

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

**Summer
2013
May - August
UFM
Community
Learning
Center**



OR CURRENT RESIDENT

**CONNECT WITH UFM ON
FACEBOOK.COM/UFMCLC**

*Scan here to visit our
mobile registration site*



**Summer 2013
UFM
Catalog**

UFM Community Learning Center
1221 Thurston St
Manhattan, KS 66502



NON-PROFIT ORG
U.S. POSTAGE PAID
PERMIT NO. 134
MANHATTAN, KS 66502

TABLE OF CONTENTS



- 4 AQUATICS
- 9 CAREER & FINANCE
- 10 CREATIVE FREE TIME
- 13 EARTH & NATURE
- 14 FUN FOODS
- 16 HEALTH & WELLNESS
- 20 LANGUAGE
- 21 MARTIAL ARTS
- 22 PERSONAL INTEREST
- 24 RECREATION & FITNESS
- 27 YOUTH
- 30 OSHER
- 31 KSU CREDIT COURSES
- 32 REGISTRATION FORM

UFM PUTS THE
COMMUNITY
IN EDUCATION!

INFORMATION

ABOUT UFM CLASSES

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

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor's financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Kayla at 539.8763.

UFM CANCELLATION POLICY

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

REFUND POLICY

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

DISCLAIMER

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

NONDISCRIMINATION POLICY

UFM Community Learning Center is committed to nondiscrimination on the basis of race, gender, national origin, disability, religion, age, sexual orientation, political beliefs or other non-merit reasons, in admissions, educational programs or activities and employment (including employment of disabled veterans and veterans of the Vietnam Era) as required by applicable laws and regulations. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions or may require instructor permission. Please call 785.539.8763 to make arrangements for classroom accessibility.

UFM SUMMER 2013 INSTRUCTORS

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

Voices For All, LLC
Robert Auten
Ginny Barnard
Carol Barta
Scott Bean
Sylvia Beeman
Jeremy Boyle
Matt Campbell
Kate Cashman
Rosemary & Crilly
Randi Dale
Eleanor Dickens
Habib Diop

Bill Dorsett
Joab Esamwata
Ana Franklin
Jill Frese
Jim Gregory
Jennifer Guilford
Mary Hager
Karen Hanson
Mary Heath
Virginia Houser
Roxann Janes
Michele Janette
Amy Jones

Tom Korte
Liz Krieger
Toni Kroll
Whitney Lukenbill
Jonathan McBee
Meghan McGee
Jordan Meyer
David Moore
Kumiko Nakamura
Debbie Newton
Alana Pfeifer
Jean-Luc Picard
John Pratt

Bill Price
Kelly Reed-Harkness
Tim Sidorfsky
Anna Simoneau
Linda Teener
Mei Hwa (Tina) Terhune
Kennita Tully
Rob Wall
Kari Wallentine
Paul Weidhaas
Jeff Wilson

KSU CREDIT COURSES

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://www.dce.k-state.edu/courses/registration/policies-withdrawal> or visit <http://courses.k-state.edu/summer2013/information/deadlines.htm>

DROP POLICY

All drop deadlines are calculated based on the number of calendar days in the class. The following policies apply: a student may drop a class prior to 33% of the class duration without a grade being recorded on the student's transcript: if a student drops after 33% but before 62% of the class duration, a grade of W will be issued; and no drops will be accepted after 62% of the course duration. Failure to drop a class may result in a failing grade. For more information visit <http://courses.k-state.edu/summer2013/information/deadlines.htm>

CREDIT ENROLLMENT FEES

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

DISABILITY SUPPORT SERVICES

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

INCLEMENT WEATHER POLICY

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

LIABILITY STATEMENT

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

DONATIONS

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

SPECIAL ASSISTANCE

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

UFM STAFF

Executive Director | **LINDA INLOW TEENER**

Education Coordinator | **KAYLA ONEY**

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

KSU Credit Coordinator | **ERIN BISHOP**

Program Assistant | **VAL COLTHARP**

Program Assistant | **SAMANTHA LOVITT**

Mentoring Coordinator | **ANDREW GARVER**

Swim Coordinator | **KAYLE CAMPBELL**

Student Assistant | **TEGAN PERKINS**

Lou Douglas Lecture Coordinator | **OLIVIA COLLINS**

Interns | **OLIVIA MILLER, COURTNEY SCHMITZ**

BOARD OF DIRECTORS

Chair | Jerry Remsbecker

Vice Chair | Charlotte Braddock

Secretary | Bevin Landrum

Treasurer | Dee Johnson

President & CEO | Linda Inlow Teener

Nancy Bolsen

Monica Cohen

Chuck Havlicek

Trina McCarty

Doug Sellers

Nick Lander

Casey Culbertson

Steve Levin

Bria Taddiken-Williams

AQUATICS

LEARN TO SWIM CLASSES

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

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

LOCATION: KSU Natatorium - Ahearn Complex on Denison Avenue

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

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

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

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

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



Beginning & Ending Dates

(Parent and Child Aquatics, Tot Transition and Private Swim Lessons)

Session A1: Monday - Thursday, June 3 - June 6

Session A2: Monday - Thursday, June 10 - June 13

Session B1: Monday - Friday, June 17 - June 21

(WLSL Tuesday 6/18, make-up class on Friday 6/21)

Session B2: Monday - Thursday, June 24 - June 27

*Session C1: Monday - Friday, July 1 - July 5

(No class Thursday 7/4, make-up class on Friday 7/5)

Session C2: Monday - Thursday, July 8 - July 11

Session D1: Monday - Thursday, July 15 - July 18

Session D2: Monday - Thursday, July 22 - July 25

Parent and Child Aquatics (12 mos-3 yrs)

Parent and Child Aquatics introduces basic skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children are introduced to basic skills that lay a foundation to help them learn to swim. Several water safety topics are also introduced that are directed to parents.

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

Session A1: Monday - Thursday
13BAQAPA1 9:15 AM to 9:50 AM
13BAQAPP 6:00 PM to 6:35 PM

Session A2: Monday - Thursday
13BAQAPA 9:15 AM to 9:50 AM

Session B1: Monday - Thursday
13BAQBPA1 9:15 AM to 9:50 AM (WLSL 6/18)
13BAQBPP 6:00 PM to 6:35 PM

Session B2: Monday - Thursday
13BAQBPA 9:15 AM to 9:50 AM

*Session C1: Monday - Friday
(No class Thursday 7/4)
13BAQCPA1 9:15 AM to 9:50 AM
13BAQCPP 6:00 PM to 6:35 PM

Session C2: Monday - Thursday
13BAQCPA 9:15 AM to 9:50 AM

Session D1: Monday - Thursday
13BAQDPA1 9:15 AM to 9:50 AM
13BAQDPP 6:00 PM to 6:35 PM

Session D2: Monday - Thursday
13BAQDPA 9:15 AM to 9:50 AM

Tot Transition (3-4 yrs)

If your toddler is ready to try the water without a parent, but not ready for Level 1, this short class is for them. The primary objective of preschool aquatics is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children. Some of the skills to be introduced include: water entry and exit, breath control and submerging, buoyancy, changing direction and position, treading and swimming on front and back.

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

Session A1: Monday - Thursday
13BAQATA1 9:15 AM to 9:50 AM

Session A2: Monday - Thursday
13BAQATA 9:15 AM to 9:50 AM
13BAQATP 6:00 PM to 6:35 PM

Session B1: Monday - Friday
13BAQBTA1 9:15 AM to 9:50 AM (WLSL 6/18)

Session B2: Monday - Thursday
13BAQBTA 9:15 AM to 9:50 AM
13BAQBTP 6:00 PM to 6:35 PM

Session C1: Monday - Friday
(No class Thursday 7/4)
13BAQCTA1 9:15 AM to 9:50 AM

Session C2: Monday - Thursday
13BAQCTA 9:15 AM to 9:50 AM
13BAQCTP 6:00 PM to 6:35 PM

Session D1: Monday - Thursday
13BAQDTA1 9:15 AM to 9:50 AM

Session D2: Monday - Thursday
13BAQDTA 9:15 AM to 9:50 AM
13BAQDTP 6:00 PM to 6:35 PM



AQUATICS

Beginning & Ending Dates

(Levels 1-6, Adult Lessons and Lap Swimming)

Session A: Monday - Thursday, June 3 - June 13
 Session B: Monday - Thursday, June 17 - June 27
 (WLSL Tuesday 6/18, make-up class on Friday 6/21)
 *Session C: Monday - Thursday, July 1 - July 11
 (No class Thursday 7/4, make-up class on Friday 7/5)
 Session D: Monday - Thursday, July 15 - July 25

Level I: Introduction to Water Skills

The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. At this level, participants start developing positive attitudes, good swimming habits and safe practices in and around the water.

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

Session A: Monday - Thursday
 13BAQ01A1 9:55 AM to 10:40 AM
 13BAQ01A2 10:45 AM to 11:30 AM
 13BAQ01A3 5:30 PM to 6:15 PM
 13BAQ01A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday
 13BAQ01B1 9:55 AM to 10:40 AM (WLSL 6/18)
 13BAQ01B2 10:45 AM to 11:30 AM (WLSL 6/18)

13BAQ01B3 5:30 PM to 6:15 PM
 13BAQ01B4 6:30 PM to 7:15 PM

*Session C: Monday - Thursday
 13BAQ01C1 9:55 AM to 10:40 AM
 13BAQ01C2 10:45 AM to 11:30 AM
 13BAQ01C3 5:30 PM to 6:15 PM
 13BAQ01C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday
 13BAQ01D1 9:55 AM to 10:40 AM
 13BAQ01D2 10:45 AM to 11:30 AM
 13BAQ01D3 5:30 PM to 6:15 PM
 13BAQ01D4 6:30 PM to 7:15 PM

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

Level II: Fundamental Aquatic Skills

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

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

Session A: Monday - Thursday
 13BAQ02A1 9:55 AM to 10:40 AM
 13BAQ02A2 10:45 AM to 11:30 AM
 13BAQ02A3 5:30 PM to 6:15 PM
 13BAQ02A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday
 13BAQ02B1 9:55 AM to 10:40 AM (WLSL 6/18)
 13BAQ02B2 10:45 AM to 11:30 AM (WLSL 6/18)
 13BAQ02B3 5:30 PM to 6:15 PM
 13BAQ02B4 6:30 PM to 7:15 PM

*Session C: Monday - Thursday
 13BAQ02C1 9:55 AM to 10:40 AM
 13BAQ02C2 10:45 AM to 11:30 AM
 13BAQ02C3 5:30 PM to 6:15 PM
 13BAQ02C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday
 13BAQ02D1 9:55 AM to 10:40 AM
 13BAQ02D2 10:45 AM to 11:30 AM
 13BAQ02D3 5:30 PM to 6:15 PM
 13BAQ02D4 6:30 PM to 7:15 PM



Level III: Stroke Development

The objective of Level 3 is to build on previously learned skills by providing additional guided practice. Participants will learn to survival float, swim the front crawl and elementary backstroke. Scissors and dolphin kicks, as well as the fundamentals of treading water will be introduced. Participants will also learn rules for head-first 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.

