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Cover photograph courtesy of Scott Bean

Puts the Community in Education!
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 785.539.8763.

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.

KSU CREDIT COURSES

CREDIT CLASS ENROLLMENT
K-State students enroll through ISIS. If not a K-State student, contact Erin at UFM at (785) 539-8763.

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

CREDIT CLASS REFUNDS AND WITHDRAWALS
Tuition refunds are calculated based on the number of calendar days in the class. You may be eligible for a full or partial refund of tuition fees if you choose to drop your class before a certain date. Please refer to the full withdrawal and refund policy at http://global.k-state.edu/courses/registration/policies-withdrawal or visit http://courses.k-state.edu/fall2014/information/deadlines.html.

DROP POLICY
All drop deadlines are calculated based on the number of calendar days in the class. The following policies apply: a student may drop a class prior to 33% of the class duration without a grade being recorded on the student's transcript; if a student drops after 33% but before 62% of the class duration, a grade of “W” will be issued; and no drops will be accepted after 62% of the course duration. Failure to drop a class may result in a failing grade. For more information visit http://courses.k-state.edu/fall2014/information/deadlines.html.

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

UFM STAFF
Executive Director | LINDA INLOW TEENER
Education Coordinator | KAYLA SAVAGE
State Outreach/KSU Credit Coordinator | CHARLENE BROWNSON
KSU Credit Coordinator | ERIN BISHOP
Program Assistant | VAL COLTHARP
Program Assistant | SAMANTHA LOVITT
Mentoring Coordinator | MANDY COLTHARP
Swim Coordinator | KAYLE CAMPBELL
Student Assistant | SHELBY MORGAN
Lou Douglas Lecture Coordinator | OLIVIA COLLINS

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Vice Chair | Monica Cohen
Secretary | Marcia Hornung
 Treasurer | Bria Taddeken-Williams
President & CEO | Linda Inlow Teneer

UFM FALL 2014 INSTRUCTORS

<table>
<thead>
<tr>
<th>Voices For All, LLC</th>
<th>Randi Dale</th>
<th>Megan Hartford</th>
<th>Keith Miller</th>
<th>David Seamon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marie Amthauer</td>
<td>Kent Dennis</td>
<td>Kathryn Harth</td>
<td>David Moore</td>
<td>Glenn Sibury</td>
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<tr>
<td>Jenne Andrews</td>
<td>Bill Dorsett</td>
<td>Nancy Hetzler</td>
<td>Linda Morse</td>
<td>Paul Sodamann</td>
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<td>Rusty Andrews</td>
<td>Pat Embers</td>
<td>Palma Holden</td>
<td>Ben Motley</td>
<td>Linda Teener</td>
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<td>Mary Elizabeth Atwood</td>
<td>Joab Esamwata</td>
<td>Dave Hoover</td>
<td>Prabhakar Narwari</td>
<td>Abby Thrash</td>
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<tr>
<td>Diane Barker</td>
<td>Issac Falcon</td>
<td>Ron Jackson</td>
<td>Debbie Newton</td>
<td>Elsa Toburen</td>
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<tr>
<td>Carol Barta</td>
<td>Enell Forster</td>
<td>Michele Janette</td>
<td>Felisah Osmum</td>
<td>MHK Trolley</td>
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<tr>
<td>Scott Bean</td>
<td>Ana Franklin</td>
<td>Kyoshi Pamela Johansen</td>
<td>Jim Peterson</td>
<td>Rosanna Vail</td>
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<tr>
<td>Sylvia Beeman</td>
<td>Jeff Freeborn</td>
<td>Amy Jones</td>
<td>Alana Pfeifer</td>
<td>Laura Valdejo</td>
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<td>Big Poppi Bicycle Co Col</td>
<td>John Garetson</td>
<td>Tom Korte</td>
<td>Linda Rae</td>
<td>Likitha Vishnu</td>
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<td>Dan Boyle</td>
<td>Jill Frese</td>
<td>Jim Kiker</td>
<td>Art Rathburn</td>
<td>Thomas Weeks</td>
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<tr>
<td>Henry Brown</td>
<td>Tracy Green</td>
<td>Liz Krieger</td>
<td>Kelly Reed-Harkness</td>
<td>Paul Weidhaas</td>
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<tr>
<td>Matt Campbell</td>
<td>Jennifer Guilford</td>
<td>Pam Lathrop</td>
<td>Wayne Rhodus</td>
<td>Amy (Nashid) Werner</td>
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<tr>
<td>Kate Cashman</td>
<td>Jeff Gwirtz</td>
<td>Brian Lorenz</td>
<td>Mandy Ridder</td>
<td>Stan Wilson</td>
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<tr>
<td>Patricia Casinelli</td>
<td>Sue Hageman</td>
<td>Jo Maseberg-Tomlinson</td>
<td>Earl Robinson</td>
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<tr>
<td>Juwon Choi</td>
<td>Mary Hammel</td>
<td>Jonathan McBee</td>
<td>Daniel Schapaugh</td>
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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.

INCLIMENT WEATHER POLICY
UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University classes 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 K-State Global Campus/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

Sponsor the catalog or a class! Call 785.539.8763

INFO
LEARN TO SWIM CLASSES

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

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

LOCATION: KSU Natatorium - Ahearn Complex on Denison Avenue

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

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

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

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

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

Parent and Child Aquatics (6 mos-3 yrs)
Parents and children learn together to increase a child’s comfort level in the water and build a foundation of basic skill, such as arm and leg movements and breath control. This level is fun-filled and helps introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

Fee: $33.00 per session (5 lessons/30 min)

Monday 6:00 PM to 6:30 PM
14CAQPA1 Sept. 8 to Oct. 6
14CAQPA2 Oct. 13 to Nov. 10

Thursday 6:00 PM to 6:30 PM
14CAQPD1 Sept. 11 to Oct. 9
(No Class 9/18, make up class will be held on 9/19)
14CAQPD2 Oct. 16 to Nov. 13

Saturday 9:30 AM to 10:00 AM
14CAQPE Sept. 13 to Oct. 11

Tot Transition (3-4 yrs)
Preschool-age children are taught basic aquatic safety and swimming skills, all the while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it’s safety first. For the list of skills to be learned in class visit www.tryufm.org.

Fee: $33.00 per session (5 lessons/30 min)

Tuesday 6:00 PM to 6:30 PM
14CAQTB1 Sept. 9 to Oct. 7
14CAQTB2 Oct. 14 to Nov. 11

Wednesday 6:00 PM to 6:30 PM
14CAQT C1 Sept. 10 to Oct. 8
14CAQT C2 Oct. 15 to Nov. 12

Saturday 10:10 AM to 10:40 AM
14CAQTE1 Sept. 13 to Oct. 11

Levels 1-6, Adult Lessons & Lap Swimming
BEGINNING & ENDING DATES:
(*Except Where Noted)
Session A: Monday, Sept. 8 to Nov. 10
Session B: Tuesday, Sept. 9 to Nov. 11
Session C: Wednesday, Sept. 10 to Nov. 12
Session D: *Thursday, Sept. 11 to Nov. 13
(*No class 9/18, make up will be 11/20 at the same time)

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

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

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

Manhattan Marlins
Swim Team

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

Ages: 5 years through adult

www.manhattanmarlins.org

For more information contact:
Coach Rob Putnam at 303.819.8861
Level II: Fundamental Aquatic Skills
The objective of Level 2 is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on the front and back that lay the foundation for future strokes. As in all levels, safety skills will be presented to improve comprehension of previous knowledge. For the list of skills to be learned in class visit www.tryufm.org. Youth lessons.
Fee: $57.00 per session (10 lessons/40 min)

Level III: Stroke Development
The objective of Level 3 is to build on previously learned skills by providing additional guided practice. Participants will learn to survival float, swim the front crawl and elementary backstroke. Scissors and dolphin kicks, as well as the fundamentals of treading water will be introduced. Participants will also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside. As in all levels, safety skills will be presented. For the list of skills to be learned in class visit www.tryufm.org. Youth lessons.
Fee: $57.00 per session (10 lessons/40 min)

Level IV: Stroke Improvement
The objectives of Level 4 are to develop participants’ confidence in the strokes learned thus far and to improve other aquatic skills. In level 4, participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances. Participants add the arms to the scissors kick for the sidestroke. Participants also start to learn the back crawl, breaststroke and butterfly and the basics of turning at a wall. For the list of skills to be learned in class visit www.tryufm.org. Youth lessons.
Fee: $57.00 per session (10 lessons/40 min)

Level V: Stroke Refinement
The objectives of this level are coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced. For the list of skills to be learned in class visit www.tryufm.org. Youth lessons.
Fee: $57.00 per session (10 lessons/40 min)

