00 PM
 Fee: \$5.00 - Class fee - Family
 \$2.00 - Class fee - Individual
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Photovoltaics 101

16BEN114

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

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

Date: 06/11/2016 (Sa)
 Time: 9:00 AM to Noon
 Fee: No Charge
 Location: UFM Solar Addition
 1221 Thurston St.

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

Wildflower Walk at Tuttle Creek Lake

16BEN69B

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

*Rain date the following Sunday.

Instructor: Paul Weidhaas, (785) 539-8511

Date: 06/18/2016 (Sa)
 *Rain date the following Sunday.
 Time: 10:00 AM to Noon
 Fee: No Charge
 Location: Tuttle Creek Lake Visitor Center
 5020 Tuttle Creek Blvd

Gutter Salad for Beginners

16BEN136

Do you get tired of cleaning out your gutters? Imbedded helicopters creating tiny mohawks peeking out of your gutter guards? Are trees and seedlings sprouting naturally in your home's gutters? Then this beginner class is for you! Gutter salads will be made from volunteer seeds and greenery from your own rain gutters. In addition to their creative composition, these salads are unique in appearance and always organic and a fun conversation starter for any meal.

Instructor: Reed Greenleaf

Date: 08/14/2016 (Su)
 Time: 5:30 PM
 Fee: -\$1.00
 Location: Your own front porch



FUN FOODS

Super Simple Summer Salads!

NEW!

16BFF137

Join us at People's Grocery for a discussion of recommended ingredients to stock up your kitchen in anticipation of using the bounty from your garden. We will cover strategies for 'using what you have', with ideas for different dressings and ingredients to make healthy and hearty salads that highlight what you grow. We will prepare a few simple salads to sample. People's Grocery and UFM have collaborated to bring you this class.

Instructor: Dolly Gudder

Date: 06/25/2016 (Sa)
 Time: 2:00 PM to 4:00 PM
 Fee: No Charge
 Location: People's Grocery
 1620 Fort Riley Blvd

Dolly Gudder is the Deli Director at People's Grocery Co-op



**OPEN SEVEN DAYS A WEEK:
 9AM-8PM**

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



Grocery
 Produce
 Bulk Herbs/Teas
 Educational classes

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



Make Your Own Baby Food 16BFF138A

NEW!

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

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

Date: 06/06/2016 (M)
 Time: 7:00 PM to 8:30 PM
 Fee: No Charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Megan Hartford started making baby food for her daughter, Beatrice, about 5 months ago. She was immediately struck by how easy it is, and how much money she saved, and wants to share what she's learned with other moms so they, too, can give their babies a healthy start to eating, and save some money along the way. Megan is not even close to being an expert, but does want to share what she's come to know, so far, as a first-time mama feeding her baby.

Make Your Own Baby Food 16BFF138B

NEW!

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

Date: 07/07/2016 (Th)
 Time: 6:00 PM to 7:30 PM
 Fee: No Charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Make Your Own Baby Food 16BFF138C

NEW!

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

Date: 08/06/2016 (Sa)
 Time: 10:30 AM to 12:30 AM
 Fee: No Charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor



NEW!

Junior Chefs: Mac & Cheese Twisted 16BYO102

A staple of American cuisine, Junior Chefs will have fun making (and tasting) traditional macaroni and cheese and a few "twisted" recipes BLT Mac & Cheese and Pumpkin Mac & Cheese! Children ages 6-12 years old.

Instructor: Ginny Barnard

Date: 06/11/2016 (Sa)
 Time: 2:00 PM to 4:00 PM
 Fee: \$10.00
 Location: Pottorf Hall at Cico Park
 Clover Room

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.

Junior Chefs: Veggigation 16BYO103

NEW!

Discover the sights and smells of fresh produce at the local Farmers' Market. Junior Chefs will learn how to buy, wash, and chop vegetables to make several tasty recipes Rainbow Quesadillas, Veggie Rice Noodles, and Parmesan Roasted Broccoli. Children ages 6 to 12.

Instructor: Ginny Barnard

Date: 07/13/2016 (W)
 Time: 4:00 PM to 6:30 PM
 Fee: \$10.00
 Location: Pottorf Hall at Cico Park
 Clover Room

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

ONLINE LEARNING



Blended Learning: First Aid/CPR/AED

16BHW70A

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

Part I

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

Part II

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

Source: American Red Cross

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

Instructor: Kelly Reed-Harkness

Date: 06/11/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$64.00
*\$45 non-refundable fee
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED

16BHW70B

Instructor: Kelly Reed-Harkness

Date: 07/23/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$64.00
*\$45 non-refundable fee
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED

16BHW70C

Instructor: Kelly Reed-Harkness

Date: 08/27/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$64.00
*\$45 non-refundable fee
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: Lifeguard Training

16BAQ07

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

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

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

Source: American Red Cross

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

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

**Prerequisites: candidates must

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

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

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

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

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

Instructor: Kelly Cook

Date: 05/25/2016 to 05/26/2016 (W/Th)
Time: 4:00 PM to 10:00 PM
Fee: \$165.00
Location: Natatorium, K-State campus

Blended Learning:

WSI - Water Safety Instructor 16BAQ121

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.**

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Source: American Red Cross

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

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.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 05/31/2016 – 06/01/2016 (Tu/W)
Time: 8:00 AM to 7:00 PM
Fee: \$190.00
Location: Natatorium, K-State campus

ONLINE LEARNING

NEW!

BrainPOP for the Classroom 16BFC151

BrainPOP has a myriad of new features that can continue the learning for students and provide a glimpse into the student's mind and if they are understanding the content. Some of the features that will be discussed and practiced are FYI, Make-A-Map, GameUp, Primary Sources, Class Accounts, and BrainPOP Educators. BrainPOP can be used to differentiate from and meet the needs of a wide range of students. This online course will go over the features through videos, online chats through Google Hangouts and Skype, and individual assignments that will be submitted online through BrainPOP. Participants in this course are strongly encouraged to have a BrainPOP account. Deadline to enroll is May 31st.