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

Session A: Monday - Thursday
 13BAQ03A1 9:55 AM to 10:40 AM
 13BAQ03A2 10:45 AM to 11:30 AM
 13BAQ03A3 5:30 PM to 6:15 PM
 13BAQ03A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday
 13BAQ03B1 9:55 AM to 10:40 AM (WLSL 6/18)
 13BAQ03B2 10:45 AM to 11:30 AM (WLSL 6/18)
 13BAQ03B3 5:30 PM to 6:15 PM
 13BAQ03B4 6:30 PM to 7:15 PM

*Session C: Monday - Thursday
 13BAQ03C1 9:55 AM to 10:40 AM
 13BAQ03C2 10:45 AM to 11:30 AM
 13BAQ03C3 5:30 PM to 6:15 PM
 13BAQ03C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday
 13BAQ03D1 9:55 AM to 10:40 AM
 13BAQ03D2 10:45 AM to 11:30 AM
 13BAQ03D3 5:30 PM to 6:15 PM
 13BAQ03D4 6:30 PM to 7:15 PM

**Manhattan
Marlins**

Swim Team



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

Ages: 5 years through adult

www.manhattanmarlins.org

For more information contact:

Coach Rob Putnam at 303.819.8861 or Drew Venum at 785.236.8802

AQUATICS



Level IV: Stroke Improvement

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

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

Session A: Monday - Thursday
13BAQ04A1 9:55 AM to 10:40 AM
13BAQ04A2 10:45 AM to 11:30 AM
13BAQ04A3 5:30 PM to 6:15 PM
13BAQ04A4 6:30 PM to 7:15 PM

Session B: Monday - Thursday
13BAQ04B1 9:55 AM to 10:40 AM (WLSL 6/18)
13BAQ04B2 10:45 AM to 11:30 AM (WLSL 6/18)
13BAQ04B3 5:30 PM to 6:15 PM
13BAQ04B4 6:30 PM to 7:15 PM

*Session C: Monday - Thursday
13BAQ04C1 9:55 AM to 10:40 AM
13BAQ04C2 10:45 AM to 11:30 AM
13BAQ04C3 5:30 PM to 6:15 PM
13BAQ04C4 6:30 PM to 7:15 PM

Session D: Monday - Thursday
13BAQ04D1 9:55 AM to 10:40 AM
13BAQ04D2 10:45 AM to 11:30 AM
13BAQ04D3 5:30 PM to 6:15 PM
13BAQ04D4 6:30 PM to 7:15 PM

Level V: Stroke Refinement

The objectives of this level are coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.

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

Session A: Monday - Thursday
13BAQ05A1 9:55 AM to 10:40 AM
13BAQ05A2 10:45 AM to 11:30 AM
13BAQ05A3 5:30 PM to 6:15 PM

Session B: Monday - Thursday
13BAQ05B1 9:55 AM to 10:40 AM (WLSL 6/18)
13BAQ05B2 10:45 AM to 11:30 AM (WLSL 6/18)
13BAQ05B3 5:30 PM to 6:15 PM

*Session C: Monday - Thursday
13BAQ05C1 9:55 AM to 10:40 AM
13BAQ05C2 10:45 AM to 11:30 AM
13BAQ05C3 5:30 PM to 6:15 PM

Session D: Monday - Thursday
13BAQ05D1 9:55 AM to 10:40 AM
13BAQ05D2 10:45 AM to 11:30 AM
13BAQ05D3 5:30 PM to 6:15 PM

Level VI: Swimming and Skill Proficiency

The objectives of this level are to refine strokes so participants can swim them with more ease, efficiency, power, 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.

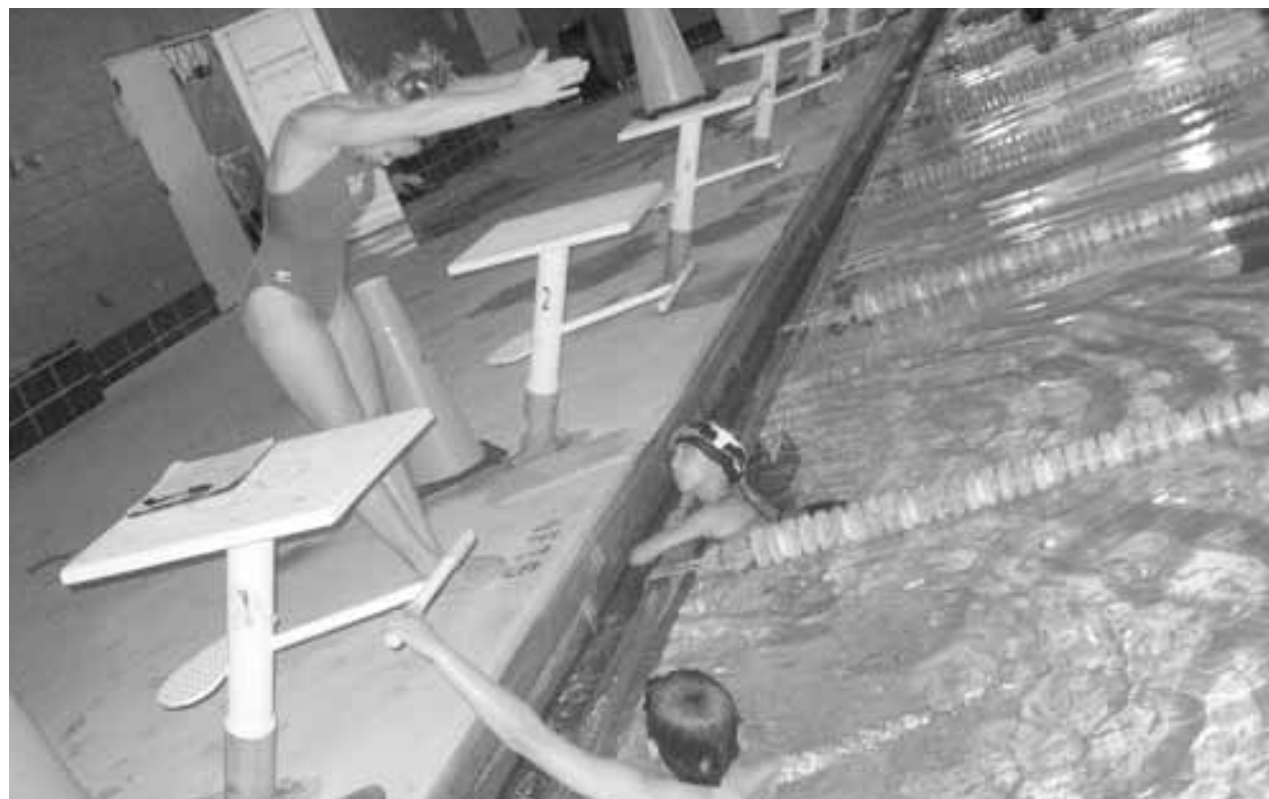
Fee: \$57.00 per session (8 lessons/45 min)

Session A: Monday - Thursday
13BAQ06A1 9:55 AM to 10:40 AM
13BAQ06A2 10:45 AM to 11:30 AM
13BAQ06A3 5:30 PM to 6:15 PM

Session B: Monday - Thursday
13BAQ06B1 9:55 AM to 10:40 AM (WLSL 6/18)
13BAQ06B2 10:45 AM to 11:30 AM (WLSL 6/18)
13BAQ06B3 5:30 PM to 6:15 PM

*Session C: Monday - Thursday
13BAQ06C1 9:55 AM to 10:40 AM
13BAQ06C2 10:45 AM to 11:30 AM
13BAQ06C3 5:30 PM to 6:15 PM

Session D: Monday - Thursday
13BAQ06D1 9:55 AM to 10:40 AM
13BAQ06D2 10:45 AM to 11:30 AM
13BAQ06D3 5:30 PM to 6:15 PM



We want YOU!

Contact UFM about teaching a class.

Call 785.539.8763 or email info@tryufm.org.



Private Swim Lessons 13BAQ103

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

Beginning and Ending Dates for Morning and Evening Private Lessons:

- 13BAQ103A1: Mon. - Thur., June 3 - June 6
13BAQ103A2: Mon. - Thur., June 10 - June 13

- 13BAQ103B1: Mon. - Thur., June 17 - June 20
(WLSL Tuesday 6/18, make-up class for morning classes on Friday 6/21)
13BAQ103B2: Mon. - Thur., June 24 - June 27

- 13BAQ103C1: Mon. - Fri., July 1 - July 5
(No class Thursday)
13BAQ103C2: Mon. - Thur., July 8 - July 11

- 13BAQ103D1: Mon. - Thur., July 15 - July 18
13BAQ103D2: Mon. - Thur., July 22 - July 25

Times for morning classes:
9:15 AM to 9:50 AM
10:00 AM to 10:35 AM
10:55 AM to 11:30 AM

Times for all evening classes:
6:10 PM to 6:45 PM
6:50 PM to 7:25 PM

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

Adult Swim Lessons

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

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

- Session B: Monday - Thursday
13BAQ-22B: 6:30 PM to 7:15 PM

- Session D: Monday - Thursday
13BAQ-22D: 6:30 PM to 7:15 PM

Lap Swimming: Ages 13+

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

Fee: \$19.00 per session (8 times)

- Session A: Monday - Thursday
13BAQLSA1 9:00 AM to 11:30 AM
13BAQLSA3 5:30 PM to 7:30 PM

- Session B: Monday - Thursday
13BAQLSB1 9:00 AM to 11:30 AM (WLSL 6/18)
13BAQLSB3 5:30 PM to 7:30 PM

- *Session C: Monday - Thursday
13BAQLSC1 9:00 AM to 11:30 AM
13BAQLSC3 5:30 PM to 7:30 PM

- Session D: Monday - Thursday
13BAQLSD1 9:00 AM to 11:30 AM
13BAQLSD3 5:30 PM to 7:30 PM



Lap Swimming for Parents

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

Fee: \$16.00 per session (8 times)

- Session A: Monday - Thursday
13BAQLPA1 9:00 AM to 11:30 AM
13BAQLPA3 5:30 PM to 7:30 PM

- Session B: Monday - Thursday
13BAQLPB1 9:00 AM to 11:30 AM (WLSL 6/18)
13BAQLPB3 5:30 PM to 7:30 PM

- *Session C: Monday - Friday
(No class Thursday 7/4)
13BAQLPC1 9:00 AM to 11:30 AM
13BAQLPC3 5:30 PM to 7:30 PM

- Session D: Monday - Thursday
13BAQLPD1 9:00 AM to 11:30 AM
13BAQLPD3 5:30 PM to 7:30 PM

Open Swim Appreciation 13BAQ31A

For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. There is no charge for this activity, however, registration with the number of participants planning to attend is requested so that we can provide adequate lifeguards.