Level VI: Swimming and Skill Proficiency
The objectives of this level are to refine strokes so participants can swim them with more ease, efficiency, power and smoothness and over greater distances. Level 6 also introduces other aquatic activities and offers three options - Personal Water Safety, Fundamentals of Diving and Fitness Swimmer. These options focus on preparing participants for more advanced courses, such as the Water Safety Instructor course, or other aquatics activities, such as competitive swimming or diving. For the list of skills to be learned in class visit www.tryufm.org. Youth lessons.
Fee: $57.00 per session (10 lessons/40 min)

Adult Swim Lessons
Are you tired of sitting on the sidelines watching everyone else swim? Well, you don’t need to anymore. Now’s your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons. Class is held during the same time as youth lessons. Ages 14 up.
Fee: $57.00 per session (10 lessons/40 min)

Private Swim Lessons
Private lessons provide one-on-one instruction for any level of swimmer. Lessons occur once a week. M-Th and Sat lessons are 30 minutes for 5 lessons. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. Due to time constraints, THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Private Lessons:
Session A1: Monday Sept. 8 to Oct. 6
Session A2: Monday Oct. 13 to Nov. 10
Session B1: Tuesday Sept. 9 to Oct. 7
Session B2: Tuesday Oct. 14 to Nov. 11
Session C1: Wednesday Sept. 10 to Oct. 8
Session C2: Wednesday Oct. 15 to Nov. 12
Session D1: Thursday Sept. 11 to Oct. 9
(No class 9/18, make up class will be held on 9/19)
Session D2: Thursday Oct. 16 to Nov. 13
Session E1: Saturday Sept. 13 to Oct. 11

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

Times for Saturday sessions:
9:30 AM to 10:00 AM
10:10 AM to 10:40 AM
10:45 AM to 11:15 AM

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

View instructor bios at www.tryufm.org
**Lap Swimming: Ages 13+**

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

Fee: $19.00 per session (10 times)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Time</th>
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<tr>
<td>14CAQLSA</td>
<td>Monday</td>
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<tr>
<td>14CAQLSB</td>
<td>Tuesday</td>
<td>6:00 PM to 7:30 PM</td>
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<tr>
<td>14CAQLSC</td>
<td>Wednesday</td>
<td>6:00 PM to 7:30 PM</td>
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<tr>
<td>14CAQLSD</td>
<td>Thursday</td>
<td>6:00 PM to 7:30 PM</td>
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<tr>
<td>*14CAQLSE</td>
<td>M, Tu, Wed, Th</td>
<td>6:40 PM to 7:30 PM</td>
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<td></td>
<td>*11/17 - 12/11 (No class 11/24-11/27)</td>
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**Lap Swimming for Parents**

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

Fee: $16.00 per session (10 times)

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<th>Course Code</th>
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<tr>
<td>14CAQLPA</td>
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<td>14CAQLPD</td>
<td>Thursday</td>
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**Open Swim Appreciation 14CAQ31A**

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

Date: 10/12/2014 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: No charge  
Location: Natatorium, KSU Campus

**Shallow/Deep Water Exercise 14CAQSHD**

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

Shallow Water exercise is done in a vertical position with head and shoulders out of the water. Deep Water participants will be issued an aquajogger belt to help provide buoyancy in the water and is taught in the diving well (only swimmers who can tread water without a 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.**

Date: 8/25/2014 to 12/11/2014 (M/T/W/TH)  
(No class 9/1, 9/18, 11/24-11/27)  
Time: 6:40 PM to 7:30 PM  
Fee: $20 for 8 classes  
$40 for 24 classes  
$52 for 32 classes  
$68 for 48 classes  
Location: Natatorium, K-State Campus

**Scuba Diving 14CAQ105AZ**

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

Instructors: Jeff Freeborn & Tray Green

Date: 08/25/2014 to 10/06/2014 (M)  
Time: 6:00 PM to 10:00 PM  
Fee: $257.00  
Location: Natatorium, K-State campus

**Scuba Diving 14CAQ105BZ**

Instructors: Jeff Freeborn & Tray Green

Date: 10/13/2014 to 11/17/2014 (M)  
Time: 6:00 PM to 10:00 PM  
Fee: $257.00  
Location: Natatorium, K-State campus
Why Do I Need An iPad? 14CFC129
Introduce yourself to the iPad and how you can use it to make daily life more productive and enjoyable! iPads will be provided for this hands-on class. Discover the iPad’s best built-in features and apps; how to set up Apple accounts, email and calendars; and how to download, buy and update apps. Explore some useful apps and essential tips to make your world more productive.
Instructor: Mary Hammel, mhammel@ksu.edu

Date: 09/16/2014 (T)
Time: 6:00 PM to 7:30 PM
Fee: $19.00
Location: Wamego Technology Center
Wamego High School, Room 204
801 Lincoln Street, Wamego

K-State Financial Aid Demystified 14CFC137
Planning to return to school? Learn how to get started with the financial aid process, scholarships, and the GI Bill. Does your employer provide tuition assistance? Bring your questions and get on track to your degree! Presented by Ron Jackson and Jo Maseberg-Tomlinson, Coordinators at K-State’s Global Campus. Please notify us if you have trouble climbing stairs!
Instructors: Ron Jackson, rdj7@k-state.edu and Jo Maseberg-Tomlinson, jam4545@ksu.edu

Date: 10/06/2014 (M)
Time: 5:30 PM to 6:30 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

K-State Admissions Process: Get On Track to Your Degree 14CFC138
Thinking about returning to school to earn your degree? Not sure where to start? Join us for a helpful information session on the steps needed to apply, order transcripts, and navigate the admissions process. Presented by Ron Jackson and Jo Maseberg-Tomlinson, Coordinators at K-State’s Global Campus. Please notify us if you have trouble climbing stairs!
Instructors: Ron Jackson, rdj7@k-state.edu and Jo Maseberg-Tomlinson, jam4545@ksu.edu

Date: 10/02/2014 (Th)
Time: 5:30 PM to 6:30 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Get Organized, Informed & Entertained with the iPad 14CFC130
This introduction to the world of iPad apps will inspire you to find new ways to use an iPad! iPads will be provided for this hands-on class. Explore apps for organizing your work, school or personal schedules; making shopping easier; learning, reading books and playing games; and accessing social media, television, movies and current events. Discover fun apps for you and the whole family.
Instructor: Mary Hammel, mhammel@ksu.edu

Date: 09/30/2014 (T)
Time: 6:00 PM to 7:30 PM
Fee: $19.00
Location: Wamego Technology Center
Wamego High School, Room 204
801 Lincoln Street, Wamego

LSAT Prep Course 14CFC24
This is a 6-week LSAT practice and instruction course designed to significantly improve your score and increase your confidence going into the test. The basis of the course revolves around taking multiple actual previously administered LSAT tests in a proctored setting followed by targeted and personalized instruction from a real live person who has taken the test himself and scored consistently within the 99th percentile. A special emphasis will also be placed upon the Analytical Reasoning/Logic Games question, as it is the section where students typically see the most improvement with practice and instruction. This class is perfect for those desiring a structured study regimen and experienced advice before taking the LSAT. Fee includes materials. Deadline to enroll is one week prior to class, otherwise there is an extra $20 fee for materials.
Instructor: Kent Dennis

Date: 10/13/2014 to 11/19/2014 (M/W)
Time: 7:00 PM to 9:30 PM
Fee: $195.00
Location: TBD

Get Organized, Informed & Entertained with the iPad

Mary Hammel is the Associate Director of the Catalyst Technology, Media and Creative Services Center in the College of Education at Kansas State University.

Kent Dennis graduated from Kansas State University with a degree in Economics. He attended New York University School of Law on a full ride scholarship in the Fall of 2013 after scoring a 175 (99.5%) on the Law School Admission Test.

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

Connect with UFM on Facebook.com/UFMCLC

Sponsor the catalog or a class! Call 785.539.8763
Writing a Research Paper 14CFC140A
This class will give you the basic knowledge of how to organize your research effectively and how to write and structure a research paper to include: conducting effective research, generating source cards, using note cards to organize your concrete details (research), writing clear and compelling thesis statements, forming an outline to help guide your writing, integrating quotes into your writing, including internal documentation, composing a correct work cited page and formatting your final draft to meet MLA standards. This class would be great for high school or college students who want to improve upon their research writing skills.
Instructor: Megan Hartford

Date: 09/18/2014 to 09/25/2014 (Th)
Time: 6:00 PM to 8:00 PM
Fee: $29.00
Location: UFM Conference Room 1221 Thurston St.

Megan Hartford has a degree in Secondary Education English/Journalism with three years of classroom experience in grades 9-12. Her goal is to bridge the gap between what many students learn in high school and what they will be expected to know in college in regards to writing a solid research paper.

Get to Know Your Money Personality 14CFC139
Stressed out about money? Struggling with how to communicate with your partner about your finances? Learn about your unique money personality and then how to use that information to assist in overcoming conflicts. Receive tips on how to talk effectively about daily money decisions, including spending habits and debt.
Instructor: Nancy Hetzler

Date: 09/16/2014 (T)
Time: 7:00 PM to 9:00 PM
Fee: $12.00
Location: UFM Conference Room 1221 Thurston St.