Must have a valid email address. All course items and optional projects will be on Edmodo
Instructor: Amy Trujillo, amyellen@me.com

Date: 06/05/2016 to 06/19/2016
*Registration Deadline May 31
Time: Online
Fee: \$25.00
Location: Online

Amy Trujillo is the Instructional Coach at Orlando Science Elementary School. She is a PBS LearningMedia Digital Innovator, a Certified BrainPOP Educator, and the FAST Area Five Director. She presents, teaches, and writes about using technology to meet the needs of the diverse student population.



NEW!

Digital Storytelling with ELLs 16BFC152

Digital storytelling is an excellent way for students still learning English to communicate their understanding of the content with their class, school, and the rest of the world. Course participants will be able to practice with digital storytelling tools, like VoiceThread, Glogster, ShadowPuppet Edu, Toontastic, ExplainEverything, and Voice Notes. Examples of student work will be shared as well as tips on how to use the programs and how it links to the standards. Class discussions will take place in Google Hangouts, Twitter, as well as in email. Participants are encouraged to have an iPad or tablet. Deadline to enroll is June 14.

Must have a valid email address. All course items and optional projects will be on Edmodo
Instructor: Amy Trujillo, amyellen@me.com

Date: 06/19/2016 to 07/03/2016
*Enrollment deadline is June 14
Time: Online
Fee: \$25.00
Location: Online



NEW!

STEM Lessons for Beginners 16BFC154

Participants will learn how to find STEM lessons, have the chance to practice some of the selected lessons, and learn the difference between the engineering process and the scientific method. All lessons and materials lists will be available for download so participants can take what they learned and use it in the classroom or with their own children. This is an introductory course and does not require any knowledge of STEM or the engineering process. This course is perfect for education students, home school parents, and classroom teachers. The course will be taught online through Google Hangouts, email, Twitter, and Skype. Participants may just use the course for discussion with others or they may participate in the scheduled online class sessions where the lessons will be demonstrated. Deadline to enroll is June 28.

Must have a valid email address. All course items and optional projects will be on Edmodo
Instructor: Amy Trujillo, amyellen@me.com

Date: 07/03/2016 to 07/17/2016
*Enrollment deadline is June 28
Time: Online
Fee: \$25.00
Location: Online



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Christina Lamoureux

Meeting the Needs of Gifted Students

NEW!

16BFC155

The new student already knows everything in your textbook and it is only September. What do you do now? This course offers practical advice on how to differentiate, resources for digging deeper, things to avoid with gifted learners, and how to keep the student engaged and learning content in your classroom. Course participants will receive links to articles, gifted identification, research, organizations, and conferences for gifted learners and their families. Participants will also be able to ask parents of gifted children, as well as gifted children, questions so they can better help the next gifted student that is in their classroom. Class discussions will take place in Google Hangouts, Twitter, as well as email. Deadline to enroll is July 12.

Must have a valid email address. All course items and optional projects will be on Edmodo

Instructor: Amy Trujillo, amyellen@me.com

Date: 07/17/2016 to 07/31/2016
 *Enrollment deadline is July 12
 Time: Online
 Fee: \$25.00
 Location: Online

A One on One Introduction to Voiceovers

16BCF129

This fun and empowering 90 minute, one-on-one introductory workshop covers the different types of voiceovers and what tools are needed to find success. You'll be coached as you read a script, and be recorded so you can receive a professional voice evaluation later. You'll have the knowledge necessary to help you decide if this is something you'd like to pursue. Check out the video at <http://www.voicesforall.com/ooo> to get a better sense of how the class works. 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 05/23/16 and 08/8/16. Once registered, or for any questions concerning the course, please contact Voices For All at info@voicesforall.com, or call 518-261-1664 or 518-261-1601.

Instructor: Voices For All, LLC

Date: 05/23/2016 to 08/08/2016
 Time: See class description
 Fee: \$49.00
 Location: Online

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There is a class for *Everyone!*

Learning is *Fun!*

Meet *New* people!

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ON TRACK
to your degree

intersession
on-campus and online classes between terms

flexible classes you can complete from anywhere

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

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

Elsa Toburen, bachelor's student

KANSAS STATE UNIVERSITY

ontrack.k-state.edu

HEALTH & WELLNESS

Living the Art: Jin Shin Jyutsu

16BHW08A

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

Instructor: Kate Cashman, (785) 537-1911

Date: 06/28/2016 (T)
Time: 7:00 PM to 9:30 PM
Fee: \$22.00
Location: 1421 Colorado Street
Manhattan, KS

*Cats are present at this location. Please let us know if you are allergic to cats.

Living the Art: Jin Shin Jyutsu

16BHW08B

Instructor: Kate Cashman, (785) 537-1911

Date: 07/16/2016 (Sa)
Time: 1:00 PM to 3:30 PM
Fee: \$22.00
Location: 1421 Colorado Street
Manhattan, KS

*Cats are present at this location. Please let us know if you are allergic to cats.

Kate Cashman has been studying and practicing Jin Shin Jyutsu since taking a self-help class through UFM in 1998. She is a practitioner and certified self-help instructor of the art. Kate has a bodywork practice and has been in business since 1991. She loves sharing her knowledge of Jin Shin Jyutsu.

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



Women's Self Defense

16BHW118Z

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 designed to deal with a different setting such as dating issues, walking alone, car crimes and home protection. Students will learn basic martial arts skills including jujitsu. No prior martial arts experiences required. Wear comfortable clothing and athletic shoes. Available for KSU credit.

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

Date: 07/09/2016 to 07/23/2016 (Sa/Su)
Time: 1:00 PM to 4:00 PM
Fee: \$70.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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

Bright Life Strategies: Shifting Into Compassion

16BHW143

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

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

Date: 07/27/2016 (W)
Time: 7:00 PM to 8:30 PM
Fee: \$36.00
Location: UFM Solar Addition
1221 Thurston St.

Intro to Meditation

16BHW183

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

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

Date: 06/15/2016 (W)
Time: 7:00 PM to 8:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

DIY Herbal Infused Personal Care Products

NEW!

