



a look
INSIDE

Ballroom Dance

Macramé Wall Hanging

Huh? -2- Duh! Secrets of
Small Business Success

Conversational Japanese

Beginning Line Dancing

Making Herbal Remedies

Canning from your Garden

UFM SUMMER 2017

COURSE CATALOG

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



Programs and Services 2017

Accelerated Opportunity - Kansas

GED Preparation

Open Door High School
Diploma Completion

Adult Basic & Secondary Education

English as a Second Language (ESL)

Regional Proctored Testing Center



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205 S. 4th Street
Manhattan, KS 66502
785-539-9009 www.USD383.org/ALC



Now offering ESL Courses for ALL Levels of English Learners!

Welcome to Summer at UFM!

“Summertime and the livin’ is easy” is far from our minds at UFM Community Learning Center. Summertime is actually the busiest time of year for us. We add additional sessions of swimming lessons and they start every two weeks. Our regular class and program activities continue and we develop the fall class catalog all at the same time.

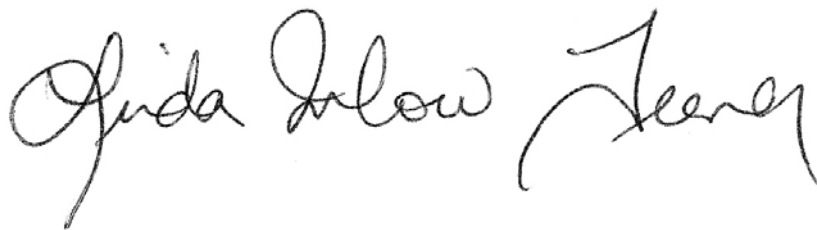
Do you know how we get instructors for our noncredit classes? UFM Community Learning Center does not have a faculty. UFM’s slogan is “UFM puts the Community in Education” and we do this by asking the community to share a passion or interest with others. Youth and adults in the community, K-State students, faculty, staff and some from surrounding areas offer their time and talents to teach our classes. Each semester 80 to 90 people teach for us. The diversity of Manhattan’s community allows for very diverse class offerings that enriches all who participate.

Our swim program differs. We hire trained and certified staff to lifeguard and teach swim lessons. Swim lessons, scuba diving and water exercise are offered at the K-State Natatorium year-round. During the summer, we offer classes Monday through Thursday, morning and evening, in two week sessions for eight weeks. We also provide swim activities for the USD #383 Summer Fun Camp.

Look through our Summer Catalog and find one new thing to try or one new topic to explore. If you want to learn something and haven’t seen it, let us know. Send an email to info@tryufm.org, or call (785) 539-8763. We will try to find someone to teach that subject in a future catalog.

So, while you are “livin’ easy” this summer, try out a new dance step, learn Japanese or Chinese, can the crops you grow in your garden, try a new hobby, go on a wildflower walk, or find your interest in one of the other many classes offered this summer!

Everyone can learn and everyone can teach at UFM!



ufm

COMMUNITY
LEARNING
CENTER

DIRECTOR'S NOTE

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UFM SUMMER 2017 INSTRUCTORS

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

UFM STAFF

- Executive Director | **LINDA INLOW TEENER**
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- Osher Lifelong Learning/KSU Credit Coordinator | **CHARLENE BROWNSON**
- KSU Credit Coordinator | **ERIN BISHOP**
- Program Assistant | **VAL COLTHARP**
- Program Assistant | **SAMANTHA LOVITT**
- Mentoring Coordinator | **MANDY COLTHARP**
- Swim Coordinator | **JOSH WOODS**
- Student Assistant | **KORI HOPSON**

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- Thomas Weeks
- Stan Wilson

Information

ABOUT UFM CLASSES

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

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

UFM CANCELLATION POLICY

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

REFUND POLICY

We will provide a full refund if a class is canceled by UFM. If a student withdraws from a class 48 hours before the class begins, a full refund may be given, except for any published non-refundable fees. No refunds will be given once a 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 to participate in a class. Some individual classes may have age restrictions or may require instructor permission. Please call (785) 539-8763 to make arrangements for classroom accessibility.

DONATIONS

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

SPECIAL ASSISTANCE

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

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

KSU CREDIT COURSES

CREDIT CLASS ENROLLMENT

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

CREDIT ENROLLMENT FEES

Courses taken for credit carry additional fees required for University administration of the credit program. A one-time \$65.00 late fee will be charged for enrollments beginning on the first day of classes if this is your first enrollment at K-State for the semester. Additional campus privilege fees may be assessed for students enrolled in 12 or fewer K-State credit hours. There is a non-refundable material fee for withdrawing from some classes after the first day. Class fees listed are for full-time resident students.

CREDIT CLASS REFUNDS AND WITHDRAWALS

Tuition refunds are calculated based on the number of calendar days in the class. You may be eligible for a full or partial refund of tuition if you choose to drop your class before a certain date. Please refer to the full withdrawal and refund policy at <http://global.k-state.edu/courses/registration/policies-withdrawal> or visit <http://courses.k-state.edu/summer2017/information/deadlines.html>

DROP POLICY

All drop deadlines are calculated based on the number of calendar days in the class. The following policies apply: a student may drop a class prior to 33% of the class duration without a grade being recorded on the student's transcript; if a student drops after 33% but before 62% of the class duration, a grade of W will be issued. No drops will be accepted after 62% of the course duration. Failure to drop a class may result in a failing grade. For more information visit <http://courses.k-state.edu/summer2017/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.



AQUATICS

AQUATICS

LEARN TO SWIM CLASSES

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

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

LOCATION: KSU Natatorium - Ahearn Complex on Denison Avenue

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

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

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

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

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

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

Parent and Child Aquatics (6mos-3 yrs)

17BAQP

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.

- *Learn how to ask for permission before entering the water
- *Learn how to enter and exit the water in a safe manner
- *Feel comfortable in the water
- *Explore submerging to the mouth, nose and eyes and fully submerging
- *Explore buoyancy on the front and back position
- *Change body position in the water
- *Learn how to play safely
- *Experience wearing a U.S. Coast Guard-approved life jacket
- *Plus age-appropriate water safety topics

SEC	DATE	TIME	FEE
A1A	06/05 - 06/08 (MTWTh)	9:50 - 10:25 AM	\$33
A1B	06/05 - 06/08 (MTWTh)	6:00 - 6:35 PM	\$33
A2A	06/12 - 06/15 (MTWTh)	9:50 - 10:25 AM	\$33
B1A	06/19 - 06/22 (MTWTh)	9:50 - 10:25 AM	\$33
B1B	06/19 - 06/22 (MTWTh)	6:00 - 6:35 PM	\$33
B2A	06/26 - 06/29 (MTWTh)	9:50 - 10:25 AM	\$33
C1A	*07/03 - 07/07 (MWThF)	9:50 - 10:25 AM	\$33
C1B	* 07/03 - 07/07 (MWThF)	6:00 - 6:35 PM	\$33
C2A	07/10 - 07/13 (MTWTh)	9:50 - 10:25 AM	\$33
D1A	07/17 - 07/20 (MTWTh)	9:50 - 10:25 AM	\$33
D1B	07/17 - 07/20 (MTWTh)	6:00 - 6:35 PM	\$33
D2A	07/24 - 07/27 (MTWTh)	9:50 - 10:25 AM	\$33

* No class 7/04, makeup class Friday 7/07



CAREER & FINANCE

CREATIVE FREE TIME

EARTH & NATURE

FUN FOODS

ONLINE LEARNING

HEALTH & WELLNESS

Swim registration opens Monday, May 8th at 8:30 AM

Tot Transition (3-4 yrs)

17BAQT

Preschool-age children are taught basic aquatic safety and swimming skills, while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it's safety first.

- *Enter water using ramp, steps, or side
- *Exit water using ramp, steps, or side
- *Blow bubbles through mouth and nose
- *Submerge mouth, nose and eyes
- *Open eyes underwater and retrieve submerged objects
- *Front and back glides and recover to vertical position
- *Back float
- *Roll from front to back and back to front
- *Tread with arm and hand actions
- *Alternating and simultaneous arm and leg actions on front and back
- *Combined arm and leg actions on front and back
- *Plus age-appropriate water safety topics

SEC	DATE	TIME	FEE
A1A	06/05 - 06/08 (MTWTh)	9:10 - 9:45 AM	\$33
A2A	06/12 - 06/15 (MTWTh)	9:10 - 9:45 AM	\$33

Tot Transition (3-4 yrs) (continued)

17BAQT

SEC	DATE	TIME	FEE
A2B	06/12 - 06/15 (MTWTh)	6:00 - 6:35 PM	\$33
B1A	06/19 - 06/22 (MTWTh)	9:10 - 9:45 AM	\$33
B2A	06/26 - 06/29 (MTWTh)	9:10 - 9:45 AM	\$33
B2B	06/26 - 06/29 (MTWTh)	6:00 - 6:35 PM	\$33
C1A	*07/03 - 07/07 (MWTThF)	9:10 - 9:45 AM	\$33
C2A	07/10 - 07/13 (MTWTh)	9:10 - 9:45 AM	\$33
C2B	07/10 - 07/13 (MTWTh)	6:00 - 6:35 PM	\$33
D1A	07/17 - 07/20 (MTWTh)	9:10 - 9:45 AM	\$33
D2A	07/24 - 07/27 (MTWTh)	9:10 - 9:45 AM	\$33
D2B	07/24 - 07/27 (MTWTh)	6:00 - 6:35 PM	\$33

* No class 7/04, makeup class Friday 7/07



Level I: Introduction to Water Skills 17BAQ01

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.