Date: 06/16/2013 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No Charge
Location: Natatorium, K-State Campus

Open Swim Appreciation 13BAQ31B

Date: 07/14/2013 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No Charge
Location: Natatorium, K-State Campus



AQUATICS

Shallow/Deep Water

Exercise

13BAQSHD

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 aqua-jogger belt to help provide buoyancy in the water and is taught in the diving well (only swimmers who can tread water without a flotation device are allowed to participate in this class). *Shallow Water meets M-Th and Deep Water meets only Tues/Thurs.

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

Dates: 06/03/2013 to 07/25/2013
(No class 7/4)
Time: 6:40 PM to 7:30 PM
Fee: \$20 for 8 classes
\$28 for 16 classes
\$40 for 24 classes
Location: Natatorium, K-State Campus

Scuba Diving

13BAQ105AZ

This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$75 will be assessed at the time of check out dives. However, neither UFM or KSU is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels, which will be available for purchase at the first session, equipment ranges from \$100-\$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day. Available for KSU credit. Instructor: Jeff Freeborn & Tray Green

Dates: 06/03/2013 to 07/08/2013 (M)
Time: 5:30 PM to 9:30 PM
Fee: \$257.00
Location: Natatorium, K-State Campus

World's Largest Swim Lesson (WLSL)

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

Date: 06/18/2013 (T)
Time: 9:00 AM to 11:00 AM
Fee: No Charge
Location: Natatorium, K-State Campus



Lifeguard Training

13BAQ35A

The American Red Cross program provides entry-level lifeguard candidates with the skills and knowledge needed to prevent, recognize, and respond to emergencies in, on and around the water, and provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. There will be lunch and/or dinner breaks. Enrollment and certification requirements for this class are listed at www.tryufm.org. Book optional, mask required. Please purchase at UFM, 1221 Thurston St. before class.

Instructor: Jordan Meyer

Date: 05/11/2013 to 05/12/2013 (Sa/Su)
Time: Sa 8:00 AM to 7:00 PM
Su 8:00 AM to 5:00 PM
Fee: \$154.00
Location: Natatorium, K-State Campus

Blended Learning:

Lifeguard Training

13BAQ07

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. Please be sure to check your email frequently and that it's in working order. Certification requirements are as follows:

Part I

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

Part II

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

Source: American Red Cross

Instructor: Jordan Meyer

Date: 06/01/2013 to 06/02/2013 (Sa/Su)
Time: Sa 8:00 AM to 3:00 PM
Su 8:00 AM to 3:00 PM
Fee: \$154.00
Location: Natatorium, K-State Campus



CAREER & FINANCE

Introduction to the iPad 13BFC123A

Do you have an iPad and you're not sure how to use it? This class is designed to give an introduction to using the iPad in daily life as well as using it for special purposes. Learn the features of the iPad, built-in apps, accessing and setting up Apple accounts, emails, and downloading apps. Participants will also learn about how to buy and update apps in this hands-on class.

Instructor: Linda Teener

Date: 05/16/2013 (Th)
Time: 6:30 PM to 8:30 PM
Fee: \$14.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Linda loves her iPad and uses it every day for work and relaxation.

Introduction to the iPad 13BFC123B

Date: 06/25/2013 (T)
Time: 6:30 PM to 8:30 PM
Fee: \$14.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



Computer Skills 101 13BFC119A

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

Instructor: Liz Krieger

Date: 06/04/2013 to 06/25/2013 (T)
Time: 7:30 PM to 8:30 PM
Fee: \$14.00
Location: Manhattan Public Library
Computer Classroom
629 Poyntz Ave

Computer Skills 101 13BFC119B

Date: 07/02/2013 to 07/23/2013 (T)
Time: 7:30 PM to 8:30 PM
Fee: \$14.00
Location: Manhattan Public Library
Computer Classroom
629 Poyntz Ave

Leave A Print - Personal and Platform Development

NEW!

13BFC128

Do you have something to say or sell? Do you know how to reach or find your audience? Today's platform for business development now more than ever includes people, networks and the connections you make. This Workshop provides tools and resources to operate in your personal strengths, target your passions, and get your product, service, or cause noticed.

Instructor: Roxann Janes

Date: 05/14/2013 (T)
Time: 5:30 PM to 7:30 PM
Fee: \$12.00
Location: Crestview Church
4761 Tuttle Creek Blvd

Roxann draws upon her own business ownership and law practice experience to enhance business success and value. Roxann's passion is assisting small business owners build and grow companies. In addition, she has a particular passion helping individuals discover their passions, determine their strengths, and develop a roadmap to achieve career/life goals. She is a strong advocate for social enterprise ventures.

Everyone can
teach,
everyone can
learn!



STRECKER
NELSON
GALLERY



TREASURES ALWAYS ON VIEW at STRECKER-NELSON ART GALLERY

406 Poyntz - Manhattan, Kansas
Monday - Saturday 10:00 - 6:00
www.strecker-nelsongallery.com

Find us on Facebook!

Lithographs by Mick Jilg



CREATIVE FREE TIME

Beginning Knitting

13BCF05

Two projects (headband and hat) will be completed as you learn to cast-on, the knit stitch, the purl stitch, binding off, shaping and seaming. Materials for the first class project are short size US 10.5 needles and a light-colored bulky weight smooth yarn. These materials will be available for purchase at the first class. A materials list for the second project will be given in the first class.

Instructor: Kennita Tully

Date: 07/02/2013 to 07/23/2013 (T)
Time: 7:00 PM to 8:30 PM
Fee: \$31.00 - Individual
\$46.00 - Individual + Friend/Spouse
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear

Kennita Tully is a nationally recognized freelance knitwear designer whose work has appeared in most knitting publications including Knitters, Interweave Knits, Vogue Knitting, Family Circle Easy Knitting, Knit It! and others. She also designs for yarn companies and her shop, Wildflower Yarns and Knitwear is in downtown Manhattan.



Beginning Crochet

13BCF84

Two projects (headband and hat) will be completed as you learn single and double crochet, shaping and seaming. Materials for the first class project are size I hook and a light-colored bulky weight smooth yarn. These materials will be available for purchase at the first class. A materials list for the second project will be given in the first class.

Instructor: Kennita Tully

Date: 07/02/2013 to 07/23/2013 (T)
Time: 5:00 PM to 6:30 PM
Fee: \$31.00 - Individual
\$46.00 - Individual + Friend/Spouse
Location: 300 Poyntz Ave.
Wildflower Yarns and Knitwear



Sewing Machine Basics

NEW!

13BCF201

Get to know your sewing machine and make a quick project. This class will cover parts of the sewing machine, threading, basic maintenance, stitches and some practice sewing. Bring your sewing machine, an empty bobbin and your manual, if you have one. Supplies to bring include a small spool of white thread, scissors and some straight pins. Fabric for the project will be provided.

Instructor: Linda Teener

Date: 06/22/2013 (Sa)
Time: 10:00 AM to 12:00 N
Fee: \$15.00
Location: UFM Multipurpose Room
1221 Thurston St

Linda has been sewing since she was six years old. She enjoys sewing everything from garments to home decorating and quilting projects.



CREATIVE FREE TIME

Introduction to Digital Photography: The Basics 13BCF190

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. DSLR's and most advanced compact cameras will have a manual, aperture priority or shutter priority mode that will work for this. If you aren't sure if your camera will work for the class, don't hesitate to ask.

Topics that will be covered in the class are how f-stop, shutter speed, and ISO work together to determine a photograph's exposure, how these settings can influence the look of your photo, how to take control of your camera and set the f-stop and shutter speed, how to use ISO, what white balance is, and how in-camera processing settings can impact the color of your photographs. The class will also cover controlling your exposure, using your histogram, bracketing exposures and working with light. The last part of the class will introduce some basic concepts about composition and creating the photograph you want.

The class will include 4 classroom meetings (Wednesdays) and 2 optional field trips (Saturdays) to practice what we cover in the class meetings. Exact times of the field trips will be discussed at the first class, but will be on Saturday evening a few hours before sunset. Participants will be responsible for their own transportation to the field trips.
Instructor: Scott Bean, scott@scottbeanphoto.com

Date: 05/08/2013 to 05/29/2013 (W/Sa)
(No class 5/25)
Time: 7:00 PM to 9:00 PM
Fee: \$68.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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

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



Guitar Private Instruction 13BCF199

This class is catered to the individual student. Whether you are starting fresh or a seasoned pro you will learn techniques to enhance your ability and performance as a guitarist. Private instruction is tailored for individuals in the style of music that they want to learn. With a little practice between lessons, students can develop the skills they need to move on to the next level. Students must have a guitar that is approved by the instructor. Please call Jonathan McBee to schedule an appointment to have him inspect your guitar and to schedule your private lesson dates and times at 785.341-1230.
Instructor: Jonathan McBee

Date: TBD
Time: TBD
Fee: \$60.00 for 4 classes
\$120.00 for 8 classes
\$180.00 for 12 classes
\$240.00 for 16 classes
Location: UFM
1221 Thurston St.

Music has always been an important part of Jonathan's life. Jonathan has been teaching guitar, bass guitar, vocals and mandolin since 1995. He currently teaches music in St. George Kansas.



Bass Guitar Private Instruction 13BCF200

This class is catered to the individual student. Whether you are starting fresh or a seasoned pro you will learn techniques to enhance your ability and performance as a bass guitarist. Private instruction is tailored for individuals in the style of music that they want to learn. With a little practice between lessons, students can develop the skills they need to move on to the next level. Students must have a guitar that is approved by the instructor. Please call Jonathan McBee to schedule an appointment to have him inspect your guitar and to schedule your private lesson dates and times at 785.341.1230.
Instructor: Jonathan McBee

Date: TBD
Time: TBD
Fee: \$60.00 for 4 classes
\$120.00 for 8 classes
\$180.00 for 12 classes
\$240.00 for 16 classes
Location: UFM
1221 Thurston St



CREATIVE FREE TIME



Piano I

13BCF35Z

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

Instructor: Virginia Houser, vhouser@ksu.edu

Date: 05/30/2013 to 06/25/2013 (Th/T)
Time: 6:00 PM to 7:40 PM
Fee: \$120.00
Location: K-State McCain Auditorium Room 127

✂
Ask us about our scholarship opportunities!
✂



A One on One Introduction to Voiceovers **13BCF129**

Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, "I could do that"? If so, then you could have what it takes to begin working as a professional Voiceover Artist. Being a Voiceover Artist is a fun and rewarding job! Current Voiceover trends have made it easy and affordable for just about anyone to get involved. In this fun and empowering 90 minute introductory workshop, you will learn about the different types of voiceovers and what tools are needed in order to find success in the voiceover industry. Your instructor will coach you in this one-on-one video chat setting as you read from real scripts, taking notes on your performance so you can receive a professional voice evaluation later. After the class, you will have the knowledge necessary to help you decide if this is something you'd like to pursue. Check out the video at <http://www.voicesforall.com/ooo> to get a better sense of how this class works. Come ready to laugh, learn and be inspired! This class is taught by a professional voice actor from the voice acting training company, Voices For All. Students schedule their one-time 90 minute one-on-one online session sometime between 5/06/13 and 5/01/13. Enroll before February 28th, for \$24, after for \$30. Once registered, or for any questions concerning the course, please contact Casey Rose at casey@voicesforall.com.