Nancy has been in the financial services business for over 20 years. She teaches and educates families to develop money skills. She works in the Manhattan and Salina areas.

Computer Skills 101 14CFC119
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: TBD
Time: 7:30 PM to 8:30 PM
Fee: $14.00
Location: Manhattan Public Library - Computer Classroom 629 Poyntz Ave

Liz Krieger has a Master’s in Information Technology from Colorado Technical University and has worked in the computer field as an analyst for several years. She has moved back to Manhattan after being away for many years.
Weaving 101 14CCF226
This is a beginning weaving class. The students will learn all they need to know to start weaving independently on a four-harness loom. They will measure warp, thread the loom, learn to read threading drafts, and weave a sampler of different patterns suitable for a table runner. "Wanna Be a Weaver" class is suggested as a pre-requisite, but is not required. Students should bring a pair of scissors. Class will start Friday evening, and continue on Saturday.
Instructor: Marie Amthauer
Date: 09/26/2014 to 09/27/2014 (F/Sa)
Time: 6:00 PM to 6:00 PM - 09/27/14
Fee: $74.00
Location: 801 Haid Ct.
Manhattan, KS
Marie has been weaving since 1973. In 1985 she was named Kansas Master Weaver and has taught weaving for many years, privately, through UFM, for the State of Kansas, and for Kansas Affiliation of Weavers and Spinners. She is a member of Manhattan Area Weavers and Spinners, Kansas Affiliation of Weavers and Spinners, and Handweavers Guild of America.

Making a T-Shirt Quilt 14CCF225
You’ve seen the cool t-shirt quilts that others have made and now learn how to make one of your own. Come join us to learn the ins and outs of making these treasured quilts. The first class on Sept 3 (6:30p-7:30p) will go over the supplies and materials you will need to have for the two Saturday classes. The two Saturday classes (Sept. 13 and 20, 8:30a - 4:00p) will involve all day workshops putting your t-shirt quilt together. It’s suggested you have a minimum of 9 t-shirts to make your quilt, the maximum number of t-shirts is up to you. You will learn easy ways to put together smaller shirts with bigger shirts to make a one of a kind quilt, how to stabilize your t-shirts so they don’t stretch, how to assemble your shirts and what to do when finishing your t-shirt quilt.
Instructor: Mandy Ridder, (785) 341-2687, number10mandy@gmail.com
Date: 09/03/2014 to 09/20/2014 (W/Sa)
Fee: $41.00
Time: See class description
Location: UFM Multipurpose Room
1221 Thurston St.
Mandy made her first quilt at age 9 and has been hooked on quilting since. She loves sharing her passion for quilting and creating with others.

Barn Quilt Make & Take 14CCF227
Have you wondered what the quilt blocks are doing hanging on barns, sheds and other outdoor structures? What are they made of? In this class you will learn the history of Donna Sue Groves, the quilt trail movement and how to make a “barn” quilt block for your outdoor structure. A primed 16 inch x 16 inch board will be supplied, ready for you to draw your pattern and paint! The “kit” will include a board, tape, foam brushes and paint for $35. The paint choices will be primary red, blue, yellow, green, black and white. Patterns will be available at the class. The first class will include a presentation about the history of barn quilts, the Kansas Flint Hills Quilt Trail, choosing a quilt block pattern and drawing the design on the board. The second session will be taping and painting the block to take home with you.
Instructor: Sue Hageman
Date: 10/11/2014 to 10/18/2014 (Sa)
* Enrollment deadline 9/26/14
Time: 9:00 AM to 11:30 AM
Fee: $35.00
Location: UFM Solar Addition
1221 Thurston St.
Sue is on the KS Flint Hills Quilt Trail Committee and is the winner of the 2013 Accuquilt Barn Quilt Design contest, making her quilt block design the official logo for the quilt trail. Sue has painted over 100 blocks and her passion is to help get blocks all over in the Flint Hills region. When Sue is not painting quilt blocks or promoting the KS Quilt Block Trail, she is also a quilter (the sewing kind) and has quilted for 15 years. She also enjoys biking and participated in Bike Across Kansas in 2013 and 2014.
CREATIVE FREE TIME

Operation Write Home® 14CCF228
Make greeting cards for a good cause. Operation Write Home® supports our nation’s armed forces by sending blank handmade greeting cards for soldiers to write home on. In this class, we will make cards to donate to Operation Write Home®, while learning some cardmaking techniques along the way. We will also review Operation Write Home® card guidelines for making future donations that meet their needs. You will be able to keep one of each different card design we make. All materials provided. Beginner cardmakers welcome! Ages 13+
Instructor: Rosanna Vail

Get Hooked! 14CCF222
Get hooked on crochet while making two easy projects! This class is intended for beginners and those needing a refresher. Learn chain stitch, single and double crochet. Materials for the first class project are size H hook and a light-colored worsted weight smooth yarn. Look for a skein that says weight 4. We will discuss a second project at the first class. Linda Teener taught herself to crochet in college and has experimented with traditional, nontraditional, flat and dimensional crochet.
Instructor: Linda Teener
Date: 09/23/2014 to 10/07/2014 (T)
Time: 5:30 PM to 7:00 PM
Fee: $20.00
Location: UFM Conference Room 1221 Thurston St., 2nd floor

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

Mask Work! 14CCF210
Mary Elizabeth Atwood has been making masks for over 20 years. Mask making has become a form of story-telling for her. Each mask is made on her face, then fired and painted to represent a particular intention. In this class, we will mindfully make two masks. One representing how we believe the world sees us and the second mask representing the true self we know ourselves to be. Clay will be provided. Participants need only to bring items that they would like to imprint in the wet clay. The masks will then be fired and a week later be ready to be painted and decorated.
Instructor: Mary Elizabeth Atwood
Date: 09/23/2014 to 09/30/2014 (T)
Time: 5:00 PM to 6:00 PM - 09/23/14 5:00 PM to 6:30 PM - 09/30/14
Fee: $57.00 - Materials included
Location: 1500 N. 9th St. Manhattan, KS

STRECKER-NELSON GALLERY
We are “bullish” about art
PREVIEW IT ON OUR WEBSITE AT WWW.STRECKER-NELSONGALLERY.COM THEN VISIT THE GALLERY MON-SAT 10:00-6:00 AT 406 1/2 POYNTZ 537-2099
**Intro to Voiceovers Workshop 14CCF219**
Fun, empowering, introductory workshop covering the different types of voiceovers and what tools are needed to find success. You’ll be coached and receive a professional voiceover evaluation later. You’ll have the knowledge necessary to help you decide if this is something you’d like to pursue. Taught by a professional voice actor from the Voice Acting Training Company, Voices For All.
Instructor: Voices For All, LLC

Date: 11/17/2014 (M)
Time: 6:00 PM to 8:00 PM
Fee: $49.00
Location: UFM Conference Room
1221 Thurston St.

**Introduction to Adobe Lightroom 14CCF140**
This class will cover an introduction to the software program Adobe Lightroom, which is part of the Photoshop family of programs. All modules of Lightroom (library, development, slideshow, print, and web) will be covered, however most of the class will focus on the library and development modules. The use of presets to speed up your workflow will be discussed as well as using Lightroom in combination with other image editing programs such as Photoshop.
Instructor: Scott Bean, scott@scottbeanphoto.com

Date: 11/11/2014 to 11/20/2014 (T/Th)
Time: 7:00 PM to 9:00 PM
Fee: $68.00
Location: UFM Computer Lab & Conference Room
1221 Thurston St., 2nd floor

**Introduction to Adobe Photoshop 14CCF65**
The class will cover an introduction to image processing using Photoshop Elements and basic adjustments such as cropping and resizing images, adjusting the tonality using levels, color correction, image cleanup using the healing brush and clone stamp tools, an introduction to layers and how to use them in your workflow, black and white conversions, putting panoramas together, high dynamic range photography and an introduction to camera RAW.
Instructor: Scott Bean, scott@scottbeanphoto.com

Date: 12/02/2014 to 12/11/2014 (T/Th)
Time: 7:00 PM to 9:00 PM
Fee: $56.00
Location: UFM Computer Lab
1221 Thurston St., 2nd floor

**Photography: The Basics 14CCF190**
This class will focus on the basic concepts of photography and using your camera. To get the most from the class, participants should have a digital camera that users can set the f-stop and shutter speed for (DSLR’s and most advanced compact cameras will have a manual, aperture priority or shutter priority mode that will work for this). If you aren’t sure if your camera will work for the class, don’t hesitate to ask. Topics that will be covered in the class are how f-stop, shutter speed, and ISO work together to determine a photograph’s exposure, how these settings can influence the look of your photo, how to take control of your camera and set the f-stop and shutter speed, how to use ISO, what white balance is, and how in-camera processing settings can impact the color of your photographs. The class will also cover controlling your exposure, using your histogram, bracketing exposures and working with light. The last part of the class will introduce some basic concepts about composition and creating the photograph you want. The class will include 4 classroom meetings (Wed) and 3 optional field trips (Saturdays) to practice what we cover in the class meetings. Exact times of the fieldtrips will be discussed at the first class, but will be on Saturday evenings a few hours before sunset. Participants will be responsible for their own transportation to the field trips.
Instructor: Scott Bean, scott@scottbeanphoto.com

Date: 09/03/2014 to 09/24/2014 (W/Sa)
Time: 7:00 PM to 9:00 PM & Sat from 6:00 PM to 8:00 PM
Fee: $68.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Dr. Frankenstein’s Guide to Creating Your Own Monster 14CCF229**
Do you ever wonder what it’s like to have your own monster or be a mad scientist like Dr. Frankenstein? Here’s your chance to design your own scary, but lovable monster! The class meets in Dr. Frankenstein’s one and only laboratory. Class will explore monster green color palettes and complimentary patchwork clothing. Nut, bolts and lightning included in the supply fee. You’ll be screaming “It’s alive!” by the end of the course.