- *Enter water using ramp, steps or side
- *Exit water using ladder, steps or side
- *Blow bubbles through mouth and nose
- *Bobbing
- *Open eyes underwater and retrieve submerged objects
- *Front and back glides and recover to a vertical position
- *Back float
- *Roll from front to back and back to front
- *Tread water using arm and hand actions
- *Alternating and simultaneous arm and leg actions on front
- *Alternating and simultaneous arm and leg actions on back
- *Combined arm and leg actions on front and back
- *Plus age-appropriate water safety topics

SEC	DATE	TIME	FEE
A1	06/05 - 06/15 (MTWTh)	9:50 - 10:35 AM	\$57
A2	06/05 - 06/15 (MTWTh)	10:40 - 11:25 AM	\$57
A3	06/05 - 06/15 (MTWTh)	5:30 - 6:15 PM	\$57
A4	06/05 - 06/15 (MTWTh)	6:30 - 7:15 PM	\$57
B1	06/19 - 06/29 (MTWTh)	9:50 - 10:35 AM	\$57
B2	06/19 - 06/29 (MTWTh)	10:40 - 11:25 AM	\$57
B3	06/19 - 06/29 (MTWTh)	5:30 - 6:15 PM	\$57
B4	06/19 - 06/29 (MTWTh)	6:30 - 7:15 PM	\$57
C1	*07/03 - 07/13 (MTWThF)	9:50 - 10:35 AM	\$57
C2	*07/03 - 07/13 (MTWThF)	10:40 - 11:25 AM	\$57
C3	*07/03 - 07/13 (MTWThF)	5:30 - 6:15 PM	\$57
C4	*07/03 - 07/13 (MTWThF)	6:30 - 7:15 PM	\$57

* No class 7/04, makeup class Friday 7/07

Level I: Introduction to Water Skills 17BAQ01 (continued)

SEC	DATE	TIME	FEE
D1	07/17 - 07/27 (MTWTh)	9:50 - 10:35 AM	\$57
D2	07/17 - 07/27 (MTWTh)	10:40 - 11:25 AM	\$57
D3	07/17 - 07/27 (MTWTh)	5:30 - 6:15 PM	\$57
D4	07/17 - 07/27 (MTWTh)	6:30 - 7:15 PM	\$57

Level II: Fundamental Aquatic Skills 17BAQ02

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.

Enter water by stepping or jumping from the side

- *Exit water using ladder, steps or side
- *Fully submerge and hold breath
- *Bobbing
- *Open eyes underwater and retrieve submerged objects
- *Rotary breathing
- *Front, jellyfish and tuck floats
- *Back glide and recover to a vertical position
- *Front glide and recover to vertical position
- *Roll from front to back and back to front
- *Tread water using arm and leg actions
- *Change direction of travel while swimming on front or back
- *Combined are and leg actions on front and back
- *Finning arm action
- *Plus age-appropriate water safety topics

SEC	DATE	TIME	FEE
A1	06/05 - 06/15 (MTWTh)	9:50 -10:35 AM	\$57
A2	06/05 - 06/15 (MTWTh)	10:40 - 11:25 AM	\$57
A3	06/05 - 06/15 (MTWTh)	5:30 - 6:15 PM	\$57
A4	06/05 - 06/15 (MTWTh)	6:30 - 7:15 PM	\$57





Level II: Fundamental Aquatic Skills (continued)

17BAQ02

SEC	DATE	TIME	FEE
B1	06/19 - 06/29 (MTWTh)	9:50 - 10:35 AM	\$57
B2	06/19 - 06/29 (MTWTh)	10:40 - 11:25 AM	\$57
B3	06/19 - 06/29 (MTWTh)	5:30 - 6:15 PM	\$57
B4	06/19 - 06/29 (MTWTh)	6:30 - 7:15 PM	\$57
C1	*07/03 - 07/13 (MTWThF)	9:50 - 10:35 AM	\$57
C2	*07/03 - 07/13 (MTWThF)	10:40 - 11:25 AM	\$57
C3	*07/03 - 07/13 (MTWThF)	5:30 - 6:15 PM	\$57
C4	*07/03 - 07/13 (MTWThF)	6:30 - 7:15 PM	\$57
D1	07/17 - 07/27 (MTWTh)	9:50 - 10:35 AM	\$57
D2	07/17 - 07/27 (MTWTh)	10:40 - 11:25 AM	\$57
D3	07/17 - 07/27 (MTWTh)	5:30 - 6:15 PM	\$57
D4	07/17 - 07/27 (MTWTh)	6:30 - 7:15 PM	\$57

* No class 7/04, makeup class Friday 7/07

INTERESTED IN TEACHING
A CLASS FOR UFM?

FALL 2017 SUBMISSION DEADLINE IS
JUNE 9, 2017.

FOR MORE INFORMATION EMAIL
KAYLA@TRYUFM.ORG

Level III: Stroke Development 17BAQ03

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

*Enter water by jumping from the side, fully submerge then recover to the surface and return to the side

*Headfirst entries from the side in sitting and kneeling positions

*Bobbing while moving toward safety

*Rotary Breathing

*Back float

*Survival Float

*Change from vertical to horizontal position on front and back

*Tread water

*Flutter and dolphin kicks on front

*Scissors and breaststroke kicks

*Front crawl and elementary backstroke

*Plus age-appropriate water safety topics

SEC	DATE	TIME	FEE
A1	06/05 - 06/15 (MTWTh)	9:50 - 10:35 AM	\$57
A2	06/05 - 06/15 (MTWTh)	10:40 - 11:25 AM	\$57
A3	06/05 - 06/15 (MTWTh)	5:30 - 6:15 PM	\$57
A4	06/05 - 06/15 (MTWTh)	6:30 - 7:15 PM	\$57
B1	06/19 - 06/29 (MTWTh)	9:50 - 10:35 AM	\$57
B2	06/19 - 06/29 (MTWTh)	10:40 - 11:25 AM	\$57
B3	06/19 - 06/29 (MTWTh)	5:30 - 6:15 PM	\$57
B4	06/19 - 06/29 (MTWTh)	6:30 - 7:15 PM	\$57
C1	*07/03 - 07/13 (MTWThF)	9:50 - 10:35 AM	\$57
C2	*07/03 - 07/13 (MTWThF)	10:40 - 11:25 AM	\$57
C3	*07/03 - 07/13 (MTWThF)	5:30 - 6:15 PM	\$57

* No class 7/04, makeup class Friday 7/07



**Level III: Stroke Development
(continued)****17BAQ03**

SEC	DATE	TIME	FEE
C4	*07/03 - 07/13 (MTWThF)	6:30 - 7:15 PM	\$57
D1	07/17 - 07/27 (MTWTh)	9:50 - 10:35 AM	\$57
D2	07/17 - 07/27 (MTWTh)	10:40 - 11:25 AM	\$57
D3	07/17 - 07/27 (MTWTh)	5:30 - 6:15 PM	\$57
D4	07/17 - 07/27 (MTWTh)	6:30 PM to 7:15 PM	\$57

* No class 7/04, makeup class Friday 7/07

Level IV: Stroke Improvement 17BAQ04

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.

*Headfirst entries from the side in compact and stride positions

*Swim underwater

*Feetfirst surface dive

*Survival swimming

*Open turns on front and back

*Tread water using 2 different kicks

*Front and back crawl, elementary backstroke, breaststroke and butterfly

*Flutter and dolphin kicks on back

*Plus age-appropriate water safety topics

SEC	DATE	TIME	FEE
A1	06/05 - 06/15 (MTWTh)	9:50 - 10:35 AM	\$57
A2	06/05 - 06/15 (MTWTh)	10:40 - 11:25 AM	\$57
B1	06/19 - 06/29 (MTWTh)	9:50 - 10:35 AM	\$57
B2	06/19 - 06/29 (MTWTh)	10:40 - 11:25 AM	\$57
C1	*07/03 - 07/13 (MTWThF)	9:50 - 10:35 AM	\$57

* No class 7/04, makeup class Friday 7/07

**Level IV: Stroke Improvement
(continued)****17BAQ04**

SEC	DATE	TIME	FEE
C2	*07/03 - 07/13 (MTWThF)	10:40 - 11:25 AM	\$57
D1	07/17 - 07/27 (MTWTh)	9:50 - 10:35 AM	\$57
D2	07/17 - 07/27 (MTWTh)	10:40 - 11:25 AM	\$57

* No class 7/04, makeup class Friday 7/07

Level V: Stroke Refinement 17BAQ05

Youth lessons. The objectives of level five 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 **)

*Shallow-angle dive from the side then glide and begin a front stroke

*Tuck and Pike surface dives

*Front flip turn and backstroke flip turn while swimming

*Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly

*Sculling

*Plus age-appropriate water safety topics

SEC	DATE	TIME	FEE
A1	06/05 - 06/15 (MTWTh)	9:50 - 10:35 AM	\$57
A2	06/05 - 06/15 (MTWTh)	10:40 - 11:25 AM	\$57
B1	06/19 - 06/29 (MTWTh)	9:50 - 10:35 AM	\$57
B2	06/19 - 06/29 (MTWTh)	10:40 - 11:25 AM	\$57
C1	*07/03 - 07/13 (MTWThF)	9:50 - 10:35 AM	\$57
C2	*07/03 - 07/13 (MTWThF)	10:40 - 11:25 AM	\$57
D1	07/17 - 07/27 (MTWTh)	9:50 - 10:35 AM	\$57
D2	07/17 - 07/27 (MTWTh)	10:40 - 11:25 AM	\$57

* No class 7/04, makeup class Friday 7/07



Level VI: Swimming and Skill Proficiency 17BAQ06

Youth lessons. The objectives of level six are to refine strokes so participants can swim them with more ease, efficiency, power and smoothness and over greater distances. Level 6 also introduces other aquatic activities and offers three options - Personal Water Safety, Fundamentals of Diving and Fitness Swimmer. These options focus on preparing participants for more advanced courses, such as the Water Safety Instructor course, or other aquatics activities, such as competitive swimming or diving.