Date: 05/06/2013 to 08/09/2013 (M)
Time: See class description
Fee: \$24.00 (Before May 31)
\$30.00 (After May 31)
Location: See class description

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.



<i>Claflin Books and Copies</i>	
<p>SERVICES</p> <ul style="list-style-type: none"> ✓dissertation printing ✓new & used textbooks ✓course packets ✓color copies ✓5 cent self serve copies ✓digital & print design ✓fax service ✓binding ✓scanning to disk ✓electronic file submission ✓printing from disk ✓quality papers 	<p>We now have select teas and accessories.</p>  <p>1814 Claflin Road Manhattan, KS 66502 (785) 776-3771 Fax: (785) 776-1009 claflin@interkan.net www.claflinbooks.com</p>
Member of AHA! Mahattan	



Arts & Humanities Association
www.ahamanhattan.com



EARTH & NATURE



Wildflower Walk at Tuttle Creek Lake 13BEN69

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 to expect.

*Rain date the following Sunday.

Instructor: Paul Weidhaas

Date: 06/22/2013 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: Tuttle Creek Lake Visitor Center
5020 Tuttle Creek Blvd



Build Your Own Star Catcher 13BEN110

Have you ever wanted to observe the galaxy within the palm of your hand? Now you can! Join us in making a star catcher that will wow your friends out of this world. All materials provided. Bring your own star charts. Specials quest speaker, Data.

Instructor: Capt. Jean-Luc Picard

Date: 08/09/2013 (F)
Time: 8:00 PM to 9:00 PM
Fee: \$-1.00
Location: The Astrometrics Lab

Food Forests and Plant Guilds: Not Just Another Gardening Class

13BEN74

Explore the ethics and core principles that define the permaculture method of designing sustainable environments and resilient communities. Learn why a hammock just might be your most valuable tool.
Instructor: Carol Barta

Date: 07/18/2013 (Th)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Carol Barta is a founding member of the Flint Hills Resilience Coalition, permaculturist and urban homesteader.



Simple Solar Water Heating 13BEN100

In this class, different ways of solar heating water and storing the heat for later in the day will be discussed. Mostly, desired temperatures are well within the reach of simple hardware that we can make ourselves. The class will emphasize the simplest, least costly ways of making the sun work for us: from drain-back and batch water heaters to freeze protection.

Instructor: Bill Dorsett

Date: 08/03/2013 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St



Attached Solar Greenhouses: Design for Plants & Warmth 13BEN21

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

Instructor: Bill Dorsett

Date: 08/03/2013 (Sa)
Time: 11:00 AM to 12:30 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St

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

FUN FOODS

Junior Chefs: Berry Bonanza

NEW!

13BFF107

Plan on having a berry good time as we discover nature's ultimate dessert! Junior Chefs will taste and compare different berries, make some yummy recipes, and take home their own strawberry plant.

For youth ages 7 to 12 yrs

Instructor: Ginny Barnard

Date: 06/30/2013 (Su)
Time: 2:30 PM to 4:30 PM
Fee: \$10.00
Location: Cico Park-Pottorf Hall



Junior Chefs: Visit the Farmers' Market

NEW!

13BFF108

Junior Chefs will visit the Saturday Farmers' Market to buy fresh veggies and meet some of the local farmers. Then it's back to the kitchen to wash, cut, and cook our produce and eat it! *For youths ages 7 to 12 yrs*

Instructor: Ginny Barnard

Date: 07/13/2013 (Sa)
Time: 9:00 AM to 11:30 AM
Fee: \$10.00
Location: 110 Courthouse Plaza,
Extension Office

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

Stir Crazy: A Cooking Class for Teens

NEW!

13BFF110

Come join us for a totally interactive and "hands-on" experience that has been designed to get teens comfortable in the kitchen, try new foods and most of all inspire kitchen creativity. In this class, teens will learn to make an entr e, a side dish and a dessert from scratch and learn about the different uses of utensils, kitchen safety and hygiene, how to follow a recipe, improvise with spices and seasonings and much more. Teens will enjoy eating the dishes they make at the end of each class, and have the recipes to remake them at home. Ages 13-18

Date: 06/19/2013 (W)
Time: 1:00 PM to 3:00 PM
Fee: \$27.00
Location: HyVee Club Room
601 3rd Place



Stir Crazy: Another Cooking Class for Teens

NEW!

13BFF111

We will be stirring up another "hands-on" experience for teens in our Basic Baking class! This class will be making yeast bread, cakes from scratch and even a yummy, but versatile cookie recipe. Learning the basics of baking, from the science behind the ingredients to the feel of the dough and of course the taste of the finished products, this class is sure to be a teen favorite! Ages 13-18.

Instructor: Karen Hanson

Date: 07/10/2013 (W)
Time: 1:00 PM to 3:00 PM
Fee: \$27.00
Location: HyVee Club Room
601 3rd Place



Summertime Garden Fresh Salads and Dressings

NEW!

13BFF109

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

Instructor: Sylvia Beeman

Date: 06/22/2013 (Sa)
Time: 2:00 PM to 3:30 PM
Fee: No Charge
Location: People's Grocery
523 South 17th St



FUN FOODS

So Easy to Preserve: **NEW!** Tomatoes & Salsa

13BFF113

Nothing beats the fresh taste of homegrown tomatoes. Learn how to preserve that summer flavor by making your own salsas. These tasty (but sometimes spicy) homemade recipes are sensational. This class will cover canning basics and how to safely can tomatoes and salsas.

Instructor: Ginny Barnard

Date: 06/27/2013 (Th)
Time: 5:30 PM to 8:30 PM
Fee: \$22.00
Location: Pottorf Hall at Cico Park
Clover Room

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

So Easy to Preserve: **NEW!** Pickles

13BFF114

Blending spices, sugar and vinegar with fruits and vegetables gives them a crisp, firm texture and sweet-sour flavor. From brined pickles and relishes to pickled green beans and watermelon rinds, there is something for everyone. This class will cover canning basics and how to safely preserve pickled products.

Instructor: Ginny Barnard

Date: 08/06/2013 (T)
Time: 5:30 PM to 8:30 PM
Fee: \$22.00
Location: Pottorf Hall at Cico Park
Clover Room



Cast Iron Cooking **NEW!**

13BFF112

Just in time for the summer camping season! Learn how to create some tasty meals over the "campfire" in cast iron cookware. The class will cover prepping the coals for cooking, explanation of cast iron cookware and utensils, safety rules, a recipe handout for each participant, sampling the recipes and cleaning cast iron. All supplies are included in the class fee.

Instructor: Rob Wall

Date: 06/08/2013 (Sa)
Time: 9:30 AM to 1:30 PM
Fee: \$27.00
Location: Manhattan City Park

Rob loves to cook anywhere, especially over a camp fire with his cast iron for family and friends. He started to camp fire cook while his son was in Boy Scouts and was hooked. He has been the camp cook for the Boy Scouts Kansas Sea Base since 2000. Rob shares his love of cooking for family reunions, tail gates, or any time there's a reason. He is known for cooking in large quantities, without recipes, and creating delicious meals from whatever is available. Rob also enjoys sharing his passion with anyone wanting to learn.



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

There is a class for *Everyone!*

Learning is *Fun!*

Meet *New* people!

Try something new!

Easy to register!



Solar Cooking **NEW!**

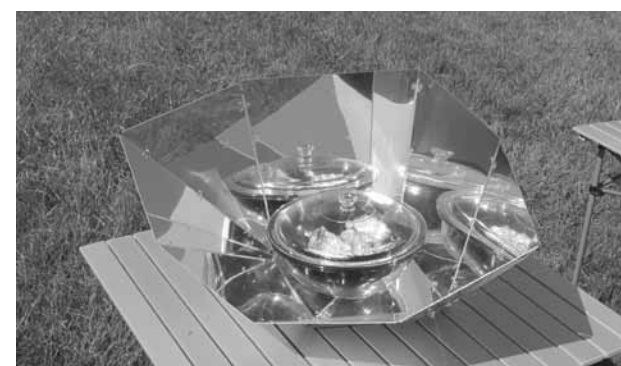
13BFF115

This class is part of an ongoing series in Kansas City and we are excited to offer it in Manhattan. We will begin promptly at 10:00 am to get our lunch (some meat, vegetables, some organic or locally grown) into a variety of solar cookers. We'll watch a video on solar cooking and BUILD 3 solar cookers out of cardboard boxes that participants can take home! We'll eat the food we cooked (late lunch + dessert), enjoy a solar food drying demonstration, and discuss the benefits of solar cooking. You'll receive handouts that list internet resources that you can use. Join us for a unique class that helps us reduce our carbon footprint one solar oven at a time! Participants should bring pen, paper, and appropriate sun protection. This class is brought to you by UFM and the Flint Hills Resilience Coalition.

Instructor: Bill Price

Date: 06/29/2013 (Sa)
Time: 10:00 AM to 2:00 PM
Fee: \$20.00
Location: Manhattan Fire Dept HQ
Training Center
Large Assembly Room #161
2000 Denison

Bill and his team have been teaching Solar Cooking throughout Eastern Kansas for several years. Bill is employed as a Specialist Engineer Technical at the National Nuclear Security Administration division in Kansas City.



HEALTH & WELLNESS

Community CPR, First Aid & AED

13BHW25A

This course includes training in Adult, Child, Infant CPR, First Aid and AED. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; control bleeding; and many other useful skills. Class materials included in fee. There will be a \$20 non-refundable deposit for this class.