Date: 08/03/2014 to 12/12/2014 (M)
Time: 7:00 PM to 9:00 PM
Fee: $1.00
Location: UFM Dungeon

**Landscape Photography Workshop 14CCF224**
This workshop provides an opportunity for participants to discuss landscape photography concepts and techniques and then put them into practice. The first two hours of the workshop will be spent reviewing examples of landscape photographs while discussing creative camera controls, composition and light.

Following an early dinner (included) the remaining time will be spent on location, photographing in the Flint Hills or along the shore of Tuttle Creek Lake on the grounds of the beautiful Living Water Ranch.

The workshop is designed for photographers who are familiar with the basics of photography and already know how to use their camera controls to set the aperture (f-stop), shutter speed and bracket exposures. To get the most out of the workshop, participants should have a camera that has a Mode Control dial that allows the photographer to set the f-stop and shutter speed.

The workshop will run from 2:30 p.m. until after sunset (around 7:30 p.m.) and will be held at the Living Water Ranch north of Manhattan, Kansas (4122 Living Water Road, Olsburg, KS). Directions will be emailed to all participants prior to the workshop. Your workshop fee includes a catered dinner.
Instructors: Scott Bean, scott@scottbeanphoto.com and Wayne Rhodus, wrhodus@hotmail.com

Date: 10/11/2014 (Sa)
* Registration Deadline October 2nd
Time: 2:30 PM to 7:30 PM
Fee: $92.00
Location: Living Water Ranch
4122 Living Water Road, Olsburg, KS

**Creating Your Own Monster**
Location: UFM Dungeon
Guitar Private Instruction 14CCF199
This class is catered to the individual student. Whether you are starting fresh or a seasoned pro, you will learn techniques to enhance your ability and performance as a guitarist. Students must have a guitar that is approved by the instructor. Please call Jonathan McBee to schedule an appointment to have him inspect your guitar and to schedule your private lesson dates and times at (785) 341-1230.
Instructor: Jonathan McBee
Date: 08/25/2014 to 12/12/2014
Time: TBD
Fee: $60.00 for 4 classes
$120.00 for 8 classes
$180.00 for 12 classes
$240.00 for 16 classes
Location: TBD

Bass Guitar Private Instruction 14CCF200
This class is catered to the individual student. Whether you are starting fresh or a seasoned pro, you will learn techniques to enhance your ability and performance as a bass guitarist. Students must have a guitar that is approved by the instructor. Please call Jonathan McBee to schedule an appointment to have him inspect your guitar and to schedule your private lesson dates and times at (785) 341-1230.
Instructor: Jonathan McBee
Date: 08/25/2014 to 12/12/2014
Time: TBD
Fee: $60.00 for 4 classes
$120.00 for 8 classes
$180.00 for 12 classes
$240.00 for 16 classes
Location: TBD

Learning to Write and Sell Fiction 14CCF36
Have you ever dreamed of being a writer? Do you have a great idea but you don’t know how to turn that idea into a story or a novel? Are you already working on a novel but you’d like to get feedback from others to see if you’re on the right track? Whether you’re a complete beginner or you’ve been writing for years, this class can help you hone your skills and land a publishing contract. We will also cover the increasing respectability of self-publishing and will discuss the joys and pains of guiding your manuscript through the entire publishing process. “Learning to Write and Sell Fiction” will introduce the fundamentals of writing and selling novels, stories, and teleplays. General topics will be covered as well as specific issues related to student manuscripts. Please bring a sample of a work in progress or begin a project after the first class session. Each class provides guided workshop time where students learn through participation.
Instructor: Glenn Sixbury, 587-9561 ext. 2003
Date: 10/14/2014 to 10/28/2014 (T)
Time: 7:30 PM to 9:30 PM
Fee: $16.00
Location: UFM Multipurpose Room
1221 Thurston St.

Lou Douglas Lecture Series on Public Issues
“The Responsibility Revolution and the Future of Business”
Jeffrey Hollender
Social Entrepreneur and Co-founder of Seventh Generation
Tuesday, October 14, 2014
7:00 p.m.
Forum Hall,
K-State Student Union
The Lou Douglas Lectures are free and open to all. After 5pm parking is free on K-State campus.

Movies on the Grass
Sept. 7: Plagues and Progress - inspired by The Ghost Map
Sept. 14: Electoral Dysfunction - starring Mo Rocca
Sept. 21: Girl Rising - power to change the world
Sept. 28: (at Sunset Zoo) Wings of Life - a Disney Nature film
Oct. 5: (at Town Hall, Leadership Studies) A Fierce Green Fire; the Battle for a Living Planet
For more info - www.ksu.edu/mog
Follow us on Twitter - @ksu_movies
All films are free and open to the public at KSU Coffman Plaza (outside of Hale Library) except where noted. Please join us after the movie to discuss the topic.

Glenn Sixbury has been writing and selling fiction for over twenty-five years. His credits include mainstream, science fiction, fantasy, horror, westerns, and children’s stories published in magazines and international hardcover and paperback anthologies.

Sponsor the catalog or a class! Call 785.539.8763
Snow Shelters 14CEN121A
Class will cover constructing winter snow shelters. We will focus on snow domes/drift shelters/quintzees. This is an outdoor hands on class. Participants will need to come prepared to be active outdoors, in sub-freezing weather for the duration of the class. We have established a floating class date so we can take advantage of the best snow conditions when they are available. Once enrolled the instructor will contact class participants (potentially on short notice) as to when the class will be held during the session time frame.
Instructor: Daniel Schapaugh, dts9765@ksu.edu

Date: 12/01/2014 to 12/12/2014
Time: 1:00 PM to 6:30 PM
Fee: $26.00
Location: Cedar Ridge Area - Tuttle Creek State Park

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

Making Fire and Primitive Cordage 14CEN116
This class will cover modern fire lighting techniques that can be applied to backcountry and survival situations. We will also explore primitive lighting methods and how fire can be used as a tool. Finally the class will cover an introduction to making primitive cordage using materials found in the wild. This is a hands on course and will be held outdoors; dress appropriately. A small knife that one is comfortable using is recommended but not required. Make-up date due to inclement weather will be Nov 23rd.
Instructor: Daniel Schapaugh, dts9765@ksu.edu

Date: 11/22/2014 (Sa)
Time: 12:30 PM to 6:00 PM
Fee: $26.00
Location: Cedar Ridge Area - Tuttle Creek State Park

Backcountry Navigation 14CEN117A
This class will cover map and compass techniques, backcountry travel decision making, and travel without map and compass. Electronic devices will not be covered or used. This is a hands on course and will be held outdoors; dress appropriately. Participants should be able to hike three miles on uneven terrain. Class will meet at Tuttle Creek Observation Point for an orientation and then we will move on to the Carnahan park area. Make-up date due to inclement weather will be October 5.
Daniel Schapaugh, dts9765@ksu.edu

Date: 10/04/2014 (Sa)
Time: 12:30 PM to 6:00 PM
Fee: $26.00
Location: Carnahan Park
Tuttle Creek Lake
11325 Park Road
Pottawatomie County

Food Forests and Plant Guilds: Not Just Another Gardening Class 14CEN74
Explore the ethics and core principles that define the permaculture method of designing sustainable environments and resilient communities. Learn why a hammock just might be your most valuable tool.
Sponsored by the Flint Hills Resilience Coalition www.fhrconline.org
Instructor: Carol Barta

Date: 09/21/2014 (Su)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St

Wildflower Walk at Tuttle Creek Lake 14CEN69
Join members of the Kansas Native Plant Society, who also serve as Konza Prairie docents, on wildflower walks at Tuttle Creek Lake. We will identify and talk about the incredible variety of wildflowers which grace our local tall grass prairie environs. You are sure to come away with a renewed appreciation for Flint Hills flora. Please preregister so that we will know how many persons to expect.
*Rain date the following Sunday.
Instructor: Paul Weidhaas, (785) 539-8511