16BHW190

Want to ditch the chemicals in your lotion, skin balms, and other personal care products? You can do it at home for a fraction of the cost of store bought with a few simple ingredients and basic kitchen appliances. Come to this demonstration class where you will learn how to make magnesium lavender scented sore joint & muscle balm, calendula infused body oil, and chocolate mint lip balm. Hand-outs with recipes will be provided along with suggestions for modifying ingredients for vegans and/or allergens. People's Grocery and UFM have collaborated to bring you this class.

Instructor: Jenny Guilford
wellness@peoplesgrocerycoop.com

Date: 07/09/2016 (Sa)
Time: 2:00 PM to 3:30 PM
Fee: No Charge
Location: UFM Banquet Room
221 Thurston St.

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



HEALTH & WELLNESS

NEW!

Common Culprits Of Weight Loss Resistance **16BHW191**

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

Instructor: Leslie Graves

Date: 06/07/2016 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$9.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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

Managing and Improving Digestive Dysfunction **16BHW205**

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

Instructor: Leslie Graves

Date: 06/28/2016 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$9.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED **16BHW70A**

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

Part I

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

Part II

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

Source: American Red Cross

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

Instructor: Kelly Reed-Harkness

Date: 06/11/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$64.00
*\$45 non-refundable fee
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED **16BHW70B**

Instructor: Kelly Reed-Harkness

Date: 07/23/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$64.00
*\$45 non-refundable fee
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED **16BHW70C**

Instructor: Kelly Reed-Harkness

Date: 08/27/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$64.00
*\$45 non-refundable fee
Location: UFM Conference Room
1221 Thurston St., 2nd floor



HEALTH & WELLNESS

Mommy and Baby Yoga **NEW!** 16BHW212

For babies ages 6 weeks to non-crawling. This yoga experience is a special blend of yoga postures, infant developmental movement and parent/child bonding. The benefits of yoga for babies centers on the parent/child bond and the baby's natural development of movement from birth to walking. As yoga is found to help create wellness in our lives, yoga is also found to aid in neuromuscular development, improve digestion and ease gas pain, boost immune system, and reduces stress and anxiety of babies and toddlers. Our class will center on baby massage, breathing, and gentle yoga posture work for both mother and child (father or caregiver). These classes are taught by Kristin Miller-200 E-RYT with a specialty certification in Mommy and Baby Yoga, and certified through Yoga for Young Warriors Children's Yoga program.

Instructor: Kristin Miller

Date: 06/06/2016 to 07/25/2016 (M)
 Time: 10:30 AM to 11:30 AM
 Fee: \$66.00
 Location: Yoga For Life
 211 S. Seth Child
 Manhattan, KS

Prenatal Yoga **NEW!** 16BHW213

Whether you are new to yoga or already have an established yoga practice these classes will offer postures that are appropriate for pregnant women with an emphasis on breathing, relaxation and muscle toning. This class is a wonderful way for you to put time aside for you and your baby. Best of all, meet a community of pregnant women in your neighborhood! Yoga is a way to bond with your baby while he/she is in the womb. It also helps you deal with all the changes happening to your body. This yoga class will keep your body agile and help you recover more quickly after the birth. This class focuses on a gentle flow of movement to increase you overall strength and flexibility with modifications to accommodate the various stages of pregnancy. This is also a great class to get back into shape after you have your baby. This class is taught by Jana Biery, certified yoga instructor with specialty certification in Prenatal yoga.

Instructor: Jana Biery

Date: 06/06/2016 to 07/25/2016 (M)
 (No Class July 4)
 Time: 6:45 PM to 7:45 PM
 Fee: \$67.00
 Location: Yoga For Life
 211 S. Seth Child
 Manhattan, KS



Evening Yoga 16BHW88A

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

Instructor: Debbie Newton, dn72649@gmail.com

Date: 06/07/2016 to 07/05/2016 (T)
 Time: 5:30 PM to 7:00 PM
 Fee: \$29.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Evening Yoga 16BHW88B

Instructor: Debbie Newton, dn72649@gmail.com

Date: 07/12/2016 to 08/09/2016 (T)
 Time: 5:30 PM to 7:00 PM
 Fee: \$29.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Morning Yoga 16BHW89A

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

Instructor: Debbie Newton, dn72649@gmail.com

Date: 06/04/2016 to 07/02/2016 (Sa)
 (No class 7/2)
 Time: 9:30 AM to 11:00 AM
 Fee: \$29.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Morning Yoga 16BHW89B

Instructor: Debbie Newton, dn72649@gmail.com

Date: 07/16/2016 to 08/13/2016 (Sa)
 Time: 9:30 AM to 11:00 AM
 Fee: \$29.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Restorative Yoga 16BHW140A

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

Instructor: Debbie Newton, dn72649@gmail.com

Date: 06/05/2016 to 07/10/2016 (Su)
 (No Class 7/3)
 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 16BHW140B

Instructor: Debbie Newton, dn72649@gmail.com

Date: 07/17/2016 to 08/14/2016 (Su)
 Time: 6:30 PM to 7:30 PM
 Fee: \$29.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

HEALTH & WELLNESS



Chair Yoga **16BHW156A**

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

Instructor: Debbie Newton, dn72649@gmail.com

Date: 06/07/2016 to 07/05/2016 (T)
(No class 3/15)
Time: 12:00 PM to 1:00 PM
Fee: \$29.00
Location: UFM Solar Addition
1221 Thurston St.

Chair Yoga **16BHW156B**

Instructor: Debbie Newton, dn72649@gmail.com

Date: 07/12/2016 to 08/09/2016 (T)
(No class 3/15)
Time: 12:00 PM to 1:00 PM
Fee: \$29.00
Location: UFM Solar Addition
1221 Thurston St.



Gentle Yoga for All **16BHW99A**

This class will help to heal your body, heart and mind. All you have to do is arrive at each class with an empty stomach, a willingness to relax and listen to your body's messages. Yoga can help you in all areas of your life - heart health, weight and stress reduction, emotional health and mental focus. Yoga means integration of the whole person. Hormone balance is also gained from regular practice. Class meets 6 times.