Instructor: Kelly Reed-Harkness

Date: 07/20/2013 (Sa)
Time: 11:00 AM to 7:00 PM
Fee: \$61.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, First Aid & AED

13BHW25B

Date: 08/10/2013 (Sa)
Time: 11:00 AM to 7:00 PM
Fee: \$61.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: CPR/First Aid/AED

13BHW70A

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

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

Part II B. 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 \$20 non-refundable deposit.**

Instructor: Kelly Reed-Harkness

Date: 07/20/2013 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$61.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: CPR/First Aid/AED

13BHW70B

Instructor: Kelly Reed-Harkness

Date: 08/10/2013 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$61.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor



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

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



Grocery
Produce
Bulk Herbs/Teas
Educational classes

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

HEALTH & WELLNESS

Living the Art:

Jin Shin Jyutsu

13BHW08A

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

Instructor: Kate Cashman

Date: 06/29/2013 (Sa)
Time: 10:00 AM to 3:00 PM
Fee: \$24.00
Location: 1421 Colorado Street

Living the Art:

Jin Shin Jyutsu

13BHW08B

Date: 08/03/2013 (Sa)
Time: 10:00 AM to 3:00 PM
Fee: \$24.00
Location: 1421 Colorado Street

Basic Parenting

13BHW131

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

Instructor: Jeremy Boyle

Date: 06/18/2013 to 07/23/2013 (T)
Time: 6:30 PM to 8:30 PM
Fee: \$65.00
Location: Pawnee Mental Health
2001 Claflin

Beginning Tai Chi Chaun

13BHW31

Practiced by millions of people around the world, the ancient and gentle Chinese martial art of tai chi offers the perfect balance of mind and body, strength and flexibility, grace and agility. Its smooth, fluid movements offer exercisers of all ages improved fitness, stress reduction, and total relaxation. In this class, we will introduce the Yang style short form, which can be practiced by young and old, anytime, any place.

Instructor: Mei Hwa (Tina) Terhune

Date: 05/22/2013 to 06/19/2013 (W)
Time: 5:30 PM to 6:30 PM
Fee: \$48.00
Location: UFM Banquet Room
1221 Thurston St.

Mei Hwa Terhune (Tina) is a native of China where she acquired her knowledge of Tai Chi Chaun while attending Ming Chuang University in Taipei, Taiwan. She is a certified instructor for Tai Chi for Arthritis and Yogafit. She specializes in 24 movement Beijing style, and "Cheng Man-Ching" Yang style.

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



Refuse To Be A Victim®

13BHW202

Safety experts agree the single most important step toward ensuring your personal safety is making the conscious decision to Refuse To Be A Victim. You stand a much better chance of preventing criminal attack if you develop a safety plan before you need it. That is why the National Rifle Association is offering the Refuse To Be A Victim crime prevention seminar. The seminar teaches easy-to-understand methods you can use to increase awareness and prevent criminal confrontation. In just three to four hours, you will get the tools you need to develop your own personal safety strategy, including information about:

- The Psychology of the Criminal Mind
- Home & Phone Security
- Automobile & Travel Security
- Personal & Technological Security
- Self-Defense Devices and Training Options
- And more!

Instructor: Robert D Auten

Date: 06/01/2013 (Sa)
Time: 9:00 AM to 12 N
Fee: \$47.00 - Fee includes Materials
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Robert Auten is full time staff at Kansas State University as well as a NRA certified instructor in many disciplines including Refuse To Be A Victim.



Tues-Sat: 10-5
Sun: 12-5
14th & Anderson
Free Admission
Free Parking

think
ANEW

KANSAS STATE UNIVERSITY

A different way to experience art

Beach Museum of Art | 785.532.7718 | beach.k-state.edu

HEALTH & WELLNESS

SilverSneakers®

YogaStretch

13BHW135B

Just how beneficial is fitness for older adults? Regular exercise can increase muscular strength, endurance, and range of motion. With our classes, you'll find improved posture, balance, coordination, agility, and body awareness. Sign up today to get fit and maintain your independence. SilverSneakers is the nation's leading fitness program created to provide low-impact exercise for older adults. For more information, check out www.silversneakers.com. Join us for our YogaStretch class. YogaStretch 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 and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. (All levels welcome.)

Instructor: Debbie Newton

Date: 06/04/2013 to 07/02/2013 (T)
Time: 1:30 PM to 2:30 PM
Fee: \$40.00
Location: 4201 B Anderson Ave, Suite 1

Debbie Newton is a certified SilverSneakers instructor and an experienced yoga instructor at Maximum Performance Physical Therapy and Fitness. Debbie is a certified yoga teacher (CYT) and has been teaching yoga for five years.

SilverSneakers®

YogaStretch

13BHW135

Instructor: Debbie Newton

Date: 06/08/2013 to 07/06/2013 (Sa)
Time: 1:30 PM to 2:30 PM
Fee: \$40.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

Restorative Yoga®

13BHW140

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

Date: 06/02/2013 to 06/30/2013 (Su)
Time: 3:00 PM to 4:00 PM
Fee: \$40.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

Evening Yoga

13BHW88A

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

Date: 06/03/2013 to 06/24/2013 (M)
Time: 7:00 PM to 8:30 PM
Fee: \$32.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Evening Yoga

13BHW88B

Date: 07/01/2013 to 07/22/2013 (M)
Time: 7:00 PM to 8:30 PM
Fee: \$32.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Evening Yoga

13BHW88C

Date: 07/29/2013 to 08/19/2013 (M)
Time: 7:00 PM to 8:30 PM
Fee: \$32.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Morning Yoga

13BHW89A

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

Instructor: Debbie Newton

Date: 06/01/2013 to 06/22/2013 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$27.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Morning Yoga

13BHW89B

Date: 06/29/2013 to 07/20/2013 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$27.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Morning Yoga

13BHW89C

Date: 07/27/2013 to 08/17/2013 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: \$27.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor



HEALTH & WELLNESS

Yoga Over Forty

13BHW99

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

Instructor: Ana Franklin

Date: 06/04/2013 to 07/23/2013 (T)

Time: 5:30 PM to 6:45 PM

Fee: \$89.00

Location: Yoga Connection
321 Poyntz Ave, Ste A

Ana Franklin began practicing Yoga in the 1970's. Ana has been teaching Yoga since 1984. She believes "Yoga is a lifelong commitment for me, and with such a rich subject, there is always more to learn, and to teach! I hope to continue doing both for a very long time."



Yoga 1

13BHW15Z

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

Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 06/03/2013 to 07/24/2013 (M/W)

Time: 5:30 PM to 6:30 PM

Fee: \$99.00

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

UNITY SPIRITUAL CENTER of Manhattan

A POSITIVE APPROACH TO
PRACTICAL CHRISTIANITY

**Make the leap from
fear to LOVE!**

www.UnityManhattanKansas.org

Yoga Connection

321 Poyntz, Suite A
Manhattan, Kansas
785-537-8224 or 785-341-9908

**Workshops, Private Lessons & Classes
With Ana Franklin**
Teaching Yoga since 1984

Website: www.yogaconnection.byregion.net
Email: yogaconnection@kansas.net

"Stretching Body, Breath & Mind"



Take a Peek at the Past



Riley County Historical Museum

2309 Claflin Road, Manhattan, KS 66502

Open: Tues. - Fri. 8:30 - 5:00

Sat. - Sun. 2:00 - 5:00

Research Library by appointment

(785) 565-6490

www.rileycountyks.gov/museum

Goodnow House Museum

State Historic Site

2301 Claflin Rd.

Go to Riley County Historical Museum

and ask for tour

Sat. - Sun. 2:00 - 5:00

Tues. - Fri. 8:30 - 5:00

Wolf House Museum

630 Fremont St.

Open:

Sat. 2:00 - 5:00

Sun. 2:00 - 5:00

Pioneer Log Cabin

Manhattan City Park

Open Sundays:

April-October

2:00 - 5:00



*** Free Admission at All Sites ***

LANGUAGE



Beginning Conversational Sign Language

13BLA23

This class will build a basic knowledge of American Sign Language including vocabulary used in everyday conversation. It will also cover a little about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language.

Instructor: Toni Kroll

Date: 05/28/2013 to 06/20/2013 (T/Th)
(No class 6/6, 6/27)
Time: 6:30 PM to 7:30 PM
Fee: \$59.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Toni Kroll is a Certified Interpreter who has 20 years of experience as a sign language interpreter. Toni has worked as an interpreter in Washington D.C., Seattle, and now Kansas. She is in her 4th year as a KSU interpreter as well as doing community work here in Manhattan and the surrounding area.

Introduction to Spanish

13BLA33

This class will give a basic introduction to the Spanish Language and apply the language to real life situations. Basic vocabulary, numbers, grammar and sentence structure will be covered. Students are encouraged to bring a notebook, pencil and note cards to class. Ages 13 and up are welcome.

Instructor: Eleanor Dickens

Date: 06/02/2013 to 06/16/2013 (Su)
Time: 3:00 PM to 5:00 PM
Fee: \$32.00
Location: UFM
1221 Thurston St

Eleanor is a Spanish major and Kansas State University and has more than six years of experience with the Spanish language. She has studied abroad in Latin-America, learning the culture of the Spanish and has also served as an interpreter.

Getting Started with Japanese **NEW!**

13BLA38A

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 classes are to learn the oral and aural skills needed to understand basic everyday conversation and express oneself in a variety of daily situations without formally studying grammar. The class also provides cultural and sociolinguistic information useful for novice-level Japanese language learners.

Instructor: Kumiko Nakamura

Date: 06/03/2013 to 06/19/2013 (M/W)
Time: 5:30 PM to 6:30 PM
Fee: \$82.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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

Getting Started with Japanese

13BLA38B

Date: 07/09/2013 to 07/25/2013 (T/Th)
Time: 5:30 PM to 6:30 PM
Fee: \$82.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Getting Started with Japanese

13BLA38C

Date: 07/29/2013 to 08/14/2013 (MW)
Time: 5:30 PM to 6:30 PM
Fee: \$82.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

“LIKE”

UFM Community Learning Center
on Facebook
for class updates
and announcements!



Connect with UFM on
Facebook.com/UFMCLC



Swahili Language and Cultures of Africa

13BLA53

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

Instructor: Joab Esamwata

Date: 06/07/2013 to 08/09/2013 (F)
(No Class 7/5)
Time: 5:30 PM to 7:00 PM
Fee: \$34.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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

We want YOU!
Contact UFM about teaching a class.
Call 785.539.8763
or email info@tryufm.org.

MARTIAL ARTS

Karate & Self-Defense

13BMA10

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

Instructor: Habib Diop, Email: hdiop@ksu.edu

Date: 06/22/2013 to 08/10/2013 (Sa)
(No class 7/6)
Time: 11:30 AM to 12:30 AM
Fee: \$51.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

As a martial arts instructor, Habib has spent 16 years teaching people how to control their environment, properly breathe, to relax as you breathe, and to overcome stress. He is a champion and member of the Karate National team in Senegal. He has also won awards from the National Federation of Karate in Senegal. He has worked with the Japanese most known "Sensei", Sensei Ayashi, Sensei Yoshinao Nambu. His own Sensei was directly formed by Sensei Eiji Ogasahara.



Tae Kwon Do I

13BMA01Z

Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance and flexibility. The basics of blocking, punching, kicking, self-defense and white belt form will be covered. Class will consist of practicing these skills as a group, working with other classmates and with the instructor. At the end of the semester, students will have the option to be tested for their orange belt. Available for KSU credit. Ages 9+.