Date: 09/13/2014 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: Tuttle Creek Lake Visitor Center
5020 Tuttle Creek Blvd
Bicycle Ed 101 14CEN75A
Cyclists will learn how to care for their bicycle with proper maintenance and basic repair skills. Participants will learn about tire & tube changes, bicycling & the law, pre-ride safety check, cleaning and lubrication, proper storage and wheel removal & installation. Plan to wear clothes you don’t mind getting greasy.
Instructor: Big Poppi Bicycle Co, (785) 537-3737

Date: 10/03/2014 (F)
Time: 7:00 PM to 8:00 PM
Fee: $10.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Core Concepts - Brake System Mechanics 14CEN77
Let’s just leave this one to explain itself. The danger of bad brakes is pretty apparent. If your bike does or has ever had trouble stopping, or you are just a gear-head and want to know how everything works, this class is a great opportunity to understand the different styles of brakes for bicycles and how they work. Topics covered: cantilever, side-pull, disc, v-brake/linear pull, u-brake, dual-pivot, brake pad installation, brake cable adjustments, caliper adjustments.
Instructor: Big Poppi Bicycle Co, (785) 537-3737

Date: 10/12/2014 (Su)
Time: 5:00 PM to 7:00 PM
Fee: $60.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Core Concepts - Drive-train Mechanics 14CEN76
CLICK! TICK! POP! CREAK! Do your gears feel like they are jumping all over creation when you are pedaling? You need help and we have a class that will teach you how to fix all of those sounds, the clunky performance and leave you with nothing but crisp, smooth, quiet shifting all the live long day. Topics covered include: drivetrain cleaning & lubrication, front & rear derailleur installation, front & rear derailleur cable adjustment, front & rear derailleur limit adjustment, chain installation & maintenance and shifter maintenance & cleaning.
Instructor: Big Poppi Bicycle Co, (785) 537-3737

Date: 10/05/2014 (Su)
Time: 5:00 PM to 7:00 PM
Fee: $60.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Major Bearing Systems 14CEN78
Four areas on the bike are key to smooth, efficient forward movement. Without good bearing adjustment you will not go anywhere fast. The key to this class is, “as loose as possible without knock.” Topics covered: bottom bracket overhaul, hub overhaul & adjustment, headset overhaul & adjustment 1” & 1 1/8”.
Instructor: Big Poppi Bicycle Co, (785) 537-3737

Date: 10/19/2014 (Su)
Time: 5:00 PM to 7:00 PM
Fee: $100.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Wheel Systems 14CEN79
Bicycle wheel building is a beautiful combination of science and art reserved for the patient. This class will explain the amazing amalgamation of parts and techniques that it takes to procedure bicycle wheels from the three components that comprise it - a rim, hub, and spokes. You will leave this class with a new wheel hand built by YOU!
Cost: If you buy a hub, rim, and spokes from Big Poppi Bicycle Co. the class is $10. If you opt to attend and bring outside materials, the normal cost of the class is $125.
Topics covered: wheel lacing 2-cross, 3-cross, 4-cross, radial, spoke tensioning, dishing, radial truing, lateral truing.
Instructor: Big Poppi Bicycle Co, (785) 537-3737

Date: 10/26/2014 (Su)
Time: 5:00 PM to 7:00 PM
Fee: $10.00 or $125.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Manhattan Community Gardens
2015 Garden sign-ups
Visit www.tryufm.org/community_garden.htm in October for returning gardener and new gardener sign-up dates.
The Causes and Record of Global Climate Change 14CEN120
Do you have trouble sorting out the various claims and counter-claims concerning global climate change? Are you just curious about what, how and why the Earth’s climate changes? This class will provide an opportunity to learn about the various driving and feedback mechanisms that control global climate. We will look at the record of climate change through Earth history, which reveals times during which the climate was dramatically different from today. We will also see how it is possible for human activities to alter the climate today. There will be plenty of time for questions, so please bring yours.
Instructor: Keith B Miller, (785) 537-5066, keithbmill@gmail.com
Date: 09/13/2014 to 10/11/2014 (Sa) (No class 9/27, 10/04)
Time: 9:30 AM to 11:00 AM
Fee: $14.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Fly Fishing 14CEN04AZ
This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up and put down, false casting and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor. There is a non-refundable material fee of $40 for withdrawing from the class after the first day.
Instructor: Paul Sodamann
Date: 11/03/2014 to 11/13/2014 (MTWTh)
Time: 6:00 PM to 8:00 PM
Fee: $95.00
Location: K-State Durland/Rathbone
Hall 1061
* Class meets in Ahearn Fieldhouse (11/4, 11/5)

Solar Electricity and Rural Electric Cooperatives 14CEN122
While all major cities had central electricity as early as 1920, rural electric cooperatives didn’t complete wiring Kansas until 1948. The reason is that in urban areas, there are 60 to 70 customers per mile of line. The number of customers in the Kansas Electric Cooperatives averages only 2.3 per mile of line. In western Kansas, there averages three miles of line per family. A mile costs about $12,000 so there are people out there who have never economically provided in central electricity. Now we have new more reliable choices that will benefit both these households and the rural electric cooperatives. New batteries, solar modules and inverters make this increasingly easy. We will discuss the new technologies that will be a win-win for everyone.
Instructor: Bill Dorsett
Date: 10/12/2014 (Su)
Time: 1:30 PM to 2:30 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Solar Electricity in the New Kansas Law 14CEN123
Families under the new Kansas Net Metering law have much less reason to export electricity back to Westar. Under the new contracts, Westar will only pay 3.4 cents/kilowatt hour for any excess electricity you send to them at the end of each month. So the goal for us will be to store and use excess electricity by the end of the month. We will discuss electric vehicles, solar system sizing, and other techniques we need to work inside this new law to make solar energy work for us. We just have to work smarter.
Instructor: Bill Dorsett
Date: 10/12/2014 (Su)
Time: 2:30 PM to 3:30 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Featured UFM Instructor
Bill Dorsett

Bill has worked with solar energy since 1975, developing passive and active thermal systems and solar electricity. He has taught classes and presented demonstrations on solar energy on behalf of UFM for almost 20 years. Bill has been involved in the Flint Hills Renewable Energy and Efficiency Cooperative (FHREEC) since its inception. FHREEC buys solar and efficiency hardware in bulk quantities. A group of local “Sun Raisers” organize installation events, modeled after a barn-raising with the tradition of neighbor helping neighbor. This lowers both the purchase and installation of solar systems for a home location. “With 18 systems installed in the last two months, Manhattan has more systems than much bigger cities in Kansas. We did very well. Our coop has twenty two systems installed with a total of over 200 modules.” Bill organized and participated in each one of the FHREEC installations. His efforts have brought together a variety of local people to help each other achieve their desire to add solar-generated electricity to their energy resource list. In recognition of Bill’s coordination and the energy created through FHREEC, a fund has been created at UFM to be used for future UFM-led solar initiatives. To participate, send your contribution to UFM, 1221 Thurston, Manhattan, KS 66502. Designate your gift to the Bill Dorsett Fund.
Flavors of Korea: Bibimbap & Bulgogi 14CFF122
Learn the secrets of cooking Korean cuisines! With wellness becoming increasingly important, this class aims to teach authentic, healthy Korean cuisines which everyone will enjoy. The 2.5 hour class consists of a demonstration of two dishes Bibimbap (rice mixed with vegetables) and Bulgogi (Korean beef bbq). You will be shown how to enhance the flavors of new ingredients while learning fundamental culinary techniques and get familiar with chopsticks!
Instructor: Likitha Vishnu
Email: likithavishnu.1986@gmail.com
Date: 09/11/2014 (Th)
Time: 6:00 PM to 8:30 PM
Fee: $25.00
Location: Box Lab Kitchen
407 Poyntz Avenue

Flavors of Korea: Japchae & Jeyuk Bokkeum 14CFF123
Learn the secrets of cooking Korean cuisines! With wellness becoming increasingly important, this class aims to teach authentic, healthy Korean cuisines which everyone will enjoy. The 2.5 hour class consists of a demonstration of two dishes Japchae (stir-fried noodles with vegetables) and Jeyuk Bokkeum (spicy marinated pork). You will be shown how to enhance the flavors of new ingredients while learning fundamental culinary techniques and get familiar with chopsticks!
Instructor: Juwon Choi
Date: 11/06/2014 (Th)
Time: 6:00 PM to 8:30 PM
Fee: $25.00
Location: Box Lab Kitchen
407 Poyntz Avenue

Creating Kimchi 14CFF126
Learn how simple it is to make kimchi—fermented, probiotic and vitamin rich Korean sauerkraut. The basic ingredient is cabbage which naturally contains the culturing organisms. It can be spicy or mild and enhanced with other vegetables or seaweed to yield a delicious and colorful delight. People's Grocery and UFM have collaborated to bring you this class.
Instructor: Sylvia Beeman
Date: 09/06/2014 (Sa)
Time: 2:00 PM to 3:30 PM
Fee: No Charge
Location: People's Grocery - 523 S. 17th St.