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

Date: 05/31/2016 to 07/05/2016 (T)
(no class 5/17, makeup class 5/24)
Time: 5:30 PM to 6:45 PM
Fee: \$79.00
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

Gentle Yoga for All **16BHW99B**

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

Date: 07/12/2016 to 08/16/2016 (T)
Time: 5:30 PM to 6:45 PM
Fee: \$79.00
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

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

Full Instructor biographies
are available on our website
www.tryufm.org



**Heart Space
yoga**

Ana Franklin

321 Poyntz Avenue
Suite A
Manhattan, KS 66505

785-341-9908

www.yogaconnection.byregion.net



LANGUAGE



Getting Started with Conversational Japanese 16BLA38A

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 is 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: 05/23/2016 to 06/15/2016 (M/W)
(No class 5/30)
Time: 5:30 PM to 6:30 PM
Fee: \$94.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Getting Started with Conversational Japanese 16BLA38B

Instructor: Kumiko Nakamura

Date: 07/25/2016 to 08/15/2016 (M/W)
(No class 5/30)
Time: 5:30 PM to 6:30 PM
Fee: \$94.00
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.

Chinese Language Classes for Adults and Children

The Confucius Institute offers practical and fun Mandarin Chinese classes for children and adults. Both beginners and experienced learners are welcome. We also have parent and child classes in which one or both parents/caregivers and their children learn the language together. Each course lasts for 5 weeks (10 sessions). Start time is negotiable. Additional sections may be added based on demand. Confucius Institute contact information: www.ksu.edu/confucius, confucius@ksu.edu, 785-532-3413

Level I: Chinese Language for Children **NEW!** 16BLA65A

Instructor: Confucius Institute

Date: 06/06/2016 to 07/06/2016 (M/W)
(No class 7/04)
Time: 8:30 AM to 10:00 AM
Fee: \$100.00
Location: Confucius Institute
1800 Claflin Rd, Suite 205
Manhattan, KS 66502

Level II: Chinese Language for Children **NEW!** 16BLA66A

Instructor: Confucius Institute

Date: 06/07/2016 to 07/07/2016 (T/Th)
Time: 10:30 AM to Noon
Fee: \$100.00
Location: Confucius Institute
1800 Claflin Rd, Suite 205
Manhattan, KS 66502

Level I: Chinese Language for Adults **NEW!** 16BLA67B

Instructor: Confucius Institute

Date: 06/20/2016 to 07/20/2016 (M/W)
(No Class 7/04)
Time: 10:30 AM to 12 N
Fee: \$100.00
Location: Confucius Institute
1800 Claflin Rd, Suite 205
Manhattan, KS 66502



Level II: Chinese Language for Adults **NEW!** 16BLA68B

Instructor: Confucius Institute

Date: 06/21/2016 to 07/21/2016 (T/Th)
Time: 8:30 AM to 10:00 AM
Fee: \$100.00
Location: Confucius Institute
1800 Claflin Rd, Suite 205
Manhattan, KS 66502

Parent & Child Chinese Language **NEW!** 16BLA69

Instructor: Confucius Institute

Date: TBD
*Class time and date will be determined with parents
Time: TBD
Fee: \$100.00
Location: Confucius Institute
1800 Claflin Rd, Suite 205
Manhattan, KS 66502

Visit www.tryufm.org for additional Chinese Language Classes for Adults and Children class offering dates and times throughout the summer semester.

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

UFM Community Learning Center



Facebook.com/UFMCLC

MARTIAL ARTS

White Phoenix (Pai Lum) Kung Fu

16BMA21

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

Date: 06/06/2016 to 08/08/2016 (M)
(NO Class July 4)
Time: 7:00 PM to 8:00 PM
Fee: \$54.00
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.

Women's Self Defense **16BHW118Z**

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 designed to deal with a different setting such as dating issues, walking alone, car crimes and home protection. Students will learn basic martial arts skills including jujitsu. No prior martial arts experiences required. Wear comfortable clothing and athletic shoes. Available for KSU credit. Instructor: Kyoshi Pamela Johansen pam@midamerica-karate.com

Date: 07/09/2016 to 07/23/2016 (Sa/Su)
Time: 1:00 PM to 4:00 PM
Fee: \$70.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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can teach,
everyone
can learn!



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One-Act Play Festival July 8 & 9 7:30pm

Festival Director: Brent Sigman Auditions: May 22 & 23, 7-9pm

Hair: THE AMERICAN TRIBAL LOVE-ROCK MUSICAL Aug 5-7 & 11-14

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2309 Claflin Road
Tues.- Fri. 8:30-5:00
Sat. & Sun. 2:00-5:00
Research Library by appointment
785.565.6490

Goodnow House Museum

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

Wolf House Museum

630 Fremont Street
Sat. & Sun. 2:00 - 5:00
Also by appointment

Pioneer Log Cabin

Manhattan City Park
Open Sundays
April - October
2:00 - 5:00

www.rileychs.com

PERSONAL INTEREST



**From the Vine to the Glass -
Sierra Vista Vineyard** 16BP1131B
Instructor: Scott Kohl

Date: 06/22/2016 (W)
Time: 6:00 PM to 9:00 PM
Fee: \$35.00
Location: UFM
1221 Thurston St
Manhattan, KS

**From the Vine to the Glass -
HCC Vineyard and Winery** 16BP1131C
Instructor: Scott Kohl

Date: 07/27/2016 (Th)
Time: 6:00 PM to 9:00 PM
Fee: \$35.00
Location: Highland Community College
500 Miller Dr
Wamego, KS 66547

Location: Participants will meet at UFM for the Prairie Fire Winery and Sierra Vista Vineyard classes for the lecture portion of class before driving to the vineyard. The HCC Vineyard and Winery class will meet at Wamego at 6:30pm. **MUST BE 21 TO PARTICIPATE IN TASTING.**

**From the Vine to the Glass -
Prairie Fire Winery** 16BP1131A

Experience grape growing in Kansas, right here locally! Manhattan and the surrounding area is home to several local grape vineyards whose crops are grown for the process of winemaking throughout the state of Kansas. Highland Community College in Wamego is leading the charge by teaching viticulture (growing grapes) and enology (winemaking). HCC also makes industry training accessible through their unique degree programs, teaching participants the complete process of winemaking. This summer, HCC and UFM have partnered again to offer a special series of classes, From the Vine to Glass. These classes will allow participants the opportunity to tour a few of the local vineyards as well as taste local wines. The classes will include discussion of the Kansas grape and wine industry, a tour of the vineyard, followed by tasting wine made from grapes grown at that vineyard. Participants will have the opportunity to see the various growth stages of the grapes. The HCC Vineyard and Winery class will include a tour of the winemaking facility in Wamego.