(** Levels 5 and 6 are combined classes **)

SEC	DATE	TIME	FEE
A1	06/05 - 06/15 (MTWTh)	9:50 - 10:35 AM	\$57
A2	06/05 - 06/15 (MTWTh)	10:40 - 11:25 AM	\$57
B1	06/19 - 06/29 (MTWTh)	9:50 - 10:35 AM	\$57
B2	06/19 - 06/29 (MTWTh)	10:40 - 11:25 AM	\$57
C1	*07/03 - 07/13 (MTWThF)	9:50 - 10:35 AM	\$57
C2	*07/03 - 07/13 (MTWThF)	10:40 - 11:25 AM	\$57
D1	07/17 - 07/27 (MTWTh)	9:50 - 10:35 AM	\$57
D2	07/17 - 07/27 (MTWTh)	10:40 - 11:25 AM	\$57

* No class 7/04, makeup class Friday 7/07



Lap Swimming: Ages 13+ 17BAQLS

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

SEC	DATE	TIME	FEE
A1	06/05 - 06/15 (MTWTh)	9:10 - 11:25 AM	\$19
A3	06/05 - 06/15 (MTWTh)	5:30 - 7:30 PM	\$19
B1	06/19 - 06/29 (MTWTh)	9:10 - 11:25 AM	\$19
B3	06/19 - 06/29 (MTWTh)	5:30 - 7:30 PM	\$19
C1	*07/03 - 07/13 (MTWThF)	9:10 - 11:25 AM	\$19
C3	*07/03 - 07/13 (MTWThF)	5:30 - 7:30 PM	\$19
D1	07/17 - 07/27 (MTWTh)	9:10 - 11:25 AM	\$19
D3	07/17 - 07/27 (MTWTh)	5:30 - 7:30 PM	\$19

* No class 7/04, makeup class Friday 7/07

Lap Swimming for Parents 17BAQLP

Are you tired of being just an observer at your child's swimming lesson? If so, then take advantage of the time you spend watching and enroll in Lap Swimming at a special price. The lap pool is available every day your child is enrolled in swimming lessons. During this time you will be able to swim laps to meet your own needs and goals. You may choose your 40-minute block of time during the scheduled times below.

SEC	DATE	TIME	FEE
A1	06/05 - 06/15 (MTWTh)	9:10 - 11:25 AM	\$16
A3	06/05 - 06/15 (MTWTh)	5:30 - 7:25 PM	\$16
B1	06/19 - 06/29 (MTWTh)	9:10 - 11:25 AM	\$16



Lap Swimming for Parents
(continued)

17BAQLP



SEC	DATE	TIME	FEE
B3	06/19 - 06/29 (MTWTh)	5:30 - 7:25 PM	\$16
C1	*07/03 - 07/13 (MTWThF)	9:10 - 11:25 AM	\$16
C3	*07/03 - 07/13 (MTWThF)	5:30 - 7:25 PM	\$16
D1	07/17 - 07/27 (MTWTh)	9:10 - 11:25 AM	\$16
D3	07/17 - 07/27 (MTWTh)	5:30 - 7:25 PM	\$16

* No class 7/04, makeup class Friday 7/07

Adult Swim Lessons 17AAQ22

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

Please visit www.tryufm.org for more details

Shallow/Deep Water Exercise 17AAQSHD

Enjoy the benefits of Shallow and Deep Water Exercise for one price! Design your own workout schedule by enrolling in the number of classes and choosing the day(s) you want to attend. Water Exercise is designed to use water for the development of physical fitness, muscle tone, flexibility and cardiovascular endurance. Shallow Water exercise is done in a vertical position with head and shoulders out of the water. Deep Water participants will be issued an aquajogger belt to help provide buoyancy in the water and is taught in the diving well (only swimmers who can tread water without a floatation device are allowed to participate in this class). *Shallow Water meets Monday, Tuesday, Wednesday, and Thursday and Deep Water meets Tuesday and Thursday. Ages 16 years and up.

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

DATE	TIME	FEE
06/05 - 07/27 (MTWTh)	6:40 - 7:25 PM	8 classes - \$24 16 classes - \$36 24 classes - \$48
(No class 7/04)		

Private Swim Lessons 17BAQ103

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

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

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

SEC	DATE	TIME	**FEE
A1A	06/05 - 06/08 (MTWTh)	9:10 - 9:45 AM	\$69
A1B	06/05 - 06/08 (MTWTh)	9:50 - 10:25 AM	\$69
A1C	06/05 - 06/08 (MTWTh)	10:40 - 11:15 AM	\$69
A1D	06/05 - 06/08 (MTWTh)	5:30 - 6:05 PM	\$69
A1E	06/05 - 06/08 (MTWTh)	6:30 - 7:05 PM	\$69
A2A	06/12 - 06/15 (MTWTh)	9:10 - 9:45 AM	\$69
A2B	06/12 - 06/15 (MTWTh)	9:50 - 10:25 AM	\$69
A2C	06/12 - 06/15 (MTWTh)	10:40 - 11:15 AM	\$69
A2D	06/12 - 06/15 (MTWTh)	5:30 - 6:05 PM	\$69
A2E	06/12 - 06/15 (MTWTh)	6:30 - 7:05 PM	\$69
B1A	06/19 - 06/22 (MTWTh)	9:10 - 9:45 AM	\$69
B1B	06/19 - 06/22 (MTWTh)	9:50 - 10:25 AM	\$69
B1C	06/19 - 06/22 (MTWTh)	10:40 - 11:15 AM	\$69
B1D	06/19 - 06/22 (MTWTh)	5:30 - 6:05 PM	\$69
B1E	06/19 - 06/22 (MTWTh)	6:30 - 7:05 PM	\$69



SEC	DATE	TIME	**FEE
B2A	06/26 - 06/29 (MTWTh)	9:10 - 9:45 AM	\$69
B2B	06/26 - 06/29 (MTWTh)	9:50 - 10:25 AM	\$69
B2C	06/26 - 06/29 (MTWTh)	10:40 - 11:15 AM	\$69
C1A	*07/03 - 07/07 (MWThF)	9:10 - 9:45 AM	\$69
C1B	*07/03 - 07/07 (MWThF)	9:50 - 10:25 AM	\$69
C1C	*07/03 - 07/07 (MWThF)	10:40 - 11:15 AM	\$69
C2A	07/10 - 07/13 (MTWTh)	9:10 - 9:45 AM	\$69
C2B	07/10 - 07/13 (MTWTh)	9:50 - 10:25 AM	\$69
C2C	07/10 - 07/13 (MTWTh)	10:40 - 11:15 AM	\$69
D1A	07/17 - 07/20 (MTWTh)	9:10 - 9:45 AM	\$69
D1B	07/17 - 07/20 (MTWTh)	9:50 - 10:25 AM	\$69
D1C	07/17 - 07/20 (MTWTh)	10:40 - 11:15 AM	\$69
D2A	07/24 - 07/27 (MTWTh)	9:10 - 9:45 AM	\$69
D2B	07/24 - 07/27 (MTWTh)	9:50 - 10:25 AM	\$69
D2C	07/24 - 07/27 (MTWTh)	10:40 - 11:15 AM	\$69
D2D	07/24 - 07/27 (MTWTh)	6:30 - 7:05 PM	\$69
D2E	07/24 - 07/27 (MTWTh)	6:30 - 7:05 PM	\$69

* No class 7/04, makeup class Friday 7/07



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

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

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

****Prerequisites:** candidates must

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

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

Instructors: Abby Thrash & Jordan Meyer

SEC	DATE	TIME	*FEE
D	05/20 - 05/21 (Sa/Su)	8:00 AM - 7:00 PM	\$165.00

* CPR mask not included in class fee
Required: additional Mask fee of \$14
* \$85 non-refundable fee



CAREER & FINANCE

Huh? -2- Duh! Secrets of Small Business Success Bootcamp NEW! 17BFC160

Operating a small business has been called the hardest job in the world - and yet here you are, embarking on a journey to create, maintain, manage and grow a business that is entirely your own. You have decided that the benefits are worth the risk. At the end of your time in this one-week bootcamp, you will have gained a solid, working understanding of the following:

- ~ The three most common accounting mistakes that give an owner a FALSE sense of profitability and how to avoid them
- ~ How to gauge the number of customers in your market area that will buy what you sell
- ~ How to discover the net value you offer vs. each of your competitors, as well as benchmarks in your industry (this is NOT a comparison of price alone)
- ~ Your optimal revenue target for the next five years, broken down by number of customers and average spent per customer
- ~ Your operating cushion needed year-round
- ~ How much to spend on hiring and training employees and the resulting ROI on labor investments
- ~ How to wisely place and analyze advertising dollars
- ~ How to ascertain the largest economic risk, industry risk, and personal risk facing your business, as well as how to go about mitigating each type of risk over the next year

In addition, you receive an automated financial planning tool and access to a private online discussion group with the class participants and instructor as an ongoing resource for consultation and problem-solving as you proceed with your business.

Gain the confidence to plan for success, learn from an instructor with real business experience and benefit from a small group class setting.

Instructor: Jeff Koenig, (319) 331-3757,
jeff@openfour.com

SEC	DATE	TIME	FEE
A	06/12 - 06/16 (M-F)	9:00 AM - 4:00 PM	\$495
B	07/10 - 07/14 (M-F)	9:00 AM - 4:00 PM	\$495

* Deadline to enroll is June 2 for the June class. July class will open after there are at least 8 enrollees in the June class.

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



UFM PUTS THE
COMMUNITY
IN EDUCATION

Online Courses

Start learning something new today! UFM is partnering with Ed4Online to expand our educational offerings. The classes listed here offer online, self-paced, open enrollment programs. These courses are available anytime, anywhere from any computer or mobile device with an internet connection. The courses incorporate a variety of learning methods to support you on your educational journey. We are offering these courses to enhance and expand learning opportunities available in and around the Manhattan community. Please let us know if there are other courses you would like to see added.