Instructor: David Moore

Date: 06/04/2013 to 07/30/2013 (T/Th)
(No class 7/4)
Time: 5:00 PM to 6:00 PM
Fee: \$72.00
Location: Sun Yi's Academy
1650 Hayes Dr.



happening at MAC

SUMMER 2013

MANHATTAN ARTS CENTER



Camp MAC: Summer Story Adventure May 28-Aug 9
Campily Ever After, Wizards & Muggles, Camp Neverland, and more!
Summer arts camp for kids in grade 1-6. Weekly full & half day programs.



Manhattan Experimental Theatre Workshop for High School Students
Jun 14 & 15, 7:30pm Sponsor: SHELDON EDELMAN

Summer Theatre: TBA Jul 12-13, 19-20

MAC Dance Attack II July 27

One-Act Play Festival Aug 16-17



Art Happens Aug 24, 7:30pm
A fundraiser with art in the making

MAC Watercolor Studio Exhibit Jun 1-Jul 13
Opening Reception: Fri, May 31 5-7pm
Sponsors: MEADOWLARK HILLS and
MANHATTAN BROADCASTING COMPANY

MAC Student Exhibit Jul 20-Aug 3
Opening Reception: Fri, Jul 19 4-6pm

Manhattan Area Photographers Aug 31-Oct 5
Opening Reception: Fri, Aug 30 5-7pm

www.manhattanarts.org (785) 537-4420 1520 Poyntz Ave, Manhattan, KS

PERSONAL INTEREST

Genealogy Basics, from Soup to Nuts

13BPI108

Genealogy class for beginners to more experienced researchers. The classes will cover census, land records, vital statistics, filing systems, newspaper research, cemetery research, passenger lists, immigration, using the internet for genealogy and preservation. Handouts included in class fee.

Instructor: Jill Frese

Date: 06/05/2013 to 08/28/2013 (W)
(No class 7/3)
Time: 6:00 PM to 8:00 PM
Fee: \$34.00
Location: Riley County Genealogy Society
2005 Claflin Road

Featured UFM
Instructor

Jill Meyers Frese

.....

Jill Meyers Frese has been enjoying the field of genealogy for over 35 years. Her fields of interest include Kansas History, Women on the Prairie, This was how life was in....., Cemetery Research, Kentucky genealogy, dowsing cemeteries and history in general. She is a member of the Riley County, KS Genealogy Society, the Blue Rapids, KS Historical Society, the Riley County KS Historical Society, Owsley County KY History and Genealogy Society and a life member of the Brown County, KS Genealogy and History Society. She has spoken about the field of genealogy in Kansas, Nebraska, Colorado, Kentucky, Missouri and Oklahoma. Jill won the FGS scholarship in 1999 to the national FGS conference in St. Louis, Missouri. Jill has written many published articles and is in the process of completing a series entitled "The Bare Bones" for the Owsley County, KY History and Genealogy Society Publication and the Brown County, KS Ancestry Trails. Her classes and speaking engagements mix humor with real-life experiences along with sound genealogical research.



K-9s & Kids, Raising Them Together

NEW!

13BPI116

Do you have a dog already and you're thinking about having kids? Or do you already have kids and you're thinking about getting a dog? This two-hour class will cover the basics of raising kids and dogs together successfully. Topics covered include introducing your dog to a child, teaching a child how to approach a dog correctly, playing between the child and dog and best practices in a home with kids and dogs. This class will include discussion, so please bring your questions, but leave your dog and kids at home.

Instructor: Mary Hager

Date: 07/15/2013 (M)
Time: 7:00 PM to 9:00 PM
Location: UFM Conference Room
Fee: \$22.00

Using a positive, science-based, force-free method of training, Mary helps owners curb behavior problems through management, training, exercise, and proper communication. Her goal is to provide dog owners with the building blocks to a better relationship with their dogs. Mary has been training dogs for over 30 years. With her own personal dogs, Mary has competed at some of the highest levels in conformation, obedience, and dog sports. She is a member of APDT and is an AKC Canine Good Citizen Evaluator.



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



Puppy Basics

NEW!

13BPI115

You bought a puppy or you're planning to and you're not sure what comes next. Learn all of the basics you need to know about getting your puppy (and you) adjusted to your lifestyle. A variety of topics will be covered in this one-time class including naming your puppy, bedding, shelter, food and housebreaking.

Instructor: Mary Hager

Date: 06/10/2013 (M)
Time: 7:00 PM to 9:00 PM
Location: UFM Conference Room
Fee: \$22.00

Living with Fibromyalgia: NATURAL ALTERNATIVES

NEW!

13BPI178

Fibromyalgia is an often misunderstood, frequently undiagnosed, common and complex chronic pain disorder. Living with Fibromyalgia, whether moderate or severe, can be extremely debilitating and wreak havoc on an individual's (and their family's) lifestyle. This class will explore steps people can take to improve their health, including lifestyle changes, dietary changes, and herbal remedies. People's Grocery and UFM have collaborated to bring you this class.

Instructor: Jennifer Guilford,
wellness@peoplesgrocery.biz

Date: 07/20/2013 (Sa)
Time: 3:00 PM to 5:00 PM
Fee: No Charge
Location: UFM Banquet Room
1221 Thurston St.

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

The Design, Construction, and Use of Wood Fired Masonry Ovens 13BPI111

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

Instructor: Matt Campbell

Date: 06/15/2013 (Sa)
Time: 1:00 PM to 5:00 PM
Fee: \$5.00
Location: 1624 Osage

Matt grew up in Overland Park, KS and moved to Manhattan, KS in 2003 as an 18-year-old college student. He earned his Bachelors and Masters Mechanical Engineering degrees at K-State. He now works as a Mechanical Engineer at Advanced Manufacturing Institute, an engineering consulting firm associated with the college of engineering at KSU. His interest in brick ovens comes from a growing interest in traditional baking and cooking, an interest in design and construction (he is an engineer after all), and maybe most of all, his interest in community development.



Nuclear Energy and Nuclear Weapons – An Introduction 13BPI117

NEW!

Six classes will outline the basic physics and engineering involved in an understanding of both civil and military applications of nuclear energy. Topics covered will include a general overview of atomic structure, energy-release in the fission process, the chain-reaction, the large-scale production of fissile materials, isotopic enrichment, reprocessing, gun- and implosion-type weapons and an overview of the various kinds of civil nuclear power stations. No particular prior knowledge of this topic will be assumed. Each class session will consist of a presentation followed by time for questions and discussion.

Instructor: John Pratt

Date: 06/04/2013 to 06/20/2013 (T/Th)
Time: 7:00 PM to 8:00 PM
Fee: \$14.00
Location: UFM Multipurpose Room
1221 Thurston St

John Pratt, Ph.D. (London) is a retired physics instructor and Adjunct Professor of Physics at KSU. His research interests are in the area of Nuclear Magnetic Resonance and Nuclear Quadruple Resonance in solids.

Spiritual Discussion Group 13BPI77

NEW!

Each meeting will begin with a reading of the Daily Word, a guide to help keep our thoughts positive and uplifting. Topics covered will include spiritual qualities such as comfort, joy, peace, and love, as well as methods for achieving them. Each participant will have opportunities to share their views. Additional sources may be used. All opinions are welcome. Sponsored by Unity Church of Manhattan.

Instructor: Tim Sidorfsky, (785) 317-6431
eaglesareus@gmail.com

Date: 05/09/2013 to 08/01/2013 (Th)
(No class 7/04)
Time: 6:30 PM to 8:00 PM
Fee: No Charge
Location: 626 Tuttle Creek Blvd
Hardback Cafe in Hastings

“LIKE”

UFM Community Learning Center
on Facebook
for information and updates
on classes and events.



Connect with UFM on
Facebook.com/UFMCLC

RECREATION & FITNESS

Introduction to Golf

13BRF04A

Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of score card and handicaps. **First class meets from 6-7pm, the second and third meet from 6-7:30pm. Instructor: Jim Gregory

Jim Gregory is a PGA professional at the Stagg Hill Golf Course.

Date: 06/13/2013 to 06/20/2013 (Th)
Time: 6:00 PM to 7:30 PM **
Fee: \$41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Introduction to Golf

13BRF04B

Instructor: Jim Gregory

Date: 07/11/2013 to 07/18/2013 (Th)
Time: 6:00 PM to 7:30 PM
Fee: \$41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.



Golf

13BRF05Z

This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment. Available for KSU credit. Instructor: Jim Gregory

Date: 06/05/2013 to 07/24/2013 (W)
(No Class 7/4)
Time: 6:00 PM to 8:00 PM
Fee: \$146.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

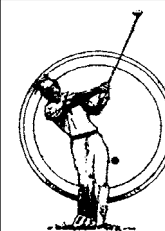


Pickleball for Everyone!

13BRF112

Pickleball is a sport described as a combination of ping-pong, tennis and badminton and is played by all ages and all athletic abilities. Pickleball is FUN. It's played on a badminton court with a net that is 34 inches in the middle. Players use a baseball-sized whiffle ball and a paddle, similar to a large ping-pong paddle, to volley the ball back and forth to score on the opposing team. Pickleball is easy to learn and is great, enjoyable exercise. Equipment provided. Instructor: Rosemary & Gordon Crilly

Date: 06/08/2013 to 06/29/2013 (Sa)
Time: 9:30 AM to 10:30 AM
Fee: \$22.00
Location: 5175 Salzer Rd, Wamego, KS



STAGG HILL GOLF CLUB Pro-Shop

K-18 West

For all your golfing needs
Fully equipped "discount" pro shop
Professional golf instruction available
(Individual & group)
Club regripping & repair

539-1041

Jim Gregory, PGA Professional



Beginning - Intermediate

Ballet for Adults

13BRF157

This is a class for people who have some basic experience in ballet and would like to learn more or for those who are experienced ballerinas and would like a class to increase their technique and strength. The class will be focused on technique, with strengthening and stretching exercises in each session.

Instructor: Amy Jones

Date: 05/28/2013 to 07/03/2013 (T/W)
Time: 8:00 PM to 9:30 PM
Fee: \$45.00
Location: K-State Ahearn Room 301



Belly Dance

Conditioning Workout

13BRF12

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

Instructor: Michele Janette

Date: 07/09/2013 to 07/30/2013 (T)
Time: 5:30 PM to 6:30 PM
Fee: \$34.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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

Boot Camp

NEW!

13BRF148

The class will consist of anything from weights, crossfit, and HIIT workouts using body weight, weights, the natural environment, and other equipment. Students can expect to improve muscular fitness, cardiovascular endurance, muscular endurance, and be in all around better shape.

Instructor: Meghan McGee

Date: 05/20/2013 to 08/07/2013 (M/W)
Time: 6:45 AM to 7:45 AM
Fee: \$176.00
Location: Manhattan City Park,
11th & Fremont



Archery for Adults

13BRF01Z

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. Available for KSU credit.