Location: Participants will meet at UFM for the Prairie Fire Winery and Sierra Vista Vineyard classes for the lecture portion of class before driving to the vineyard. The HCC Vineyard and Winery class will meet at Wamego at 6:30pm. **MUST BE 21 TO PARTICIPATE IN TASTING.**

Instructor: Scott Kohl

Date: 05/25/2016 (W)
Time: 6:00 PM to 9:00 PM
Fee: \$35.00
Location: UFM
1221 Thurston St
Manhattan, KS

Featured UFM
Instructor

Scott Kohl



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.



Pet Intuitive Consulting 16BPI158

Is pet intuitive consulting right for me? Come find out how intuitive guidance can help you help your animals -- from the adoption phase through behavior and wellness issues, to the late stages of life. Palma will share stories of how she has helped people and their pets move through various life issues with greater ease, confidence and compassion.
 Instructor: Palma Holden, M.S., (785) 341-9072
 palma@brightlifeconsulting.com

Date: 07/14/2016 (Th)
 Time: 7:00 PM to 8:30 PM
 Fee: \$36.00
 Location: UFM Solar Addition
 1221 Thurston St.



Wood Turning for Beginners 16BPI151B

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

Date: 06/25/2016 (Sa)
 Time: 9:00 AM to 5:00 PM
 Fee: \$85.00
 Location: Red Oak Hollow Lathe Works
 4025 Walnut Creek Drive
 Wamego, KS 66547

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



Wood Turning for Beginners 16BPI151C

Instructor: Tom Boley

Date: 07/23/2016 (Sa)
 Time: 9:00 AM to 5:00 PM
 Fee: \$85.00
 Location: Red Oak Hollow Lathe Works
 025 Walnut Creek Drive
 Wamego, KS 66547

Tiny House Practicum 16BEN135

The purpose of this practicum is to expose students to the building phase of tiny house construction and generate enthusiasm for the tiny house movement in Manhattan, KS. Students are free to observe, but are highly encouraged to participate in the build. Specific tasks will be assigned based on experience (some construction experience required if you want to participate in the build) and may include: framing, flooring, roofing, plumbing, or electrical. To follow the project online, visit www.EarthToBrandon.com.
 Instructor: Brandon Irwin, bcirwin@ksu.edu

Date: 06/11/2016 to 07/09/2016 (Sa)
 No class 06/18
 Dates & times are subject to change
 Time: 10:00 AM to 2:00 PM
 Fee: No charge
 Location: 2205 Grandview Drive
 Manhattan, KS

Bon Voyage!

NEW!

16BPI159

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

Date: 05/24/2016 (Tu)
 Time: 6:30 PM to 8:30 PM
 Fee: \$12.00
 Location: UFM Conference Room
 1221 Thurston St.

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



RECREATION & FITNESS



Introduction to Golf 16BRF04A

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

Date: 06/16/2016 to 06/30/2016 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Introduction to Golf 16BRF04B

Instructor: Brian Lorenz, PGA Instructor

Date: 07/14/2016 to 07/28/2016 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Introduction to Golf 16BRF04C

Instructor: Brian Lorenz, PGA Instructor

Date: 08/11/2016 to 08/25/2016 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Introduction to Country Swing Dancing 16BRF117A

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

Instructor: Thomas Weeks & Kellie Weeks

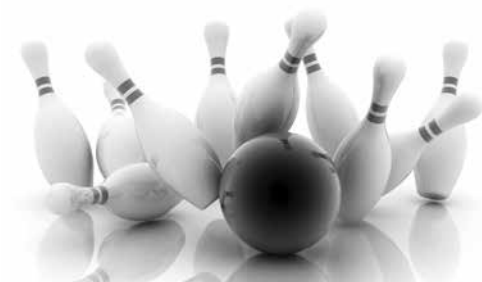
Date: 06/02/2016 to 06/23/2016 (Th)
 Time: 7:00 PM to 8:00 PM
 Fee: \$58.00 - Individual
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Introduction to Country Swing Dancing 16BRF117B

Instructor: Thomas Weeks & Kellie Weeks

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

Thomas has been dancing in the Manhattan area for the last three years. He's been involved with the K-State Two step and swing club during his time at K-State. He is now the team captain for the Swingin Spurs here in Manhattan.



Beginning Bowling 16BRF123Z

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, Asst Recreation Manager

Date: 06/07/2016 to 07/28/2016 (T/Th)
 Time: 2:30 PM to 3:20 PM
 Fee: \$80.00
 Location: K-State Student Union -
 Bowling Alley

INTERESTED IN TEACHING
 A CLASS FOR UFM?
 FALL 2016 SUBMISSION DEADLINE IS
 JUNE 10, 2016.
 FOR MORE INFORMATION EMAIL
 KAYLA@TRYUFM.ORG

STAN HERD:
CAIRNS
ON THE BEACH
A WORK IN PROGRESS
DECEMBER 2014
- MAY 2017

BEACH MUSEUM OF ART | FREE admission and parking - 14th & Anderson
785.532.7718 | beach.k-state.edu | Tues. - Wed., Fri. - Sat. 10-5 | Thurs. 10-8 | Sun. 12-5

KANSAS STATE
UNIVERSITY

Archery for Adults **16BRF01A**

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

Instructor: Tom Korte, (785) 494-8889

Date: 06/02/2016 to 06/23/2016 (Th)
 Time: 7:00 PM to 8:30 PM
 Fee: \$35.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Archery for Adults **16BRF01B**

Instructor: Tom Korte, (785) 494-8889

Date: 07/07/2016 to 07/28/2016 (Th)
 Time: 7:00 PM to 8:30 PM
 Fee: \$35.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Teen & Adult Ballet **NEW!** **16BRF182**

This class is open to all teens and adults who want to dance! Class time will be spent performing barre, center, and corner work with combinations adjusted for different levels of ability as needed. We will start with the very basics of ballet focusing on proper placement and positioning. Time will be spent on building strength, flexibility, musicality, and balance. Ballet class also doubles as a great workout. Contemporary ballet and lyrical technique will also be incorporated in this class. No experience needed. * Class meets every other Saturday, starting May 7 * Class dates: May 7th and 21st, June 4th and 18th, July 2nd, 16th, and 30th.