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

Enroll at www.tryufm.org/online-courses/

Personal Enrichment Courses

- Accounting & Finance
- Business & Management
- Computer Applications
- Healthcare & Medical
- Personal Development
- Teaching & Education
- Writing & Publishing

Professional Development

- Customer Service
- Spanish



CREATIVE FREETIME

AQUATICS

CAREER & FINANCE

CREATIVE FREETIME

EARTH & NATURE

FUN FOODS

ONLINE LEARNING

HEALTH & WELLNESS

Macramé Wall Hanging **NEW!** 17BCF258

Macramé jewelry, belts, wall hanging, and other projects were popular in the 1970s. Macramé is making a comeback and is trendy again. In this class, you will have fun creating a small wall hanging. Just by learning a few basic knots, you can create many different types of Macramé projects. Supplies for your project are included in the class fees. Ages 13 +
Instructor: Charlene Brownson, (785) 539-8763, cmb@ksu.edu

Charlene Brownson coordinates educational programs at UFM. She has a BS degree in Art Education and enjoys sharing her interest in arts and crafts with others.

DATE	TIME	FEE
06/06 (T)	2:30 - 5:00 PM	\$12

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

Glass Etching **NEW!** 17BCF259

Learn how quick and easy it is to make beautiful etched glass. You will have your choice of assorted glass items to etch. You are also invited to bring a vase or glass of your own to etch after you learn the technique. Class instruction will include how to use pre-made store-bought stencils and how to make your own stencil so you can personalize just about any glass item. Ages 10+.

Instructor: Gail Parsons

DATE	TIME	FEE
07/15 (Sa)	10:00 - 11:00 AM	\$39

Location: UFM Solar Addition 1221 Thurston St.



Sewing: Refining your Skills **NEW!** 17BCF260

Don't let fear of using a commercial pattern keep you from increasing your sewing range. Learn how to use a commercial pattern for your next sewing project. We will start by learning how to buy and understand a pattern. Then we will create a simple garment project. We will also learn basic skills including inserting elastic, putting in a zipper, sewing on a button and hand stitching a hem. If time allows, the instructor will help you start on a project of your choice. Participants should have some prior machine sewing experience. Bring a basic sewing kit and your sewing machine. A fabric and notions supply list for the first project will be provided after sign up.

Instructor: Linda Teener

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

DATE	TIME	FEE
06/08 - 06/29 (Th)	5:30 - 7:30 PM	\$18

Location: UFM 1221 Thurston St.

Student thoughts...

About instructor, Gail Parsons. She is hands on. Gail doesn't sit and lecture you, she tells you what to do so you get started, but then she's right there to help you. Then while you are working she tells you history and story.



Introduction to**Digital Photography: The Basics 17BCF190**

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 covered in the class include 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 (Thursday) 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 trip location.

Class times and dates:

Thursday: 7-9pm on May 25th, June 1, 8, and 15th

Saturday: a few hours before sunset May 27th, June 3, and 10th

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

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

DATE	TIME	FEE
05/25 - 06/15 (Th/Sa)	7:00 - 9:00 PM	\$68

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

**Sax, Clarinet, Flute
Private Instruction****17BCF232**

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 at (785) 406-0172 to schedule your private lesson dates and times (dates and times available Monday - Thursday, meeting once a week for four weeks), after registering through UFM.

Instructor: Betsy Blaser (Blazer)

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

Location: UFM 1221 Thurston St.



EARTH & NATURE

AQUATICS

CAREER & FINANCE

CREATIVE FREE TIME

EARTH & NATURE

FUN FOODS

ONLINE LEARNING

HEALTH & WELLNESS

Wildflower Walk at Tuttle Creek Lake

17BEN69

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

Instructor: Melissa Bean

SEC	DATE	TIME	FEE
A	05/13 (Sa)	10:00 AM - Noon	No Charge
B	06/17 (Sa)	10:00 AM - Noon	No Charge

Location: Tuttle Creek Lake Visitor Center 5020 Tuttle Creek Blvd

Driving on Sunshine!

NEW!

17BEN145

It will take the sunshine from about ten solar panels to drive a Chevy Volt its 35-38 mile range daily. GM's owner surveys found that they are driven 80% on electricity stored in their batteries, and that more than two-thirds of their owners charge them through solar panels on their roofs. Rather than exporting the power generated from a solar array back to the grid, that power can be saved to power electric transportation, including electric cars, scooters and bikes. Come learn about driving on sunshine!

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

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

DATE	TIME	FEE
06/10 (Sa)	10:00 AM - Noon	No Charge

Location: UFM Solar Addition 1221 Thurston St.

Photovoltaics 101

17BEN114

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

Instructor: FHREEC

DATE	TIME	FEE
06/17 (Sa)	9:00 AM - Noon	No Charge

Location: UFM Solar Addition 1221 Thurston St.

Intro to Geocaching

17BEN103

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

Instructor: Ryan Semmel

DATE	TIME	FEE
07/15 (Sa)	1:00 - 5:00 PM	Family - \$5 Individual - \$2

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

Find the fake class & get \$5 off your registration!



Student thoughts...

About Permaculture Guilds - I liked *being offered specific examples of guilds that work so that as a starter, I could construct a guild without extensive research.*

Introduction to Permaculture 17BEN137

Learn how we can create consciously designed landscapes which mimic the patterns and relationships found in nature, yielding an abundance of food, fiber, and energy for provision of local needs. Discover how the twelve principles of permaculture design can contribute to a sustainable future.

Instructor: Carol Barta, (785) 410-8608
Carol Barta is a founding member of the Flint Hills Resilience Coalition and certified permaculturist.

DATE	TIME	FEE
06/25 (Su)	6:00 - 9:00 PM	No Charge

Location: UFM Solar Addition 1221 Thurston St.

In the Zones:

Designing with Permaculture 17BEN130

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

Instructor: Carol Barta, (785) 410-8608

DATE	TIME	FEE
07/30 (Su)	6:00 - 8:00 PM	No Charge

Location: UFM Solar Addition 1221 Thurston St.

ACCELERATED COURSE OPTIONS



Intersession

Students can get ahead with short on-campus or online classes between standard university semesters.

intersession.k-state.edu



Evening College

Students can fit more into their schedule with eight-week or 16-week classes on campus between 5:30 and 10:30 p.m.

evening.k-state.edu



Online

Students can stay on track to finish their degree with online classes in eight-week and 16-week schedules.

distance.k-state.edu

VISIT global.k-state.edu/options



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FUN FOODS

Dressing & Sauces

NEW!

17BFF147

Join us at this People's Grocery & UFM class to taste some dressings and sauce recipes for fresh veggies and summer salads. You will get to take home the recipes. People's Grocery & UFM have collaborated to bring you this class.

Instructor: Sylvia Beeman

DATE	TIME	FEE
06/10 (Sa)	2:00 - 3:30 PM	\$5

Location: UFM Banquet/Kitchen 1221 Thurston St.

Canning from your Garden

NEW!

17BFF149

Take advantage of the freshness of summer and can all of your veggies for use during the fall and winter months! Taught by two MHKers who can straight from the garden all spring and summer long. Class includes quick pickle recipes for all kinds of veggies, jams, and relishes. People's Grocery & UFM have collaborated to bring you this class.

Instructor: Kathleen Tanona & Sarah Killian

DATE	TIME	FEE
06/14 (W)	5:30 - 7:30 PM	\$5

Location: UFM Banquet/Kitchen 1221 Thurston St.

Vegetarian Taco Party

NEW!

17BFF148

At this vegetarian Taco Party, you will get to taste different tacos and dips—all vegetarian using seasonal veggies. People's Grocery & UFM have collaborated to bring you this class.

Instructor: April Wagnon

DATE	TIME	FEE
07/08 (Sa)	6:00 - 8:00 PM	\$5

Location: UFM Banquet/Kitchen 1221 Thurston St.

Fermentation

NEW!

17BFF150

Learn how to make Kombucha, cheeses, kefir, and more at this People's Grocery/UFM class. People's Grocery & UFM have collaborated to bring you this class.

Instructor: Jenny Guilford

wellness@peoplesgrocerycoop.com

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

DATE	TIME	FEE
07/15 (Sa)	2:00 - 3:30 PM	\$5

Location: UFM Solar Addition 1221 Thurston St.



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9AM-8PM**

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EARTH & NATURE

FUN FOODS

ONLINE LEARNING

HEALTH & WELLNESS

A One on One Introduction to Voiceovers 17BCF129

This fun and empowering 90 minute, one-on-one introductory workshop covers the different types of voiceovers and what tools are needed to find success. You'll be coached as you read a script, and be recorded so you can receive a professional voice evaluation later. You'll have the knowledge necessary to help you decide if this is something you'd like to pursue. Check out the video at <http://www.voicesforall.com/ooo> to get a better sense of how the class works. 18 and over. Taught by a professional voice actor from the Voice Acting Training Company, Voices For All. Enroll at any time - class is taught on demand.

Instructor: Voices For All, LLC

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

DATE	TIME	FEE
05/08 - 08/07 (M)	TBD	\$49

Location: One on one video chat

Blended Learning: First Aid/CPR/AED 17BHW70

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

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

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

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

Instructor: Kelly Reed

SEC	DATE	TIME	* FEE
A	06/10 (Sa)	9:30 - 11:00 AM	\$64
B	07/29 (Sa)	9:30 - 11:00 AM	\$64
C	08/12 (Sa)	9:30 - 11:00 AM	\$64

* \$45 non-refundable fee

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

Online Courses

Start learning something new today! UFM is partnering with Ed4Online to expand our educational offerings. The classes listed here offer online, self-paced, open enrollment programs. These courses are available anytime, anywhere from any computer or mobile device with an internet connection. The courses incorporate a variety of learning methods to support you on your educational journey. We are offering these courses to enhance and expand learning opportunities available in and around the Manhattan community. Please let us know if there are other courses you would like to see added.

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

Enroll at www.tryufm.org/online-courses/

Personal Enrichment Courses

- Accounting & Finance
- Business & Management
- Computer Applications
- Healthcare & Medical
- Personal Development
- Teaching & Education
- Writing & Publishing

Professional Development

- Customer Service
- Spanish



HEALTH & WELLNESS

Restorative Yoga

17BHW140

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

SEC	DATE	TIME	FEE
A	06/04 - 07/09 (Su) (No Class June 25)	6:30 - 7:30 PM	\$29
B	07/16 - 08/20 (Su) (No Class July 30)	6:30 - 7:30 PM	\$29

Location: UFM Solar Addition 1221 Thurston St.