Instructor: Tom Korte, (785) 494-8889

Date: 06/10/2013 to 07/29/2013 (M)
Time: 7:30 PM to 9:20 PM
Fee: \$101.00
Location: TBD



We would like to thank all of our sponsors!

*Aha! Manhattan
Beach Museum of Art
Manhattan Arts Center
Strecker-Nelson Gallery
Riley County Historical Museum
KSU Division of Continuing Education
Unity Church of Manhattan
Claflin Books and Copies
Stagg Hill Golf Club*

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

RECREATION & FITNESS

SilverSneakers® MSROM 13BRF113B

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

Instructors: Whitney Lukenbill & Anna Simoneau

Date: 06/03/2013 to 07/22/2013 (M/W)
Time: 1:30 PM to 2:30 PM
Fee: \$100.00
Location: 4201 B Anderson Ave, Suite 1

Whitney Lukenbill is a certified SilverSneakers instructor and certified personal trainer at Maximum Performance Physical Therapy and Fitness.

SilverSneakers® MSROM 13BRF113A

Instructors: Kari Wallentine & Anna Simoneau

Date: 06/04/2013 to 08/06/2013 (T)
Time: 10:10 AM to 11:10 AM
Fee: \$70.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

Kari Wallentine is a certified SilverSneakers instructor and the SilverSneakers Program Advisor at Maximum Performance Physical Therapy and Fitness.



SilverSneakers®

CardioCircuit

13BRF114

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

Instructors: Whitney Lukenbill & Anna Simoneau

Date: 06/03/2013 to 07/22/2013 (M/W)
Time: 10:10 AM to 11:10 AM
Fee: \$100.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

Anna Simoneau is a certified SilverSneakers® instructor and certified personal trainer at Maximum Performance Physical Therapy and Fitness.

Power Yoga

13BRF159A

Power Yoga is designed to improve flexibility, strength, and ability to focus. It can tone your body, lower your blood pressure and improve your overall fitness. Please come with an empty stomach and bring a yoga mat. Be prepared to work up a sweat! Instructor: Alana Pfeifer

Date: 06/06/2013 to 06/27/2013 (Th)
Time: 7:00 PM to 8:00 PM
Fee: \$29.00 - Individual
\$58.00 - Individual + Friend/Spouse
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Alana has a degree in Kinesiology and Physical Education from Fort Hays State University and is pursuing a dance degree at Kansas State University. Alana has received YogaFit Level One training and is planning to become certified in YogaFit Level Two soon. She has been practicing yoga for 10 years and enjoys the many benefits that yoga provides.

Power Yoga

13BRF159B

Date: 07/11/2013 to 08/08/2013 (Th)
Time: 7:00 PM to 8:00 PM
Fee: \$29.00 - Individual
\$58.00 - Individual + Friend/Spouse
Location: K-State Ahearn Room 301
College Heights St., 3rd floor



YOUTH

Archery for Youth 13BYO01A

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

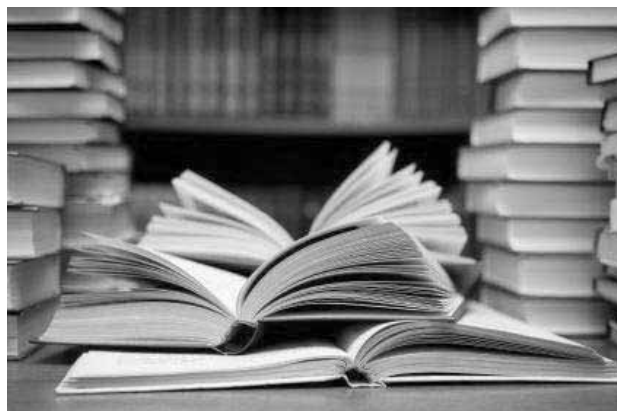
Instructor: Tom Korte, (785) 494-8889

Date: 06/05/2013 to 06/26/2013 (W)
Time: 8:30 AM to 9:30 AM
Fee: \$35.00
Location: UFM Solar Addition
1221 Thurston St.

Archery for Youth 13BYO01B

Instructor: Tom Korte, (785) 494-8889

Date: 06/05/2013 to 06/26/2013 (W)
Time: 10:00 AM to 11:00 AM
Fee: \$35.00
Location: UFM Solar Addition
1221 Thurston St.



Tutoring in Reading and Language Arts 13BYO54

This class was designed to meet the needs of students who want to enhance their reading and language arts skills this fall. Tutoring will be tailored to each student's needs and interests and will develop sight word vocabulary, context clues, dictionary aids, reading for meaning and comprehension skills. Writing techniques will be taught. Homework will be assigned and is necessary to continue learning. Students will be divided into appropriate reading and age levels. This is for grade levels: Completed 1st grade through 6th grade. A class can be formed for 7th through 12th grade for students that read at the elementary reading level. Randi Dale is a certified teacher grades K-12 with a Master's in Curriculum and Instruction. She has her certifications in Reading. Please call 785-539-5767 before coming to class so the correct reading level materials are available for the students.

Instructor: Randi Dale, (785) 539-5767

Date: 06/10/2013 to 06/24/2013 (MW)
Time: 6:00 PM to 6:40 PM
Fee: \$45.00
Location: Crestview Church
4761 Tuttle Creek Blvd

Tutoring in Reading and Language Arts 13BYO54B

Date: 07/02/2013 to 07/16/2013 (T)
Time: 6:00 PM to 6:40 PM
Fee: \$45.00
Location: Crestview Church
4761 Tuttle Creek Blvd

Pre-School Dance 13BYO63A

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

Instructor: Randi Dale, (785) 539-5767

Date: 06/04/2013 to 06/11/2013 (T)
Time: 5:00 PM to 5:30 PM
Fee: \$14.00
Location: UFM Banquet Room
1221 Thurston St.

Pre-School Dance 13BYO63B

Date: 06/04/2013 to 06/11/2013 (T)
Time: 6:10 PM to 6:40 PM
Fee: \$14.00
Location: UFM Banquet Room
1221 Thurston St.

Pre-School Dance 13BYO63C

Date: 06/18/2013 to 06/25/2013 (T)
Time: 5:00 PM to 5:30 PM
Fee: \$14.00
Location: UFM Banquet Room
1221 Thurston St.

Pre-School Dance 13BYO63D

Date: 06/18/2013 to 06/25/2013 (T)
Time: 6:10 PM to 6:40 PM
Fee: \$14.00
Location: UFM Banquet Room
1221 Thurston St.



"LIKE"

UFM Community Learning Center
on Facebook
for information and updates
on classes and events.



Connect with UFM on
Facebook.com/UFMCLC

Introduction to Ballet and Tap Dancing

13BYO73A

This class introduces ballet and tap techniques to boys and girls ages 5-10. A ballet routine from the classical story ballet Coppelgia, about a toymaker and a doll will be introduced as well as a fun tap dance. Students with little experience as well as first time dancers area welcome. No formal dance wear is needed. Tennis shoes can be used for tap shoes. Students can continue the class.
Instructor: Randi Dale, (785) 539-5767

Date: 06/04/2013 to 06/11/2013 (T)
Time: 5:35 PM to 6:05 PM
Fee: \$14.00
Location: UFM Banquet Room
1221 Thurston St.



Introduction to Ballet and Tap Dancing

13BYO73B

Instructor: Randi Dale, (785) 539-5767

Date: 06/18/2013 to 06/25/2013 (T)
Time: 5:35 PM to 6:05 PM
Fee: \$14.00
Location: UFM Banquet Room
1221 Thurston St.



Kids Yoga

NEW!

13BYO77

A kids Yoga class is jam packed full of activities and games that develop creativity and social interaction. Bring a yoga mat and a huge smile! *Ages 8-12 yrs*
Instructor: Alana Pfeifer

Date: 06/07/2013 to 06/28/2013 (F)
Time: 10:00 AM to 11:00 AM
Fee: \$25.00
Location: UFM Banquet Room
1221 Thurston St.

Alana has a degree in Kinesiology and Physical Education from Fort Hays State University and is pursuing a dance degree at Kansas State University. Alana has received YogaFit Level One training and is planning to become certified in YogaFit Level Two soon. She has been practicing yoga for 10 years and enjoys the many benefits that yoga provides.

Kids Yoga

13BYO77B

Date: 07/12/2013 to 08/09/2013 (F)
Time: 10:00 AM to 11:00 AM
Fee: \$25.00
Location: UFM Banquet Room
1221 Thurston St.

Junior Explorers Club

NEW!

13BYO75

Discover what exciting adventure awaits you! We will explore some of our local parks through scavenger hunts, geocaching, nature study, fun games, and much more. Jr. Explorers will need a water bottle and shoes for walking/running. *For children ages 7 to 12 yrs*

Dates and Meeting locations:
Wednesday, June 5 - Fairmont Park
Wednesday, June 12 - Long's Park
Wednesday, June 19 - City Park
Instructor: Ginny Barnard

Date: 06/05/2013 to 06/19/2013 (W)
Time: 10:00 AM to 11:30 AM
Fee: \$12.00
Location: Check class description

Little Explorers Club

NEW!

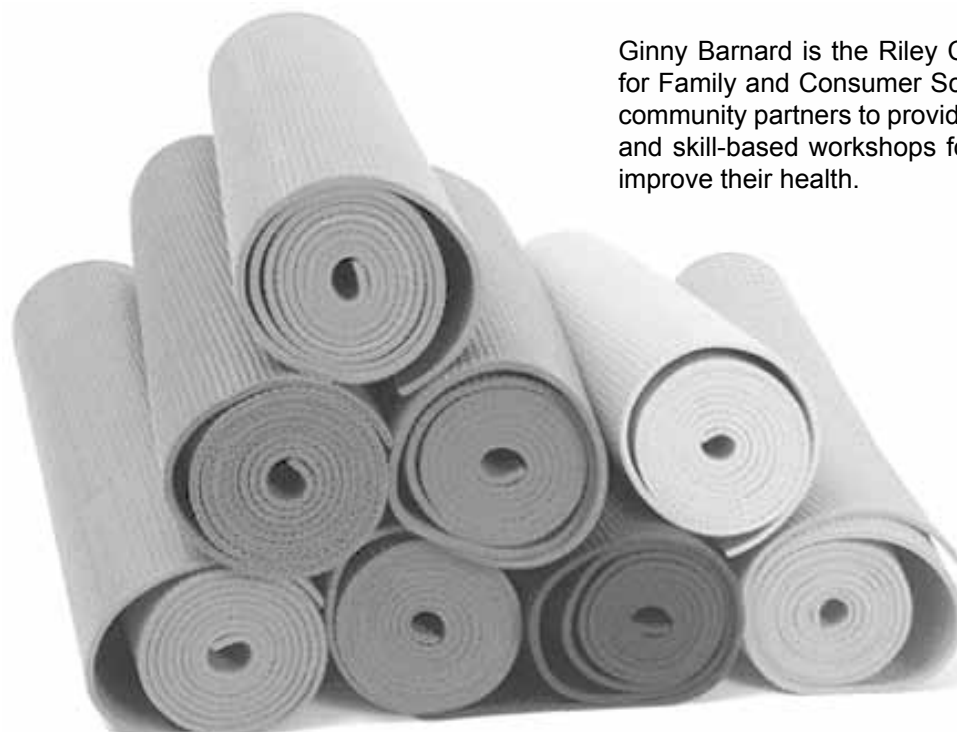
13BYO76

Discover what exciting adventure awaits you! We will explore some of our local parks through scavenger hunts, geocaching, nature study, fun games, and much more. Jr. Explorers will need a water bottle and shoes for walking/running. *For children ages 4-6*

Dates and Meeting locations:
Wednesday, June 5 - Fairmont Park
Wednesday, June 12 - Long's Park
Wednesday, June 19 - City Park
Instructor: Ginny Barnard

Date: 06/05/2013 to 06/19/2013 (W)
Time: 9:00 AM to 10:00 AM
Fee: \$12.00
Location: Check class description

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





Junior Chefs: **Berry Bonanza** **NEW!** **13BFF107**

Plan on having a berry good time as we discover nature's ultimate dessert! Junior Chefs will taste and compare different berries, make some yummy recipes, and take home their own strawberry plant.