Instructor: Kate Grier, katiashae@yahoo.com

Date: 05/07/2016 to 07/30/2016 (Sa)
 Time: 6:00 PM to 7:00 PM
 Fee: \$39.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor



Boxing 1 **16BRF14AZ**

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

BOXING101 Package Pricing - see www.tryufm.org for complete fee details.
 Bareknuckles - \$275
 Rental package - \$300
 Basic package - \$335
 Champion package - \$360

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

Date: 06/06/2016 to 07/27/2016 (M/W)
 Time: 4:20 PM to 5:20 PM
 Fee: See class description
 Location: K.O. Boxing
 2048 Tuttle Creek Blvd.

(In the basement under Shelter Insurance)

Visit www.tryufm.org for additional Boxing class offering dates and times throughout the summer semester.

Boxing 1 **16BRF14BZ**

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

Date: 06/06/2016 to 07/27/2016 (M/W)
 Time: 6:30 PM to 7:30 PM
 Fee: See class description
 Location: K.O. Boxing
 2048 Tuttle Creek Blvd.

(In the basement under Shelter Insurance)

Boxing 1 **16BRF14CZ**

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

Date: 06/07/2016 to 07/26/2016 (T/Th)
 Time: 6:30 PM to 7:30 PM
 Fee: See class description
 Location: K.O. Boxing
 2048 Tuttle Creek Blvd.

(In the basement under Shelter Insurance)

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

YOUTH

Junior Chefs:

Mac & Cheese Twisted **NEW!** 16BYO102

A staple of American cuisine, Junior Chefs will have fun making (and tasting) traditional macaroni and cheese and a few "twisted" recipes BLT Mac & Cheese and Pumpkin Mac & Cheese! Children ages 6-12 years old.

Instructor: Ginny Barnard

Date: 06/11/2016 (Sa)
 Time: 2:00 PM to 4:00 PM
 Fee: \$10.00
 Location: Pottorf Hall at Cico Park
 Clover Room

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.

Junior Chefs:

Vegigation **NEW!** 16BYO103

Discover the sights and smells of fresh produce at the local Farmers' Market. Junior Chefs will learn how to buy, wash, and chop vegetables to make several tasty recipes Rainbow Quesadillas, Veggie Rice Noodles, and Parmesan Roasted Broccoli. Children ages 6 to 12.

Instructor: Ginny Barnard

Date: 07/13/2016 (W)
 Time: 4:00 PM to 6:30 PM
 Fee: \$10.00
 Location: Pottorf Hall at Cico Park
 Clover Room



Archery for Youth

16BYO01A

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

Instructor: Tom Korte, (785) 494-8889

Date: 06/02/2016 to 06/23/2016 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$35.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor




Archery for Youth

16BYO01B

Instructor: Tom Korte, (785) 494-8889

Date: 07/07/2016 to 07/28/2016 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$35.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor



{Teen Mentoring!}

Wednesdays
 June 8 - July 27

3:00pm to 5:00pm

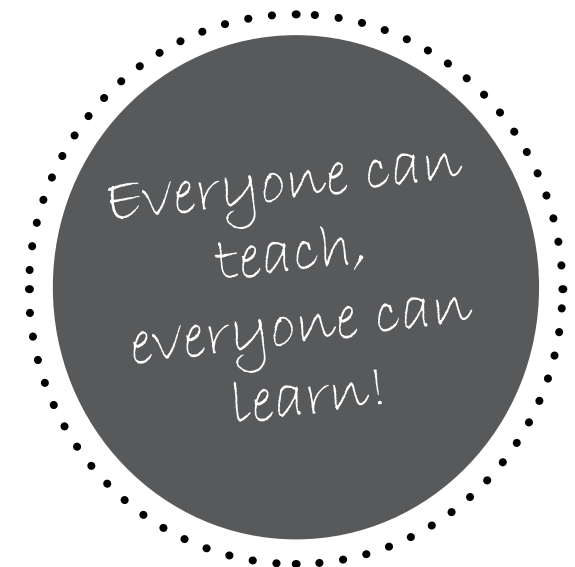
Field trips ~ Games ~ Creative Arts ~ Recreation

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



Have Fun!

Build positive relationships!



Little Yogis

NEW!

16BYO106A

For children 18 months to 3 years old AND their parent/caregiver. If you've been looking for a fun and loving way to help your children learn and improve their development, look no further. There's no better way to engage your child than through the simple practice of yoga. Yoga can help your 18-month to three-year-old child have: fewer tantrums, better and longer sleep, increased motor coordination, improved listening and ability to follow directions, better self-expression and higher self-esteem.

This class will be led by Jana Biery, certified yoga instructor and mother of a "Little Yogi". She is excited to share the importance and benefits of yoga with you and your child.

Instructor: Jana Biery

Date: 06/07/2016 to 06/28/2016 (T)

Time: 10:30 AM to 11:15 AM

Fee: \$32.00

Location: Yoga For Life
211 S. Seth Child
Manhattan, KS 66502

Little Yogis

NEW!

16BYO106B

Instructor: Jana Biery

Date: 07/05/2016 to 07/26/2016 (T)

Time: 10:30 AM to 11:15 AM

Fee: \$32.00

Location: Yoga For Life
211 S. Seth Child
Manhattan, KS 66502

Yoga FitKIDS

NEW!

16BYO105

Ages 3-5 (parents are welcome to attend). This class has stories, active movement and nursery rhyme activities. Benefits of kids yoga: increases self-awareness and self confidence, improves motor skill and physical fitness, builds social skills, improves concentration, focus and attention. Learn to relax opening up to a peaceful state of mind and body. This class will be taught by Emma Miller, certified Yoga instructor, she has been teaching pre-K yoga for the last year and is studying elementary education at KSU. She will also have assistants in the classroom with her.