Chair Yoga

17BHW156

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

Instructor: Debbie Newton, dn72649@gmail.com

SEC	DATE	TIME	FEE
A	06/06 - 07/11 (T) (No Class July 4)	Noon - 1:00 PM	\$29
B	07/18 - 08/15 (T)	Noon - 1:00 PM	\$29

Location: UFM Solar Addition 1221 Thurston St.

Student thoughts...

About instructor Debbie Newton -
"Debbie is very good at instructing yoga. I always feel great after the class. She's not only knowledgeable, but so kind and attentive. She's wonderful!"

Talk2@ MHK

THURSDAY, JUNE 22
7:00 - 8:30 PM
EIGHT PRESENTATIONS. SEVEN MINUTES EACH.

A FREE EVENT WHERE YOU CAN CONNECT
WITH IDEAS AND INNOVATORS
IN OUR COMMUNITY.
MANHATTAN PUBLIC LIBRARY 629 POYNTZ AVENUE
WWW.TALK2OMHK.ORG



Student thoughts...
About Evening Yoga. The whole experience, stretching, meditation, calming music, dimmed lights at the end and lavender eye pillows, offered blankets and hip pillows. Debbie is a Master Concierge at yoga instruction and experience! And I am much more limber in my everyday life when gardening and putting on my shoes--I have much more balance and flexibility.

Morning Yoga

17BHW89

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

Instructor: Debbie Newton, dn72649@gmail.com

SEC	DATE	TIME	FEE
A	06/03 - 07/01 (Sa)	9:30 - 11:00 AM	\$29
B	07/08 - 08/05 (Sa)	9:30 - 11:00 AM	\$29

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

Gentle Yoga for All

17BHW99

This is a small class and we focus on individual needs and developing your ability to practice yoga at home, on your own. Gentle moves and stretches are used to improve the body and mind connection. Informal and friendly. You leave feeling refreshed! Please attend class with an empty stomach, and wear comfortable clothes that do not restrict movement. You may bring your own mat or use one of ours. Class meets 6 times.

Ana Franklin is in her seventh decade and has practiced and taught yoga for most of her life. For the last 20 years, she has taught in Manhattan, KS, both in her downtown studio and at K-State. Ana is happy to welcome more people of all ages to a personal knowledge and practice of this health-giving tradition.

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

SEC	DATE	TIME	FEE
A	06/01 - 07/06 (Th)	4:30 - 5:45 PM	\$79
B	06/01 - 07/06 (Th)	6:30 - 7:45 PM	\$79
C	07/13 - 08/17 (Th)	4:30 - 5:45 PM	\$79
D	07/13 - 08/17 (Th)	6:30 - 7:45 PM	\$79

Location: Heart Space Yoga 321 Poyntz Ave, Ste A



Heart Space
yoga

Ana Franklin

321 Poyntz Avenue
Suite A
Manhattan, KS 66505

785-341-9908

www.yogaconnection.byregion.net

Evening Yoga

17BHW88

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

SEC	DATE	TIME	FEE
A	06/05 - 07/03 (M)	6:45 - 8:15 PM	\$29
B	07/10 - 08/07 (M)	6:45 - 8:15 PM	\$29

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



Intro to Meditation**17BHW183**

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, (785) 341-9072

palma@brightlifeconsulting.com

Palma Holden, M.S., helps people relax, de-stress, and feel better through her practical, spirit-lifting workshops, private intuitive consulting and healing guidance.

DATE	TIME	FEE
06/01 (Th)	7:00 - 8:00 PM	\$5

Location: UFM Solar Addition 1221 Thurston St.

Tapping**NEW!****17BHW198**

You've probably heard people talking about "tapping". Perhaps you've seen an ad on Facebook. Maybe you know someone who does tapping. What is this tapping craze about? Tapping is an easy, gentle way to relieve stressful thoughts and feelings on the spot. Tapping lightly on places from the top of your head to your torso in a particular sequence using particular dialogue, relieves stress and creates calm. Come to explore the origins of tapping and learn the tapping sequence for yourself by tapping in real time.

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

DATE	TIME	FEE
07/20 (Th)	7:00 - 8:30 PM	\$36

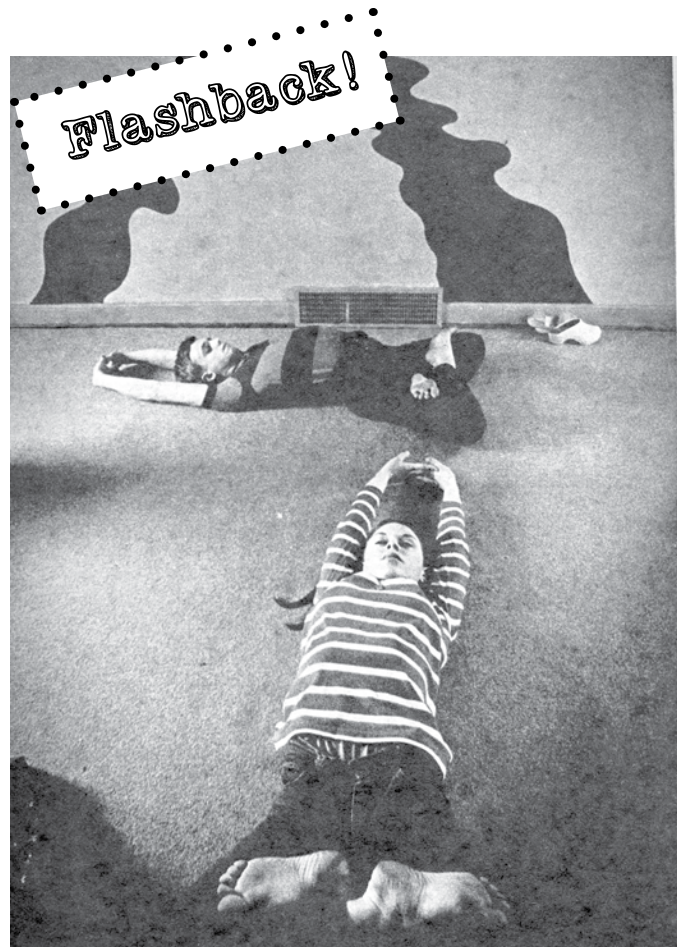
Location: UFM Solar Addition 1221 Thurston St.

3 easy ways to register:

▶ **1. Online at
www.tryufm.org**

▶ **2. By phone at
785.539.8763**

▶ **3. Stop in and
see us at 1221
Thurston St.**

**Self-Help with Reiki****17BHW192**

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

Instructor: Mandy Ryan

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

DATE	TIME	FEE
07/24 (M)	6:00 - 8:00 PM	\$5

Location: UFM Solar Addition 1221 Thurston St.



Creating an Abundance Vision Board 17BHW193

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

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

DATE	TIME	FEE
06/29 (Th)	7:00 - 8:30 PM	\$36

Location: UFM Solar Addition 1221 Thurston St.



Student thoughts...
 About Building Healthy Nutrition Habits. *Leslie is very knowledgeable and easy to follow.*

Building Healthy Nutrition Habits 17BHW195

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

Instructor: Leslie Graves
 Leslie is a graduate of Kansas State University and has a passion for helping others understand the impact that nutrition and exercise have on their health. Her focus is on building healthier lifestyle habits based on whole foods. 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

DATE	TIME	FEE
05/31 - 07/19 (W)	12:15 - 12:45 PM	\$106

Location: UFM Solar Addition 1221 Thurston St.

Interested in teaching a class for UFM?

Fall 2017 submission deadline is Friday, June 9th

For more information email kayla@tryufm.org



Relief for Neck Pain**NEW!****17BHW224**

Do you sit for long periods of time for work or other activities? Neck pain is often related to sitting too long with poor posture. It is estimated that two thirds of people suffer from neck pain at least one time in their life. Neck pain may also lead to headaches or shoulder aches when left unattended. We will go over simple stretches, exercises, and proper posture to help reduce neck pain and prevent it in the future!

Instructor: Lauren Palmer & Jessica Campbell
(785) 320-6791, thedocs@flintheillsfamilychiropractic.com

A native of the Kansas City area, Dr. Lauren graduated magna cum laude from Cleveland Chiropractic College in April, 2016. She began her chiropractic journey with an interest in pediatrics, pre-natal care, and nutrition. She is currently finishing her certification in the specialty of pediatric chiropractic. Dr. Lauren's biggest passion is helping expecting mothers have the most comfortable pregnancy possible and helping children reach their full health potential, naturally.

A local of the Manhattan area and K-State graduate, Dr. Jessica is married with two boys, and plenty of chickens. She graduated cum laude from Cleveland Chiropractic College in April 2016. Having learned about children through experience with her own as well as providing day care services, she knew she wanted to educate and empower families on health and wellness.

DATE	TIME	FEE
06/13 (T)	7:00 - 8:30 PM	\$12

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

Relieve Low Back Pain**NEW!****17BHW225**

An estimated \$50 billion is spent yearly in the United States on back pain related costs. This averages to about \$150 dollars per person, per year. Low back pain can often be prevented with simple exercises and knowledge of how to keep your low back "safe" while working. Come to learn how you can prevent future low back pain or rehab current low back pain with simple, effective activities.

Instructor: Lauren Palmer & Jessica Campbell
(785) 320-6791, thedocs@flintheillsfamilychiropractic.com

DATE	TIME	FEE
06/27 (T)	7:00 - 8:30 PM	\$12

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



UFM puts the **community** in education.

Fertility, Pregnancy and Newborns**NEW!****17BHW226**

During pregnancy, a woman's body changes to accommodate a growing infant. During this class, we will discuss these changes and ways mom can stay as comfortable and stress-free as possible throughout the whole process. We will also dive into fertility from a natural approach, as well as the benefit of chiropractic for mom and baby in the 4th trimester.