For youth ages 7 to 12 yrs

Instructor: Ginny Barnard

Date: 06/30/2013 to 06/30/2013 (Su)
Time: 2:30 PM to 4:30 PM
Fee: \$10.00
Location: Cico Park-Pottorf Hall

Junior Chefs: **Visit the Farmers' Market** **NEW!** **13BFF108**

Junior Chefs will visit the Saturday Farmers' Market to buy fresh veggies and meet some of the local farmers. Then it's back to the kitchen to wash, cut, and cook our produce and eat it! *For youths ages 7 to 12 yrs*

Instructor: Ginny Barnard

Date: 07/13/2013 to 07/13/2013 (Sa)
Time: 9:00 AM to 11:30 AM
Fee: \$10.00
Location: 110 Courthouse Plaza, Extension Office



Stir Crazy: A Cooking Class **NEW!** **13BFF110** for Teens

Come join us for a totally interactive and "hands-on" experience that has been designed to get teens comfortable in the kitchen, try new foods and most of all inspire kitchen creativity. In this class, teens will learn to make an entree, a side dish and a dessert from scratch and learn about the different uses of utensils, kitchen safety and hygiene, how to follow a recipe, improvise with spices and seasonings and much more. Teens will enjoy eating the dishes they make at the end of each class, and have the recipes to remake them at home. Ages 13-18

Instructor: Karen Hanson

Date: 06/19/2013 (W)
Time: 1:00 PM to 3:00 PM
Fee: \$27.00
Location: HyVee Club Room
601 3rd Place

Karen Hanson, R.D., L.D., HFS is the dietitian for the Manhattan Hy-Vee Store in Manhattan KS. Karen earned her degree in Dietetics and Institutional Management from Kansas State University. Karen's love of the Culinary Sciences, a.k.a. Cooking, has led her to recently become a Personal Chef through the United States Personal Chef Association.



Stir Crazy: Another Cooking Class **NEW!** **13BFF111** for Teens

We will be stirring up another "hands-on" experience for teens in our Basic Baking class! This class will be making yeast bread, cakes from scratch and even a yummy, but versatile cookie recipe. Learning the basics of baking, from the science behind the ingredients to the feel of the dough and of course the taste of the finished products, this class is sure to be a teen favorite! Ages 13-18.

Instructor: Karen Hanson

Date: 07/10/2013 (W)
Time: 1:00 PM to 3:00 PM
Fee: \$27.00
Location: HyVee Club Room
601 3rd Place

Ask us about our scholarship opportunities!

	<h2>{Teen Mentoring!}</h2> <p>Middle School and High School Tuesdays and Thursdays June 4 - July 18 (No mentoring July 4) 3:00pm to 5:00pm</p> <p>Field trips ~ Games ~ Creative Arts ~ Recreation</p>	
<p>Have Fun!</p>	<p>To apply for more information about the mentoring program, visit www.tryufm.org or email Andrew@tryufm.org</p>	<p>Build positive relationships!</p>

OSHER



For more information or to register:
www.osher.ku.edu or 877-404-5823

Summer Fun with Cocktails

Presented by Rusty Andrews, Ph.D.
Mondays, June 3, 10 & 17 - 6:30-8:30 p.m.
Meadowlark Hills Community Room
2121 Meadowlark Road, Manhattan
\$40.00
(Additional fee for tasting: \$14)

Learn the secrets to mixing a great summer cocktail. In the process, we'll also mix in a dash of history. Do you know why gin was actually promoted by Prohibition in the U.S.? Have you wondered why martinis are usually shaken, not stirred? We'll cover martinis, gimlets, Manhattans, margaritas, mojitos, and more—and finish the evening with a beverage creation. (You can come to learn without tasting if you prefer.) Join us for a journey from classic and classy cocktails to fun and funky tumbler drinks.

The Great Flood of '51

Presented by Roy Bird
Wednesdays, June 5, 12 & 19 - 2:00-4:00 p.m.
Meadowlark Hills Community Room
2121 Meadowlark Road, Manhattan
\$40.00

Photographs, news reports and eye witness accounts will document the great Kansas River Flood of 1951. This famous natural disaster came in the midst of an era of drought and dust, devastating areas from Hays to Manhattan to Kansas City. The course will examine floods before '51—especially 1844 and 1903—and floods since. It will explore whether another great flood is likely and what damage it might cause. We'll examine the economic and landscape changes that resulted from the flood and remember the courage, stamina and ingenuity of the people who lived through it.

The End of Compromise and the Coming of the Civil War

Presented by Shawn Hornung
Mondays, July 8, 15 & 22 - 6:30-8:30 p.m.
Meadowlark Hills Community Room
2121 Meadowlark Road, Manhattan
\$40.00

Ushered in by the Compromise of 1850, the so-called "Second Era of Good Feelings" would prove false as the United States lunged toward Civil War. In this course, we will examine events ranging from the legacy of Manifest Destiny, "Bleeding Kansas," the Dred Scott decision, and the emergence of regional political parties. Primary documents will be utilized to illustrate the sentiment of the day. When slavery became a national issue and politics became defined regionally, the willingness to compromise waned and crisis loomed on the horizon.

Your education. Your terms.

K-State has options for your education.



Evening College

Evening College offers the opportunity to take classes after the traditional workday schedule. Classes are offered on the K-State campus in Manhattan in both 8- and 16-week schedules between 5:30 and 10:30 p.m.



Online Classes

K-State offers online classes for bachelor's degree completion, master's, Ph.D. and certificate programs.



Intercession

Accelerate in your program by enrolling in Intercession during January, May, and August on the K-State Manhattan campus or online. Intercession now offers online classes!

Visit www.dce.k-state.edu

© 6469

KANSAS STATE
UNIVERSITY

Division of Continuing Education

These Recreation courses are offered for KSU credit through the DIVISION OF CONTINUING EDUCATION with the cooperation of various Kansas State University departments.

• For full class description and information visit www.tryufm.org OR <http://www.dce.k-state.edu/courses/recreational.shtml>.

• Enroll on iSIS at <http://isis.k-state.edu>.

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<u>DANCE 599</u>				
11483 - Yoga I	5:30 to 6:30 PM	6/3/2013 to 7/24/2013 (M/W)	\$315.90	Ahearn 301
<u>MUSIC 206</u>				
11779 - Piano I	6:00 to 7:40 PM	5/30/2013 to 6/25/2013 (T/TH)	\$285.90	McCain Room 127
<u>KIN 101</u>				
11972 - Bootcamp Fitness	Noon to 12:55 PM	6/3/2013 to 7/24/13 (M/W)	\$388.30	Pro Fitness
<u>RRES 200</u>				
11469 - Archery	7:30 to 9:20 PM	6/10/2013 to 7/29/2013 (M)	\$389.30	TBD
11473 - First Aid/CPR	Noon to 7:30 PM	6/15/2013 to 6/16/2013 (Sat/Sun)	\$364.30	UFM
11471 - Golf	6:00 to 8:00 PM	6/5/2013 to 7/24/2013 (W)	\$404.30	Stagg Hill Golf Club
11472 - Scuba	5:30 to 9:30 PM	6/3/2013 to 7/8/2013 (M)	\$453.90	Natatorium
11468 - Tae Kwon Do	5:00 to 6:00 PM	6/4/2013 to 7/30/2013 (T/TH) (No class 7/4)	\$364.30	Sun Yi's
11461 - Boxing 1	6:30 to 7:30 PM	6/3/2013 to 7/24/2013 (M/W)	\$394.30	K.O. Boxing
11462 - Boxing 1	6:30 to 7:30 PM	6/4/2013 to 7/30/13 (T/TH) (no class 7/4)	\$394.30	K.O. Boxing
11465 - Boxing 2	5:30 to 6:30 PM	6/5/2013 to 7/31/2013 (W/TH) (no class 7/4)	\$394.30	K.O. Boxing
11460 - Boxing 3	5:30 to 6:30 PM	6/3/2013 to 7/23/2013 (M/T)	\$394.30	K.O. Boxing
11467 - Boxing 4	7:30 to 8:30 PM	6/3/2013 to 7/24/2013 (M/W)	\$394.30	K.O. Boxing
11463 - Boxing 4	7:30 to 8:30 PM	6/4/2013 to 7/30/2013 (T/TH) (no class 7/4)	\$394.30	K.O. Boxing
<u>Locations:</u>				
Pro Fitness in Aggieville, 1125 Laramie St, Lower Level		Sun Yi's Academy Tae Kwon Do, 1650 Hayes Drive		
Natatorium, K-State pools in Ahearn Complex		K.O. Boxing, Blue Hills Shopping Center		
UFM Building, 1221 Thurston Street		McCain Auditorium, Room 127		
Golf -Stagg Hill Golf Club, 4441 Ft Riley Blvd.				
Ahearn 301, Ahearn Complex, 3rd floor, Gymnasium door entry on NW side of building				

ENROLL TODAY!

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

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

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

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

Class registration confirmations will be sent via email.



UFM REGISTRATION FORM
1221 Thurston St | Manhattan KS 66502
785.539.8763 | (F) 785.539.9460 | www.tryufm.org | info@tryufm.org



Student Name _____ Address _____ City _____ State _____ Zip _____

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

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

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

Course Code	Session	Course Name	Fee \$
Example: 12AAQ01	A	Level I: Introduction to Water Skills	\$4.00

Tax Deductible Donation \$ _____

Total \$ _____

Method of Payment *(All fees must be paid for 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.