Instructor: Emma Miller

Date: 06/20/2016 to 06/24/2016 (M-F)

Time: 2:00 PM to 2:45 PM

Fee: \$40.00

Location: Yoga For Life
211 S. Seth Child
Manhattan, KS 66502

Lil' Wigglers Yoga

NEW!

16BYO107

Crawlers - 18 months. Designed for the active, mobile baby, mommy and baby will breathe, sing, move, sit, crawl, hop, jump, and relax. The playful, interactive practice offers baby an invaluable foundation for physical development and pre-verbal communication that assists in baby's discovery of the world. These classes are taught by Kristin Miller-200 E-RYT with a specialty certification in Mommy and Baby Yoga, and certified through Yoga for Young Warriors Children's Yoga program.

Instructor: Kristin Miller

Date: 06/02/2016 to 07/21/2016 (Th)

Time: 9:15 AM to 10:15 AM

Fee: \$75.00

Location: Yoga For Life
11 S. Seth Child
Manhattan, KS

Peace Out Yoga

NEW!

16BYO104

For Tweens 9-13 years old. Help them keep cool this summer while finding balance, building strength, and having fun. This class is designed to introduce yoga concepts, including breath work, postures, and meditation. Peace Out Yoga will help foster confidence in an upbeat setting.

Instructor: Ginny Barnard

Date: 06/06/2016 to 06/22/2016 (M/W)

Time: 3:00 PM to 4:00 PM

Fee: \$48.00

Location: Yoga For Life
211 S. Seth Child
Manhattan, KS 66502

Ginny has been teaching yoga over 10 years for all ages and abilities.

Pre-School Dance

16BYO63

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

Instructor: Randi Dale

Date: 06/07/2016 to 06/14/2016 (T)

Time: 5:30 PM to 6:00 PM

Fee: \$14.00

Location: UFM Fireplace Room
1221 Thurston St.

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.

Youth Ballet

16BYO98

An introduction to ballet with beginning development of ballet concepts including turn out, coordination, spatial awareness and a specific focus on class etiquette. Students will begin positions of the feet, and introductory movement vocabulary.

* Class meets every other Saturday, starting May 7 *
Class dates: May 7th and 21st, June 4th and 18th, July 2nd, 16th, and 30th.

Instructor: Kate Grier, katiashae@yahoo.com

Date: 05/07/2016 to 07/30/2016 (Sa)

*Class meets every other Saturday: May 7th & 21st, June 4th & 18th, July 2nd, 16th, & 30th

Time: 5:00 PM to 6:00 PM

Fee: \$39.00

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

Kate started her dance training at age 3. Her training as a dance major at Kansas State University as well as her advanced training in High school and outside of college has allowed her to train with and from the best. Kate comes to us with over 6 years of teaching experience.

Painted Pet Rocks

NEW!

16BYO108

Join us to have fun creating your own pet rocks! Our first project will be to paint ten small rocks that will be used to create your own tic-tac-toe board game. The second project will be to use a larger rock to create another painted art work. Wear your paint clothes. All materials will be provided, however you may bring your own rocks. Smaller smooth rocks should be 1/2 inch to fit the board, the larger smooth rock could be 4-6 inches. Ages 5 years and up.

Instructors: Charlene Brownson & Samantha Lovitt

Date: 06/22/2016 (W)

Time: 3:30 PM to 4:30 PM

Fee: \$12.00

Location: UFM Solar Addition
1221 Thurston St.



Junior Golf Camp - Beginners 16BYO88A

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. Students are encouraged to bring their own equipment if they have golf clubs, if not they will be provided to the student.

Instructor: Brian Lorenz, PGA Instructor

Date: 06/14/2016 to 06/16/2016 (T/W/Th)
 Time: 8:00 AM to 11:00 AM
 Fee: \$40.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Junior Golf Camp - Beginners 16BYO88B

Instructor: Brian Lorenz, PGA Instructor

Date: 07/12/2016 to 07/14/2016 (T/W/Th)
 Time: 8:00 AM to 11:00 AM
 Fee: \$40.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.



INTERESTED IN TEACHING A CLASS FOR UFM?
 FALL 2016 SUBMISSION DEADLINE IS JUNE 10, 2016.
 FOR MORE INFORMATION EMAIL [KAYLA@TRYUFM.ORG](mailto:kayla@tryufm.org)

UFM is proud to announce that we are the recipient of the 2016 Non-Profit Service Award, presented on March 28, by the Greater Manhattan Community Foundation. We are honored to be recognized for the services we provide the community!



OSHER



Prelude to the American Revolution: The French and Indian War

Presented by Robert Smith, Ph.D.
Wednesdays, June 1, 8 & 15 - 6:30pm to 8:30pm
Meadowlark Hills Community Room
2121 Meadowlark Road, Manhattan
\$40.00 (Discount with additional classes)

The French and Indian War was part of a global conflagration known as the Seven Years War, which had profound consequences for North America. The French empire was destroyed; the fate of Native Americans west of the Appalachians was decided; and the attitude of loyal colonists toward Britain was changed. The first class will examine the feud between Britain and France; the role Native Americans played; and how a small skirmish in the Ohio Territory led by a young George Washington ignited a world war. Then we'll consider the events in Europe and a change in British strategy. Finally, we'll examine the final offensive when Britain won Canada but ultimately soured the long relationship between American colonists and their mother country.

Japanese-American Internment Camps in the U.S.A, 1942-1945

Presented by Russ Hutchins
Tuesdays, June 7, 14 & 21 - 6:00pm to 8:00pm
Beach Museum of Art
701 Beach Rd., Manhattan
\$40.00 (Discount with additional classes)

After Pearl Harbor, there was a backlash against Japanese-Americans, resulting in FDR's order to intern these citizens. We'll explore the camps, incorporating the artwork of Dr. Roger Shimomura of Lawrence currently on display at the Beach Museum. It depicts his memories as a child and writings from his grandmother's diary. We'll discuss living conditions of the camps; the attitudes of the guards; and the four Supreme Court decisions that upheld the internments. We'll also salute the heroism of the Japanese-Americans soldiers during WW2 and their liberation of the Dachau Concentration Camp. Finally, we will review the 1970s investigation of the internment and the Reparations Act to compensate the Japanese-Americans for their losses.