Instructor: Lauren Palmer & Jessica Campbell
(785) 320-6791, thedocs@flintheillsfamilychiropractic.com

DATE	TIME	FEE
07/11 (T)	7:00 - 8:30 PM	\$12

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

Whether you have experience as an actor, musician, tech crew, or want to learn, join us!

Theatre Season Sponsor: **CivicPlus**

One Act Play Festival
Festival Director: LaVonne Canfield
July 7 & 8, 7:30pm
Auditions: May 15 & 16, 7-9pm

Summer Musical: **Spring Awakening**
Book & Lyrics by Steven Sater
Music by Duncan Sheik
Based on the play by Frank Wedekind
Directed by Tyler Woods
Aug 4-6, Aug 10-13
Auditions: Jun 5 & 6, 7-9pm

Camp MAC: Art Chronicles
Art & Theatre camps for grades 1-8 begin May 30

Education Season Sponsor: JNT Company
Summer Camp Gold Sponsors: David Margolies & Sheila Hochhauser

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

www.manhattanarts.org



Small Lifestyle Changes NEW! **17BHW227**

Do you ever feel helpless when trying to find a simple way to start healthier living? Making multiple changes at once is overwhelming. In this class, we will go over numerous ideas that can be implemented one at a time to help you live the life you want!

Instructor: Lauren Palmer & Jessica Campbell
(785) 320-6791, thedocs@flinthillsfamilychiropractic.com

DATE	TIME	FEE
07/25 (T)	7:00 - 8:30 PM	\$12

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

Natural Care NEW! **for Autism and ADHD** **17BHW228**

Today, almost every person in America knows someone with autism or ADHD. Autism and ADHD both have neurologic components. In this class, we will discuss some of the ways to promote a healthy nervous system in the autism and ADHD population, through exercise, diet, and chiropractic care.

Instructor: Lauren Palmer & Jessica Campbell
(785) 320-6791, thedocs@flinthillsfamilychiropractic.com

DATE	TIME	FEE
08/08 (T)	7:00 - 8:30 PM	\$12

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

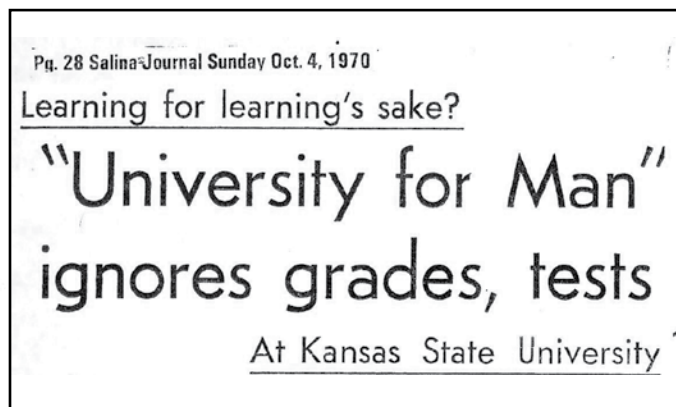
Growing Your Own NEW! **Medicine Garden** **17BHW229**

A medicinal plant garden provides affordable, sustainable, and indispensable herbs to remedy a variety of conditions, from prevention to times of emergencies. Growing herbs to meet your needs does not have to be difficult and can be done with any garden space. You'll learn about various plants to grow, how to get started, design tips, choosing plants or seeds, and how to decide what to plant based on common issues you and your family need to remedy such as: easing tummy upset, aiding sleep, calming nerves, relieving pain, reducing bruises and sprains, easing cold/flu and fevers, calming nerves, easing bites/stings, disinfecting wounds, soothing burns and more.

Instructor: Joanne Bauman
Joanne is knowledgeable about Kansas and is an herbalist, teacher, writer, herb grower and medicine-maker with two decades of experience. She passionately shares her love of the medicine plants and common healing weeds. Joanne presents at The Mother Earth News Fair and various herb conferences. She also serves as Herbalists Without Borders (HWB) Community Herbal Apothecary Project Coordinator and is Coordinator of Kansas Chapter of HWB.

DATE	TIME	FEE
05/20 (Sa)	10:00 AM - Noon	\$30

Location: UFM Solar Addition 1221 Thurston St.



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S	T	R	E	C	K	E	R												
N	E	L	S	O	N														
W	E	S	T																



Making Herbal Remedies Part 1**NEW!****17BHW230**

There is nothing quite as empowering as making your own easy herbal preparations. Not only will it save you money, you know exactly what's in it, where it came from, and how fresh it is. We will demystify the process so you will be confident in knowing what to make and how. We will cover fresh and dried herbs in teas, infusions, decoctions, syrups, tinctures, elixirs, and vinegars. Class includes show and tell, demonstrations and discussion about what is seasonal to make.

Instructor: Joanne Bauman

DATE	TIME	FEE
06/24 (Sa)	10:00 AM - Noon	\$30

Location: UFM Solar Addition 1221 Thurston St.**Making Herbal Remedies Part 2****NEW!****17BHW231**

We will cover fresh and dried herbs in infused oils, salves, soaks for use in baths, liniments, compresses, poultices, eyewashes. The class includes demonstrations, examples of remedies from the herb cabinet, and what is seasonal to make. You may take Part 2 without Part 1.

Instructor: Joanne Bauman

DATE	TIME	FEE
07/08 (Sa)	10:00 AM - Noon	\$30

Location: UFM Solar Addition 1221 Thurston St.**Herbs for Stressful Times****NEW!****17BHW232**

So many people are experiencing anxiety, nervousness, depression and grief. We live in a very stress-filled society. Our plant allies are there to help nourish, support, and comfort our physical and emotional health. Join Joanne to explore herbal options to calm anxiety, frazzled nerves, ease depression, soothe heartache, help you sleep and nourish body resiliency.

Instructor: Joanne Bauman

DATE	TIME	FEE
07/22 (Sa)	10:00 AM to 12 N	\$30

Location: UFM Solar Addition 1221 Thurston St.

INTERESTED IN TEACHING A CLASS FOR UFM?
FALL 2017 SUBMISSION DEADLINE IS JUNE 9, 2017.
FOR MORE INFORMATION EMAIL [KAYLA@TRYUFM.ORG](mailto:kayla@tryufm.org)



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

17BHW70

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

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

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

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

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

Instructor: Kelly Reed

SEC	DATE	TIME	* FEE
A	06/10 (Sa)	9:30 - 11:00 AM	\$64
B	07/29 (Sa)	9:30 - 11:00 AM	\$64
C	08/12 (Sa)	9:30 - 11:00 AM	\$64

* \$45 non-refundable fee

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



We would like to thank all of our sponsors!

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LANGUAGE

LANGUAGE

MARTIAL ARTS

PERSONAL INTEREST

RECREATION & FITNESS

YOUTH

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KSU CREDIT COURSES

Getting Started with Conversational Japanese 17BLA38

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

Instructor: Kumiko Nakamura
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.

SEC	DATE	TIME	FEE
A	05/30 - 06/20 (T/Th)	5:30 - 6:30 PM	\$94
B	07/05 - 07/26 (W/M)	5:30 - 6:30 PM	\$94

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



UFM PUTS THE
COMMUNITY
IN EDUCATION

Mandarin Chinese 17BLA70

The Confucius Institute offers practical and fun Mandarin Chinese classes for children and adults. Both beginners and experienced learners are welcome. After enrollment, contact Shijun Yan at shijunyan@ksu.edu or (785)532-3680 at Confucius Institute to set up an appointment to determine your proficiency and level. Then your schedule for class will be determined with Confucius Institute. The course includes 12 meetings (once or twice a week).

Fees:

Individual \$120

Parent and child fees:

1 Parent + 1st child: \$120 + \$90 = \$210

1 Parent + 1st child + 2nd child: \$120 + \$90 + \$60 = \$270

1 Parent + 1st child + 2nd child + 3rd child: \$120 + \$90 + \$60 + \$30 = \$300

Second parent add \$120 to above options

Instructor: Confucius Institute

DATE	TIME	FEE
05/15 - 08/18 (M)	TBD	\$120 - Individual \$90 - 1st child \$60 - 2nd child \$30 - 3rd child \$120 - 2nd parent

Location: Confucius Institute 1800 Claflin Rd, Suite 205
Manhattan, KS 66502

Interested in learning Spanish?
Visit <http://tryufm.org/online-courses/>

Quick Quiz

In 2018, how many years will UFM have been in business?

- A. 20 years
- B. 45 years
- C. 50 years

Answer: C



MARTIAL ARTS

White Phoenix (Pai Lum) Kung Fu 17BMA21

This is a system that combines hard, soft, and internal methods in one system. The first lower level has "bows", stances, blocks, punches, kicks, strikes and one step sparring. We will start on the second lower level if we have time. The student will get a copy of the manual for the first two levels and the book, "General Theory of Self-Defense".

Stan Wilson has an eight-degree black sash in Kanasa Pai Lum and a first-degree black sash in 18 Taoist Palms Kung Fu. He has been practicing martial arts since 1970.

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

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.

DATE	TIME	FEE
06/04 - 07/30 (Su)	6:00 - 7:00 PM	\$54

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

Karate & Self-Defense 17BMA22

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

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

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

DATE	TIME	FEE
07/01 - 08/12 (Sa) (No class 7/15)	Noon - 1:00 PM	\$59

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

Little Dragons

NEW!

17BYO116

The Little Dragons Karate class is designed for children ages three to six. This class focuses on improving your child's concentration abilities, help learn discipline and to stand still. Your child will gain confidence and learn the value of respect and good manners.