Yo-Ho-Ho, and a Bottle of Rum 14CFF125
It's holiday time and rum drinks make great additions to group and family celebrations. This class looks at the history of rum, how it's made, and how some favorite rum tumbler drinks are made. Participants will be able to taste a rum that they can drink straight and make their own tumbler drink.
Instructors: Rusty Andrews and Jenne Andrews
Date: 10/09/2014 (Th)
Time: 6:30 PM to 8:00 PM
Fee: $24.00
Location: Box Lab Kitchen
407 Poyntz Avenue

Rusty and Jenne Andrews have been leading classes on cocktails and their ingredients for UFM since 2013. Their approach is to learn to appreciate the effort involved in creating high-quality spirits and how to enjoy them in moderation.
Blended Learning: First Aid/CPR/AED 14CHW70A
Reduce classroom time for CPR, First Aid, and AED Training in half by using Blended Learning. Blended Learning combines a program which blends an ONLINE session with a hands-on skills practice and assessment session. Blended Learning is recommended for individuals recertifying. Certification is good for TWO YEARS. You will be contacted via email with login information and directions. Please be sure to check your email frequently and that it’s in working order. Certification requirements are as follows:

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

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

Source: American Red Cross
**No textbook required and the date listed is for hands-on skills practice session. There is a $35 non-refundable deposit.
Instructor: Abby Thrash, abbythrash@gmail.com

Blended Learning: First Aid/CPR/AED 14CHW70B
Date: 08/30/2014 (Sa)
* DIRECTIONS WILL BE EMAILED TO STUDENT
Time: 10:00 AM to 11:00 AM
Fee: $64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED 14CHW70C
Date: 10/18/2014 (Sa)
* DIRECTIONS WILL BE EMAILED TO STUDENT
Time: 9:30 AM to 11:00 AM
Fee: $64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Instructor: Kelly Reed-Harkness

Blended Learning: First Aid/CPR/AED 14CHW70D
Date: 11/15/2014 (Sa)
* DIRECTIONS WILL BE EMAILED TO STUDENT
Time: 9:30 AM to 11:00 AM
Fee: $64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Instructor: Kelly Reed-Harkness

A One on One Introduction to Voiceovers 14CCF129
Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, “I could do that”? If so, then you could have what it takes to begin working as a professional Voiceover Artist. This fun and empowering 90 minute introductory workshop covers the different types of voiceovers and what tools are needed in order to find success in the voiceover industry. Your instructor will coach you in this one-on-one video chat setting as you read from real scripts, taking notes on your performance so you can receive a professional voice evaluation later. After class you will have the knowledge necessary to help you decide if this is something you’d like to pursue. Check out the video at http://www.voicesforall.com/ooo to get a better sense of how this class works. Taught by a professional voice actor from the Voice Acting Training Company, Voices For All, students schedule their one-time 90 minute one-on-one online session sometime between 08/25/14 and 12/12/14. Enroll before September 26th for $24 or after for $30. Once registered, or for any questions concerning the course, please contact Voices For All at support@voicesforall.com, or call 518-261-1664.

Date: 08/25/2014 to 12/12/2014
Time: See class description
Fee: $24.00 (Before September 26)
$30.00 (After September 26)
Location: Online

The first UFM catalog was published in January 1968. It listed 7 classes. Today the average catalog has over 250 classes.
**Evening Yoga 14CHW88A**

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

Instructor: Debbie Newton, dnewton@flinthills.com

- **Date:** 08/27/2014 to 10/01/2014 (W)
- **Time:** 5:30 PM to 6:30 PM
- **Fee:** $29.00
- **Location:** K-State Ahearn Room 304, College Heights St., 3rd floor

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

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**Chair Yoga 14CHW156**

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

Instructor: Debbie Newton, dnewton@flinthills.com

- **Date:** 09/02/2014 to 09/30/2014 (T)
- **Time:** 1:30 PM to 2:30 PM
- **Fee:** $29.00
- **Location:** UFM Solar Addition, 1221 Thurston St.

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**Morning Yoga 14CHW89A**

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

Instructor: Debbie Newton, dnewton@flinthills.com

- **Date:** 08/23/2014 to 09/27/2014 (Sa)
- **Time:** 9:30 AM to 11:00 AM
- **Fee:** $29.00
- **Location:** K-State Ahearn Room 301, College Heights St., 3rd floor

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**Restorative Yoga 14CHW140A**

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

Instructor: Debbie Newton, dnewton@flinthills.com

- **Date:** 08/24/2014 to 09/28/2014 (Su)
- **Time:** 6:30 PM to 7:30 PM
- **Fee:** $29.00
- **Location:** K-State Ahearn Room 301, College Heights St., 3rd floor

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**I’d like to try yoga, but I don’t know how to do it workshop 14CHW174**

Many people would like to experience yoga, but think they need to know how in order to come to a class. This workshop will teach you basic terms, breathing and fundamental poses in Yoga. You will learn a simple yoga practice you can do at home and you can take other classes knowing that you can do yoga!

Instructor: Debbie Newton, dnewton@flinthills.com

- **Date:** 08/31/2014 (Su)
- **Time:** 4:30 PM to 6:00 PM
- **Fee:** No Charge
- **Location:** K-State Ahearn Room 301, College Heights St., 3rd floor

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We would like to acknowledge The Manhattan Mercury for their continued support and for printing the UFM Catalog.
Gentle Yoga for All 14CHW99C
(Was Yoga Over Forty) This class will help to heal your body, heart and mind. All you have to do is arrive at each class with an empty stomach, a willingness to relax and listen to your body's messages. Yoga can help you in all areas of your life - heart health, weight and stress reduction, emotional health and mental focus. Yoga means integration of the whole person. Hormone balance is also gained from regular practice.
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 09/30/2014 to 11/18/2014 (T)
Time: 5:30 PM to 6:45 PM
Fee: $89.00
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

Gentle Yoga for All 14CHW99D
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 10/02/2014 to 11/20/2014 (Th)
Time: 5:30 PM to 6:45 PM
Fee: $89.00
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

Relax and Focus 14CHW175
NEW!
Learn how to relax and let go of stressful feelings. We’ll be practicing time-tested yoga techniques, using the breath, body and conscious awareness to manage the fast pace of our lives by slowing down and enjoying the present moment. These skills, once learned can make for a happier life.
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 08/29/2014 to 10/17/2014 (F)
Time: 11:00 AM to 12 N
Fee: $89.00
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

Move and Energize 14CHW176
NEW!
Our bodies were made to move. This dynamic yoga class teaches the art of moving your body effortlessly in ways that create a flow of energy without tiring you. Expect to feel refreshed and energized when you leave this class.
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 08/29/2014 to 10/17/2014 (F)
Time: 12 N to 12:45 PM
Fee: $89.00
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

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

Yoga 1 14CHW15AZ
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. yogaconnection@gmail.com
Instructor: Ana Franklin, (785) 537-8224

Date: 08/25/2014 to 10/15/2014 (M/W)
Time: 10:30 AM to 11:30 AM
Fee: $99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 14CHW15BZ
Instructor: Ana Franklin, (785) 537-8224

Date: 08/25/2014 to 10/15/2014 (M/W)
Time: 5:30 PM to 6:30 PM
Fee: $99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 14CHW15CZ
Instructor: Ana Franklin, (785) 537-8224

Date: 08/26/2014 to 10/14/2014 (T/Th)
Time: 10:30 AM to 11:30 AM
Fee: $99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 14CHW15DZ
Instructor: Ana Franklin, (785) 537-8224

Date: 10/16/2014 to 12/11/2014 (Th/T)
Time: 10:30 AM to 11:30 AM
Fee: $99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 14CHW15EZ
Instructor: Ana Franklin, (785) 537-8224

Date: 10/20/2014 to 12/10/2014 (M/W)
Time: 10:30 AM to 11:30 AM
Fee: $99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor
Jin Shin Jyutsu Self Help  14CHW203A
Jin Shin Jyutsu an ancient harmonizing art that utilizes the power of the universe (big stuff!) through one’s hands. One can practice self help and/or have sessions with a trained practitioner. Self help practice is simple: easy to learn and use. There are no contraindications, so everyone can benefit from the application. Class will focus on learning the art of self help. This includes first aid techniques, ways to bolster the immune system, practices to rejuvenate, detoxify, and lower stress. Jin Shin Jyutsu creates an awareness of the messages from one’s body, and a fresh approach to addressing them. Class is experiential; handouts will be provided.
Instructor: Kate Cashman
Date:   08/23/2014 (Sat)
Time:   1:00 PM to 4:00 PM
Fee:    $22.00
Location:  1421 Colorado Street

Kate Cashman is a certified Jin Shin Jyutsu practitioner and self help instructor. She started studying the art in 1998 when she took a class through UFM. Kate has been providing bodywork to the Manhattan community for over 20 years, and loves sharing knowledge about Jin Shin Jyutsu. Please call Kate (785-537-1911) if you are allergic to cats!