Black Settlements in America: Nicodemus preserves its heritage

Presented by La Barbara James Wigfall
Thursdays, June 16, 23 & 30 - 2:00pm to 4:00pm
Meadowlark Hills Community Room
2121 Meadowlark Road, Manhattan
\$40.00 (Discount with additional classes)

This course will focus on methods of documenting obscure landscapes and historic sites, using Nicodemus, Kan., and other ethnic settlements around the country as precedents. We'll reference town sites, villages, and urban neighborhoods established between 1865 and 1920. We'll examine important local and national historical events that shaped these obscure places; identify pertinent archival resources that support the historical narrative of a place; and reconstruct a familiar community history.

Potawatomi Ghost Towns of the Oregon Trail in Kansas

Presented by Tom Ellis
Wednesdays, July 13, 20 & 27 - 6:30pm to 8:30pm
Meadowlark Hills Community Room
2121 Meadowlark Rd., Manhattan
\$40.00 (Discount with additional classes)

Uniontown, Kan., is a ghost town on the Oregon-California Trail near Topeka. Little trace of the town exists today, but this course will illuminate the enigmatic history of this ill-fated community founded in 1848. The precursors to the Uniontown story reflect the influence of Kansa Indians, French traders, and ardent missionaries. Uniontown was also the federal government's last effort to unify separate bands of the Potawatomi people into a single community at a commercially essential location on the Oregon-California Trail. Here cholera, corruption, and economic predators plagued the tribe. As Indian policy and commercial activity on the Oregon-California Trail changed, Uniontown withered.

See the complete Osher catalog and register at
www.osher.ku.edu or 877-404-5823

Special Event:

Exploring the Wonders of Kansas: A Visit to Council Grove

*Friday, July 15 - 9:00 a.m. – Coach picks up Meadowlark Hills residents, 9:15 a.m. - Coach departs Town Center parking lot west of Dillard's in Manhattan
4:00 p.m. – Approximate return to Manhattan*

\$90.00 includes transportation, museum admissions and fried chicken dinner at the Hays House. Refund must be requested by July 8, minus a \$15 administrative fee.

In 1825, in a grove along the Neosho River, the Osage Indians and the U.S. Government signed a treaty authorizing a right-of-way for the Santa Fe Trail, a portion of which became the main street in Council Grove. The site was a staging area for travelers on the Trail. In 1847, Seth Hays, the great grandson of Daniel Boone, became the first white settler in the area. The Kaw Mission was built in 1851 as a school for boys from the Kaw Indian Tribe, and in 1858 Council Grove was incorporated. We'll visit the Kaw Mission and the Last Chance Store; built in 1857. We'll see Hermit's Cave (home to an Italian priest, 1863), the Old Bell Monument and Custer Elm (where General George Custer camped in 1867). We'll have lunch at the Hays House Restaurant and do some shopping downtown. Then we'll see the Council Oak (site of the 1825 treaty), Post Office Oak (where travelers left messages at the tree), Madonna of the Trail (a statue of a pioneer woman and her children), and Guardian of the Grove (a bronze statue of a Kaw Warrior). We'll also stop at the Trail Days Museum, a complex of seven historic buildings, including an 1858 log cabin and a 1902 schoolhouse.

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

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

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

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

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

| Reference # - TITLE | TIME | DATE | FEE | LOCATION |
|------------------------------|-------------|-----------------------------------|----------|---------------|
| <u>RRES 200</u> | | | | |
| 11687 - Beginning Bowling | 2:30-3:20PM | 6/07/2016 to 7/28/2016 (T/Th) | \$337.90 | Student Union |
| 11691 - Boxing 1 | 4:20-5:20PM | 6/06/2016 to 7/27/2016 (M/W) | \$447.80 | K.O. Boxing |
| 11689 - Boxing 1 | 6:30-7:30PM | 6/06/2016 to 7/27/2016 (M/W) | \$447.80 | K.O. Boxing |
| 11690 - Boxing 1 | 6:30-7:30PM | 6/07/2016 to 7/26/2016 (T/Th) | \$447.80 | K.O. Boxing |
| 11688 - Boxing 2 | 5:30-6:30PM | 6/08/2016 to 7/27/2016 (W/Th) | \$447.80 | K.O. Boxing |
| 11679 - Boxing 3 | 5:30-6:30PM | 6/06/2016 to 7/26/2016 (M/T) | \$447.80 | K.O. Boxing |
| 11680 - Boxing 4 | 7:30-8:30PM | 6/06/2016 to 7/27/2016 (T/Th) | \$447.80 | K.O Boxing |
| 11686 - First Aid/CPR/AED | Noon-7:30PM | 7/23/2016 and 7/24/2016 (Sat/Sun) | \$417.80 | UFM |
| 11685 - Women's Self Defense | 1:00-4:00PM | 7/09/2016 to 7/23/2016 (Sat/Sun) | \$337.90 | Ahearn 301 |

Locations:

UFM Building, 1221 Thurston Street
K-State Student Union Bowling Alley, Basement
Ahearn 301

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

ENROLL TODAY!

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

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

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

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

Class registration confirmations will be sent via email.



UFM REGISTRATION FORM

1221 Thurston St | Manhattan KS 66502

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



Student Name _____ Address _____ City _____ State _____ Zip _____

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

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

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

| Course Code | Session | Course Name | Fee \$ |
|--------------------|---------|--------------|--------|
| Example: 16BYO106A | | Little Yogis | 32.00 |
| | | | |
| | | | |
| | | | |

Tax Deductible Donation \$ _____

Total \$ _____

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

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

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

Name on card (please print) _____

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

UFM Liability Participant Statement

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

Signature (Signature of Parent or Guardian required for minors) _____

Date _____

UFM Refund and Cancellation Policies

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