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

DATE	TIME	FEE
07/01 - 08/12 (Sa) (No class 7/15)	11:30 - 11:55 AM	\$57

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



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



PERSONAL INTEREST

LANGUAGE

MARTIAL ARTS

PERSONAL INTEREST

RECREATION & FITNESS

YOUTH

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Peaceful Communication

17BPI133

Learn ways to communicate in a more peaceful way. Focus on learning and practicing specific practical skills that will greatly enhance your ability to convey your own message and enable you to hear others' intended messages more easily and fully. Discover that peaceful communication is not about being nice, but about being deeply authentic in one's interpersonal interactions. Tools learned will promote your ability to engage in meaningful dialogue with others, without the heat or fear in typical conflicts.

Instructor: Susanne Glymour

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

DATE	TIME	FEE
06/08 - 06/22 (Th/T)	7:00 - 8:30 PM	\$12

Location: UFM, 1221 Thurston St.

A Goal-Setting Workshop

17BPI163

Last year TheMillionTo1Club launched a goal-smashing revolution in MHK, and the results have been amazing. Manhattanites have lost weight, quit jobs, paid debts, started businesses, found hobbies, planned projects, made friends, and much, much more. Here's your chance to come see what all the fuss is about! Join Carmen -- founder of MillionTo1 -- to find out what we do and how we do it. Enjoy the company of other Manhattan goal-getters and learn how we can help you set goals, smash goals, and repeat. Unlimited coffee and tea will be provided for all attendees. For more information, send an email to carmen@millionto1club.com or call 785-477-0721.

Instructor: Carmen Schober, (785) 477-0721

carmenschober@ksu.edu

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

DATE	TIME	FEE
06/03 (Sa)	10:00 - 11:30 AM	\$9

Location: The Fellow 1125 Westport Drive
Manhattan, KS 66502

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Manhattan
Arts & Humanities Association
www.ahamanhattan.com

Find the Fake Class in the UFM Catalog and get \$5 off your registration!

Celebrating 100 Years!

<p>Riley County Historical Museum 2309 Claflin Road Tues – Fri 8:30-5:00 Sat & Sun 2:00-5:00</p>	<p>Goodnow House Museum State Historic Site 2301 Claflin Road By Appointment (785) 565-6490</p>	<p>Wolf House Museum 630 Fremont Street Sat & Sun 2:00-5:00 Also by appointment</p>	<p>Pioneer Log Cabin Manhattan City Park Open Sundays April – October</p>
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www.rileychs.com



RECREATION & FITNESS

LANGUAGE

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PERSONAL INTEREST

RECREATION & FITNESS

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Ballet for Adults

17BRF157

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



Instructor: Grace Duque, pgd0405@gmail.com

Grace Duque is a performer, choreographer, and teacher of dance. Grace holds a BA in Anthropology, a BFA in Dance, and has 13 years of varied and diverse experience in dance instruction. Grace is committed to teaching dance geared towards social cohesiveness, diversity, and personal development. She believes that movement is a universal truth that unifies our human experience and hopes that all persons have the opportunity to explore dance as a medium to bring us together.

DATE	TIME	FEE
05/25 - 08/03 (Th)	6:30 - 8:00 PM	\$59

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



Contemporary Dance for Adults 17BRF162

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

Instructor: Grace Duque, pgd0405@gmail.com

DATE	TIME	FEE
05/23 - 08/01 (T) (No class 07/04)	6:45 - 8:30 PM	\$59

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





Intermediate Line Dancing **NEW!** 17BRF189

You will learn more complex line dances with detailed instructions on how to properly perform the dances. To excel in this class, you should have a solid understanding of beginner line dancing. Perform more advanced line dances at social events and local dancing establishments with ease after taking this class. You should be confident enough in your abilities to teach these line dances to your friends. This will be a very relaxed setting with lots of one-on-one instruction. Partners are NOT required for the class. Individuals are welcome. Instructor permission is required to take this class without taking Beginner Line Dancing. Call/Text Thomas Weeks for any questions: 785-678-7162.

Instructor: Thomas Weeks & Kellie Weeks

SEC	DATE	TIME	FEE
A	06/06 - 06/27 (T)	7:30 - 8:30 PM	\$40
B	07/11 - 08/01 (T)	7:30 - 8:30 PM	\$40

Location: Houston Street Ballroom

KANSAS STATE UNIVERSITY

You
gotta
have
ART

Celebrating 20 Years

MARIANNA KISTLER
BEACH
MUSEUM OF ART

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

Beginner Line Dancing **NEW!** 17BRF188

You will learn basic line dance terminology as well as several popular but simple line dances. After this class, you will be able to line dance at social events and local dancing establishments with ease and confidence. This will be a very relaxed setting with lots of one-on-one instruction. Partners are NOT required for the class. Individuals are welcome. Call/Text Thomas Weeks for any questions: 785-678-7162.

Instructor: Thomas Weeks & Kellie Weeks

SEC	DATE	TIME	FEE
A	06/06 - 06/27 (T)	6:30 - 7:30 PM	\$40
B	07/11 - 08/01 (T)	6:30 - 7:30 PM	\$40

Location: Houston Street Ballroom



Beginner Country Two Step & Swing

NEW!

17BRF190

Learn the basic two step as well as beginning swing dance transitions, spins, and dips. You will be able to dance at social events, local dancing establishments, and weddings with ease at the conclusion of the class. Prepare for your first wedding dance as a married couple or for dancing at your child's wedding. The class will be a relaxed setting with lots of one-on-one instruction. Partners are required for the class. Singles allowed only with special instructor permission. Call/Text Thomas Weeks for any questions: 785-678-7162.

Instructor: Thomas Weeks & Kellie Weeks

SEC	DATE	TIME	FEE
A	06/07 - 06/28 (W)	6:30 - 7:30 PM	\$100 - Couple
B	07/12 - 08/02 (W)	6:30 - 7:30 PM	\$100 - Couple

Location: Houston Street Ballroom

Intermediate Country Two Step & Swing

NEW!

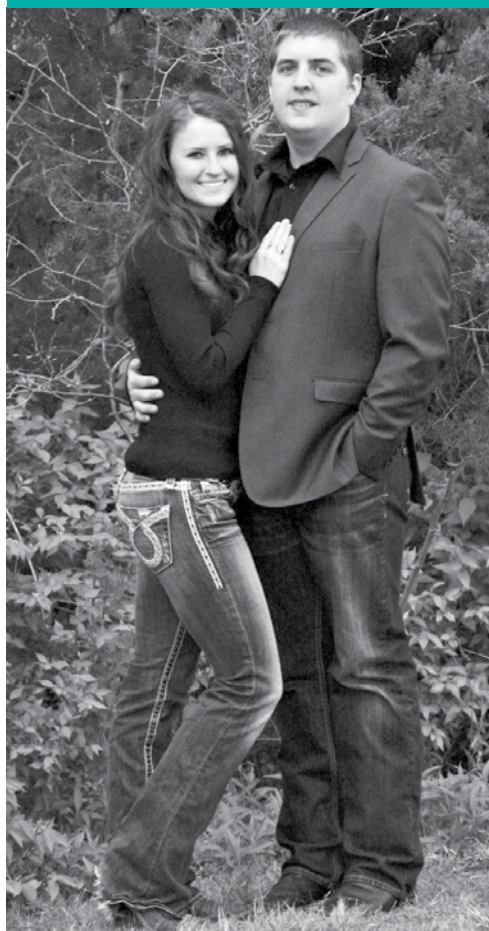
17BRF191

This class starts off where the beginning class ends. Couples will learn more advanced two step patterns, additional transitions, and more complex dips. It will also focus more on proper technique and footwork and is designed for couples who have taken the first class or those with previous dance experience. The class will offer a relaxed setting with lots of one-on-one instruction. Partners are required for the class. Singles allowed only with special instructor permission. Instructor permission required to take this class without taking Beginner Country Two Step & Swing. Call/Text Thomas Weeks for any questions: 785-678-7162.

Instructor: Thomas Weeks & Kellie Weeks

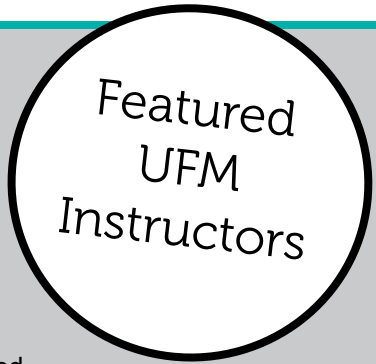
SEC	DATE	TIME	FEE
A	06/07 - 06/28 (W)	7:30 - 8:30 PM	\$100 - Couple
B	07/12 - 08/02 (W)	7:30 - 8:30 PM	\$100 - Couple

Location: Houston Street Ballroom



Thomas & Kellie Weeks

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Thomas and his wife, Kellie, have been dancing in the Manhattan area since 2012. They have been involved with the K-State two-step club during their time at K-State and were founding members of the Swingin Spurs, a country swing dance performing team here in Manhattan. They have taught lessons to youth groups, fraternity and sorority members, K-State students, friends, and family. Together they enjoy dancing as well as helping others to be more successful at it.

Thomas is gradating in May from Kansas State University with his Master's degree in Communication Studies and Kellie is finishing her double major in Chemistry and Geology with a minor in business. They are excited to continue serving the Manhattan community by starting a event service company, Initial Events, LLC. Their company is now managing the Houston Street Ballroom, where they will be hosting the new dances classes. Starting this summer, Thomas and Kellie have added an intermediate level Country Two-Step and Swing class as well as Country Line Dancing classes to their repertoire.





Ballroom Dance

17BRF26

Enjoy an introduction to the principles of ballroom dancing. Class activities include dance terminology, dance position, correct body alignment, positions and partnering. Techniques such as open and closed positions, leading and following, and a variety of steps will be emphasized. The jitterbug, American waltz, foxtrot, and Latin steps will be taught.

Instructor: Anthony Joslin-Lemire & Theresa Marie Lemire

DATE	TIME	FEE
06/14 - 07/19 (W)	6:45 - 7:45 PM	\$75 - Individual

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

How to Cheat Your Fitbit

17BRF127

Exercising can be hard. All of these new technologies are supposed to make it easier but they really just end up making you feel bad for not reaching your step goal. In this class, you will learn different tips and tricks on how to receive your steps without doing any work. No more feeling bad about being a few hundred steps shy of your goal. Now you can sit, relax, and feel the satisfaction of meeting your goal for the day.