Jin Shin Jyutsu Self Help  14CHW203B
Instructor: Kate Cashman
Date:   09/13/2014 (Sat)
Time:   9:00 AM to 12 N
Fee:    $22.00
Location:  1421 Colorado Street

Jin Shin Jyutsu Self Help  14CHW203C
Instructor: Kate Cashman
Date:   10/04/2014 (Sat)
Time:   1:00 PM to 4:00 PM
Fee:    $22.00
Location:  1421 Colorado Street

Women’s Self Defense  14CHW118AZ
This course takes a holistic approach to self-defense, emphasizing both physical and psychological strategies. This class is designed to improve your awareness, personal safety, and self-confidence. Each class is designed to deal with a different setting such as dating issues, walking alone, car crimes and home protection. Students will learn basic martial arts skills including jujitsu. No prior martial arts experiences required. Wear comfortable clothing and athletic shoes. Available for KSU credit.
Instructor: Kyoshi Pamela Johansen, pam@midamerica-karate.com
Date:   09/06/2014 to 09/20/2014 (Sa/Su)
Time:   1:00 PM to 4:00 PM
Fee:    $70.00
Location:  K-State Ahearn Room 301
College Heights St., 3rd floor

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

Fall Cleanse  14CHW139
When the seasons are changing our bodies are under stress because of changing temperatures and longer or shorter days/nights. October, November or even December are perfect months to plan your “Cleanse”. In this class you’ll learn to use certain foods that will help and not tax the body, to make meals you can eat while on the cleanse, as well as talking about what herbal products are helpful and how to use these, and other methods to help rid yourself of toxins. You’ll be guided through a typical day of cleansing. We’ll talk about the liver/gallbladder cleanse, the intestinal cleanse and the use of “mental floss” to cleanse even your mind! We’ll talk about certain movement and yoga techniques to assist in the cleansing process as well. You’ll receive a handout to remind you of what we talk about in class. It’s a good idea to come to class with an empty stomach so that you can enjoy the juices and salads we’ll be making. People’s Grocery and UFM have collaborated to bring you this class.
Instructor: Ana Franklin,yogaconnection@gmail.com
Date:   10/18/2014 (Sa)
Time:   11:15 AM to 1:15 PM
Fee:    No Charge
Location:  Heart Space Yoga
321 Poyntz Ave, Ste A

Ana is a certified Natural Health Consultant.

Women’s Self Defense  14CHW118BZ
Instructor: Kyoshi Pamela Johansen, pam@midamerica-karate.com
Date:   10/11/2014 to 10/26/2014 (Sa/Su)
(No class 10/25)
Time:   1:00 PM to 4:00 PM
Fee:    $70.00
Location:  K-State Ahearn Room 301
College Heights St., 3rd floor

Women’s Self Defense  14CHW118CZ
Instructor: Kyoshi Pamela Johansen, pam@midamerica-karate.com
Date:   11/02/2014 to 11/16/2014 (Su/Sa)
Time:   1:00 PM to 4:00 PM
Fee:    $70.00
Location:  K-State Ahearn Room 301
College Heights St., 3rd floor

INTERESTED IN TEACHING A CLASS FOR UFM?
SPRING 2015 SUBMISSION DEADLINE IS OCTOBER 17, 2014.
FOR MORE INFORMATION EMAIL KAYLA@TRYUFM.ORG
Brain Gym Core Course Graduate.
Earl Robinson, Licensed Clinical Social Worker, OTR/L, Brain Gym Core Course Graduate.

Instructor: Pat Embers
sponsored by the Flint Hills Resilience Coalition.
Pat Embers at 785-539-2819 or embers1@cox.net.

movement exercise. For further information, contact Pat Embers at 785-539-2819 or embers1@cox.net. Enrollment deadline is 10/13/14. This event is co-sponsored by the Flint Hills Resilience Coalition. Instructor: Pat Embers

Heartland Movement-Based Network Instructors: Pat Embers, Licensed Occupational Therapist, OTR/L, Brain Gym Core Course Graduate.

Earl Robinson, Licensed Clinical Social Worker, Brain Gym Core Course Graduate.

Diane Barker, Master of Arts in English, Brain Gym Core Course Graduate

Date: 10/18/2014 (Sa)
Time: 10:00 AM to 12 N
Fee: $22.00
Location: UFM Multipurpose Room

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

Nine Everyday Young Living Essential Oils 14CHW161
Second Session - Building a Natural Medicine Cabinet for First Aid: How to use the different oils in small emergencies like a headache or a bee sting. This session will include a CD presentation, discussion, hand out materials and Essential Oil samples.

*Prerequisite - Session 1 - 14CHW160
Instructor: Enell Foerster, (785) 537-0977, foerbande@gmail.com

Date: 09/13/2014 (Sa)
Time: 10:00 AM to 12 N
Fee: $14.00
Location: UFM Solar Addition

Joint Pain Self Help 14CHW178
There are many causes for joint pain and there are some time-tested things which, if done on a daily basis can help relieve it. In this class you’ll learn about some safe, natural ways to prevent some causes of joint pain. Please wear comfortable clothing that you can move in, as we will be doing some movements and stretches. People’s Grocery and UFM have collaborated to bring you this class.

Instructor: Ana Franklin

Date: 11/08/2014 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: Heart Space Yoga
321 Poyntz Ave, Ste A
Your Divine Self: Creating Self-Esteem from the Soul Level - Mini Workshop 14CHW172A
Do you struggle with self-esteem issues? Do you feel that you’re never quite “good enough”? Come join us for a mini-workshop that teaches you to see yourself in a totally different light. Learn to love yourself from your core by recognizing the Divine in yourself. Creative writing processes will bring your new identity home.
Instructor: Linda Rae, lindarae@lindarae.org, (785) 340-2557
Date: 09/20/2014 (Sa)
Time: 2:00 PM to 4:00 PM
Fee: $72.00
Location: UFM Solar Addition
1221 Thurston St.

Linda Rae is an artist, registered art therapist, and author. Her abstract paintings express the profound joy she experiences in her life. Linda has a private practice in art therapy in Manhattan and she also offers Skype sessions worldwide. She is currently writing a book titled “Your Divine Self: Seven Steps to Creating Self-esteem from the Soul Level”. You can find information about her work at www.lindarae.org.

Your Divine Self: Creating Self-Esteem from the Soul Level - Full Workshop 14CHW173
Do you struggle with self-esteem issues? Do you feel that you’re never quite “good enough”? Come join us for a full length workshop that teaches you to see yourself, your life, and your relationships in a totally different light. Learn to love yourself from your core. Recognize the Divine in yourself and everything around you. Creative processes of writing, painting and drawing will bring your new identity home. No previous art experience is necessary as the focus is on personal expression and awareness rather than on learning art technique. All materials are included.
Instructor: Linda Rae, lindarae@lindarae.org, (785) 340-2557
Date: 11/15/2014 (Sa)
Time: 10:00 AM to 4:00 PM
Fee: $162.00
Location: UFM Solar Addition
1221 Thurston St.

Guided Meditation: Shifting Into Compassion 14CHW143
Are you feeling the need to bring more compassion to the planet and those you love? Would you like to learn ways to do this? Together, we'll focus on heart-centered meditations to promote peace within and globally.
Instructor: Palma Holden (785) 341-9072, palma@brightlifeconsulting.com
Date: 09/23/2014 (T)
Time: 6:00 PM to 7:30 PM
Fee: $36.00
Location: UFM Solar Addition
1221 Thurston St.

Palma Holden, M.S., helps people de-stress, relax, and feel better and brighter about life through her practical, spiritually uplifting workshops and private consulting.

Empowering Questions for Success 14CHW177
Do you ever wonder why it seems so hard to move forward? Sometimes, how we speak is counterproductive to what we actually want for ourselves and others. Often, that’s due to the old tapes we are playing that we learned from others. If you’d like to begin shifting negative self talk and create positive, empowering questions for yourself and your life, this workshop is for you.
Instructor: Palma Holden, (785) 341-9072, palma@brightlifeconsulting.com
Date: 10/07/2014 (T)
Time: 6:00 PM to 7:30 PM
Fee: $36.00
Location: UFM Solar Addition
1221 Thurston St.