Instructor: Gerald Slack

DATE	TIME	FEE
07/28 (F)	6:45 - 8:30 PM	-\$5

Location: UFM 1221 Thurston St.

Archery for Adults

17BRF01

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

Instructor: Tom Korte, (785) 494-8889

SEC	DATE	TIME	FEE
A	06/05 - 06/26 (M)	7:00 - 8:30 PM	\$35
B	07/10 - 07/31 (M)	7:00 - 8:30 PM	\$35

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



YOUTH

LANGUAGE

MARTIAL ARTS

PERSONAL INTEREST

RECREATION & FITNESS

YOUTH

OSHER

KSU CREDIT COURSES

Archery for Youth

17BYO01

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

Instructor: Tom Korte, (785) 494-8889

SEC	DATE	TIME	FEE
A	06/05 - 06/26 (M)	6:00 - 7:00 PM	\$35
B	07/10 - 07/31 (M)	6:00 - 7:00 PM	\$35

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



Little Dragons

NEW!

17BYO116

The Little Dragons Karate class is designed for children ages three to six. This class focuses on improving your child's concentration abilities, help learn discipline and to stand still. Your child will gain confidence and learn the value of respect and good manners.

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

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

DATE	TIME	FEE
07/01 - 08/12 (Sa) (No class 7/15)	11:30 - 11:55 AM	\$57

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

Kids in the Garden

NEW!

17BYO115

Youth will learn about our local gardening outlet—Riley Lane Community Garden. Garden members will donate one hour and kids can explore, pick from selected gardens, and eat fresh fruit and vegetables. Kids will be able to take home a bag of fresh food they can use to cook with their parents. People's Grocery & UFM have collaborated to bring you this class.

Instructor: Sarah Killian

DATE	TIME	FEE
06/03 (Sa)	9:30 - 10:30 AM	No Charge

Location: Riley Ln Community Garden 9th & Riley Lane Manhattan, KS

Roger Trenary Tennis & Education scholarships are available for youth tennis lessons. Contact UFM for more information and application at info@tryufm.org or 785.539.8763



Teen Mentoring!

The UFM Teen Mentoring program is designed to create an environment that is safe, supportive and healthy for the teenagers involved. Available to middle school and high school students, while at UFM students and mentors play games, participate in different off-site activities and talk about topics that are relevant to today's teenagers. Some of the topics are difficult to talk about in a school or other social setting such as drug use, self-harm, or having suicidal thoughts. Others are more common or 'less scary' such as respect, depression and anxiety. At UFM we hope to create an environment where all middle school and high school students involved can come and be real about who they are and what's going on in their world. Our desire is to offer friendship and be a positive figure in the lives of students involved as teenagers navigate the confusing path of adolescence and school.



June 7 - July 26 (Wednesdays)

• • • • •

3:00 - 5:00 pm

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



The Cuban-American Dream

Presented by Carmen Schober

Wednesdays, June 14, 28 & July 5 • 6:30-8:30 p.m.
Meadowlark Hills Community Room - Manhattan
\$50.00 (Discount with additional classes)

On July 20, 2015, relations between the United States and Cuba were restored (to a limited extent) after 54 years. Though diplomatic relations have changed drastically in the last 2 years, the island itself (a mere 90 miles from Florida) remains a mysterious land in the minds of many Americans. The course will provide an overview of Cuban culture and customs through the compelling life narrative of the instructor's family, the granddaughter of Cuban immigrants who fled Cuba in the 1950s. We'll examine Cuban history, culture, society, and politics over the last 50 years, and even sample Cuban coffee.

Abraham Lincoln Revealed

Presented by Marvin Burris

Thursdays, June 15, 22 & 29 • 2:30-4:30 p.m.
Meadowlark Hills Community Room - Manhattan
\$50.00 (Discount with additional classes)

As a giant part of our American heritage and culture, we know a lot about Abraham Lincoln. In this course, we'll take an intimate look at many aspects of Lincoln's life, from his early years to his election to the presidency in 1860, and his experiences living and working in the White House. We'll focus on his Civil War partnerships with his most famous generals, Ulysses Grant and George McClellan, and study some of the back stories associated with his delivery of The Gettysburg Address. We'll then hear some commentary and insights from some of Lincoln's harshest critics. Finally, we'll examine the assassination.

Over There, America and World War I

Presented by Robert Smith, Ph.D.

Wednesdays, July 12, 19 & 26 • 6:30-8:30 p.m.
Meadowlark Hills Community Room - Manhattan
\$50.00 (Discount with additional classes)

2017 marks the centennial of America's entry into World War I. This class looks at the Great War from America's perspective. The first class will explore America's more than two and a half years of neutrality, the reasons for the United States' entrance into the war, and the lack of preparedness by the United States military. The second class examines the Army's contribution to the Allied war effort including an examination of the battles of Cantigny, Chateau Thierry, Belleau Wood, the Aisne-Marne Offensive, the St. Mihiel Offensive, and the great all-American campaign of the Meuse-Argonne. The last class will focus on the technological advances in World War I warfare, life on the home front, the Armistice and the Peace of Versailles, and the legacy of World War I-one hundred years later.

Special Events:

A Whirlwind Tour of Major European Art Movements

June 22, 5:30-7:30, at the Beach Museum of Art - Manhattan

Brush up on your art history in preparation for your trip to the Nelson, or just come to look at great art. Hosted by the museum's senior educator, Kathrine Schlageck. Light refreshments will be served. No charge to attend.

Exploring European Art in the New Bloch Galleries

Join us as we travel to the Nelson-Atkins Museum to view their latest exhibits in the newly renovated Bloch Galleries. We'll start our docent-led tours amidst Pre-Impressionist, Impressionist, Post-Impressionist and early 20th Century artists, among them Edouard Manet, Claude Monet, Paul Gauguin, Paul Cézanne and Henri Matisse. Then we'll relax in the stately 15th-century-style Italian courtyard to enjoy the artful cuisine of the Rozelle Court Restaurant. After lunch we'll return to the galleries to focus on the museum's extensive collection of European masterpieces which spans the Middle Ages through Early Modern time periods, including works by Van Gogh, Petrus Christus, Poussin and Caravaggio.

Friday, July 14

7:45 a.m. - Coach departs Manhattan
10:00 a.m. - Coach arrives Nelson-Atkins Museum of Art, 4225 Oak St., Kansas City, Mo.
10:15 a.m. - Real to Surreal European Art tour begins
11:30 a.m. - Rozelle Court lunch
1:00 p.m. - European Masterpieces tour begins
2:30 p.m. - Coach departs for Lawrence/Manhattan

\$80 fee includes tours, lunch and coach transportation

\$60 fee includes tours and lunch (no transportation)

Refund must be requested by July 7 minus a \$15 administrative fee.

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



Welcome!

Please join us in welcoming our new UFM Swim Program Supervisor, Josh Woods!

You probably recognize Josh, as he's been on UFM swim staff since Fall 2016 teaching private swim lessons and Level 4 group lessons. We are pleased to have him onboard as the UFM Swim Program Supervisor!

Josh is an experienced guard and swimming lessons instructor, having held both jobs since the Fall of 2012. He is both lifeguard certified and YSL (YMCA swimming lesson instructor) certified. Josh is from Wichita, KS and is a Junior at KSU, majoring in marketing. Josh has held positions in First Scholars, Strong Community Council and /National Residence Hall Honorary here at K-State. He is also the events and marketing intern for the Aggieville Business Association.

Aggieville Mini Maker Faire® Call for makers!

Join us at the fourth annual Aggieville Mini Maker Faire on Moro Street in Aggieville

looking for:

interactive art projects bicycles
space projects glassblowing
textile arts and crafts electronics
sustainability rockets and RC toys
robotics CNC mills and 3D printers



Sept 23 • 10am-4pm

Maker Faire showcases the amazing work of all kinds and ages of makers - anyone who is embracing the do-it-yourself (or do-it-together) spirit and wants to share their accomplishments with an appreciative audience.

to get your own booth space, visit
aggieville.makerfaire.com



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>				
11693 - Boxing 1	4:20-5:20PM	6/5 - 7/26 (M/W)	\$464.30	K.O. Boxing
11695 - Boxing 1	6:30-7:30PM	6/5 - 7/26 (M/W)	\$464.30	K.O. Boxing
11694 - Boxing 1	6:30-7:30PM	6/6 - 7/27 (T/Th)	\$464.30	K.O. Boxing
11696 - Boxing 2	7:30-8:30PM	6/6 - 7/27 (T/Th)	\$464.30	K.O. Boxing
11697 - First Aid/CPR/AED	Noon-7:30PM	7/15 & 7/16 (Sat/Sun)	\$434.30	UFM

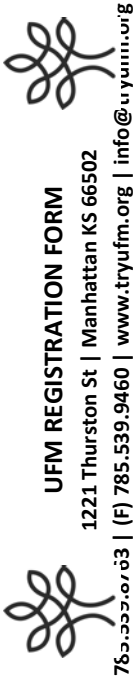
Addresses:

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

UFM Building, 1221 Thurston Street



REGISTRATION FORM



UFM REGISTRATION FORM

1221 Thurston St | Manhattan KS 66502

765.539.9460 | (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: 17BRF188	A	Beginner Line Dancing	40.00

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.



Things minors do
better "under
the influence"

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

Learn how to say no to alcohol

Our Mission:

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

MARPC.org
MANHATTAN AREA
RISK PREVENTION COALITION

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

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

Summer 2017 Catalog



An educated workforce is essential to ensuring Manhattan's continued economic viability. At Kansas State University, we want to see you and your employees succeed. Find out how On Track can help.

ontrack.k-state.edu

KANSAS STATE
UNIVERSITY

Global Campus



online
flexible classes
you can complete
from anywhere



evening college
on-campus classes offered after hours



intersession
on-campus and online
classes between semesters