Guided Meditation: Peeling the Layers 14CHW145
Are you curious to know what's under the negative gunk we pile on ourselves? Would you like to let go of unproductive thoughts, feelings or stories? Then you’re ready for Palma’s “bright light” work! You’ll be guided to peel the layers that have been getting in the way of greater happiness and success and connect to a place of strength, peace and light.
Instructor: Palma Holden (785) 341-9072, palma@brightlifeconsulting.com
Date: 09/09/2014 (T)
Time: 6:00 PM to 7:30 PM
Fee: $36.00
Location: UFM Solar Addition
1221 Thurston St.
### Responding to Emergencies 14CHW19Z

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

Instructor: Henry Brown

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<tr>
<th>Date</th>
<th>10/05/2014 to 10/19/2014 (Su/Sa)</th>
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<tr>
<td>Time</td>
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<td>Fee</td>
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<td>Location</td>
<td>UFM Banquet Room, 1221 Thurston St.</td>
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### Blended Learning: First Aid/CPR/AED 14CHW70A

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

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

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

Source: American Red Cross

**No textbook required and the date listed is for hands-on skills practice session. There is a $35 non-refundable deposit.**

Instructor: Abby Thrash, abbythrash@gmail.com

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### Blended Learning: First Aid/CPR/AED 14CHW70B

Instructor: Abby Thrash, abbythrash@gmail.com

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### Blended Learning: First Aid/CPR/AED 14CHW70C

Instructor: Kelly Reed-Harkness

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### Blended Learning: First Aid/CPR/AED 14CHW70D

Instructor: Kelly Reed-Harkness

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### Community CPR, First Aid & AED 14CHW25

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

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**Teach a class at UFM!**

* Share a hobby or skill
* Meet new people
* Enhance your business

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Become UFM’s fan on Facebook!
Swahili Language and Cultures of Africa 14CLA53
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: 09/13/2014 to 10/11/2014 (Sa)
Time: 11:30 AM to 1:00 PM
Fee: $50.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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

Introduction to Spanish 14CLA33
In this course, students will receive a basic introduction to the exciting world of the Spanish Language. While this opportunity may seem like one big fiesta, the class will cover topics useful in real life situations such as basic vocabulary, numbers, grammar and sentence structure. Students are encouraged to bring a notebook and writing utensil to class. Ages 13 and up are welcome.

Date: TBA
Time: TBA
Fee: TBA
Location: TBA

Beginning Conversational Sign Language 14CLA23
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.

Date: TBA
Time: TBA
Fee: TBA
Location: TBA

Lou Douglas Lecture Series on Public Issues
“Monetizing the Student “
Marc Bousquet
Associate Professor of English at Emory University

Tuesday, November 11, 2014
7:00 p.m.
Forum Hall, K-State Student Union

The Lou Douglas Lectures are free and open to all. After 5pm parking is free on K-State campus.
Tae Kwon Do I 14CMA01Z
Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance and flexibility. The basics of blocking, punching, kicking, self-defense and white belt form will be covered. Class will consist of practicing these skills as a group, working with other classmates and with the instructor. At the end of the semester, students will have the option to be tested for their orange belt. Ages 9+. Available for KSU credit.
Instructor: David Moore
Date: 08/26/2014 to 12/11/2014 (T/Th)
(No class 11/25, 11/27)
Time: 5:00 PM to 6:00 PM
Fee: $72.00
Location: Sun Yi's Academy
1650 Hayes Dr.

Judo I 14CRF08Z
Judo I is an introduction to the Olympic sport of Judo. Students will learn mat etiquette, break falls, basic mat and throwing techniques. Judo I is intended not for gaining proficiency, but to gain understanding of how principles of dynamics (force, acceleration, momentum, work, rotation, moment of inertia, etc.) are used to gain physical advantage (subduing the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles. Available for KSU credit.
Instructor: Jim Kiker
Date: 08/25/2014 to 12/11/2014 (M/Th)
(No class 9/1, 11/24)
Time: 8:00 PM to 9:00 PM
Fee: $75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Judo II 14CMA09Z
In Judo II, participants continue to gain understanding of how principles of dynamics are used to gain physical advantage. New and advanced skills are taught along with safety techniques. In preparation for competitive effectiveness, techniques will be tailored to fit the individual's physique. Available for KSU credit.
Instructor: Jim Kiker
Date: 08/25/2014 to 12/11/2014 (M/Th)
(No class 9/1, 11/24)
Time: 8:00 PM to 9:30 PM
Fee: $75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Karate & Self-Defense 14CMA10
Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion (“Kihon”) with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combative principles and sparring (“Kumite”). No matter your current situation, you will be guided step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+).
Instructor: Kyoshi Pamela Johansen, pam@midamerica-karate.com
Date: 09/06/2014 to 11/15/2014 (Sa)
(No class 9/27, 10/4, 10/25, 11/01)
Time: 11:30 AM to 12:30 PM
Fee: $74.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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

The White Phoenix System 14CMA18
The White Phoenix System is comprised mostly of Japanese Jujutsu and Chinese Kung Fu. In this class we will work on Kung Fu Basics, (stances, blocks, punches, kicks, and strikes) and the 20 Jujutsu self-defense techniques. This makes up the 6th lower level of the White Phoenix System. The student will be able to test over this level if they want to. If we have time we will start on the 5th lower level.
Instructor: Stan Wilson, (785) 313-5488, stan3804@att.net
Date: 09/03/2014 to 11/19/2014 (W)
Time: 7:00 PM to 8:00 PM
Fee: $66.00
Location: K-State Ahearn Fieldhouse

Stan Wilson has studied martial arts since 1970 and has a black belt in Hakkoryu Jujutsu and a black sash in Pai Lum Kung Fu.
Craft Coffee 14CPI88
A basic look at craft coffee brewing methods. We will cover the basics of coffee extraction by examining V60 and Chemex Pourovers, Aeropress and Cold Brew methods. This class will teach you simple ways to make delicious, high quality coffee at home. Participants will receive their own cold brew kit!
Instructor: Arrow Coffee

Date: 09/15/2014 (M)
Time: 7:00 PM to 8:30 PM
Fee: $10.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Coffee: Sustainability & Culture 14CPI89
Learn why what we consume matters. We will cover the global impact of the coffee industry, why direct trade relationships work best, and the benefits of using low energy and low waste brewing methods. Participants will get their own cold brew kit!
Instructor: Arrow Coffee

Date: 10/13/2014 (M)
Time: 7:00 PM to 8:30 PM
Fee: $10.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

The Design, Construction, and Use of Wood Fired Masonry Ovens 14CPI111
This class will focus on the design aspects needed to construct an effective masonry oven, some details associated with building an oven, and an overview of how to use a wood fired oven. Topics include: How to design for heat retention and thermal expansion; What materials to use during construction; Cost, skills and tools required to construct an oven; How to properly fire (heat) and prepare the oven; and finally how to bake and cook in a retained heat, masonry oven. Also, a secondary aspect of brick oven cooking will be discussed: community involvement. The class will get hands-on experience preparing the oven and baking pizza as we will conclude the class with a brick oven pizza party. In case of inclement weather the class will be held at the UFM house, 1221 Thurston.
Instructor: Matt Campbell

Date: 09/13/2014 (Sa)
Time: 2:00 PM to 5:00 PM
Fee: $10.00
Location: 1624 Osage
Manhattan, KS 66502

Matt Campbell earned his Bachelors and Masters in Mechanical Engineering degrees at K-State.

Flint Hills Wisdom Keepers Gathering Informational Meeting 14CPI130
You are invited to a free “get acquainted” informational meeting to introduce the historical Flint Hills Wisdom Keepers Gathering which is next scheduled in April, 2015 (www.fhwisdomkeepers.org). Featured at this Gathering are American Indian Elders from across the country, sharing their tribal traditions as they feel called to do. It has been held most every year since the mid-1980’s with beginnings in Ashville, North Carolina. In 2002 it was moved to Council Grove, Kansas, by co-founder and author, Doug Boyd (Rolling Thunder, Mad Bear, et al) as a central, native plains states location for attendees in the US, Canada and Mexico. At this informational meeting, the following related activities are planned as a preview to the spring 2015 Gathering:
1. Drumming, singing and dancing (drums to share)
2. Brief slide presentation of Gathering highlights
3. Stories and accounts about previous invited Elders
4. Chance to speak with past attendees of Gathering
5. Ceremonial and traditional aspects of Gathering
6. Time for discussion with others at this get acquainted meeting
7. Brief “hands on” native craft demonstration

Come join us for this class sponsored by the Flint Hills Wisdom Keepers Foundation. Check our website at: www.fhwisdomkeepers.org
Instructor: Pat Embers

Date: 11/08/2014 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: UU Fellowship Bldg
481 Zeandale Rd
Manhattan, KS 66502

Sweet Grass Braiding Class 14CPI85
Sweet grass is a long, tall, sweet-smelling grass from the north country that can be grown in Kansas from transplant starts, available at a local retail store. In this class you will receive a transplant start from Pat’s established sweet grass garden grown in large pots and a raised bed, where the class will be held (or indoors if raining). You will also receive a prepared handful of harvested sweet grass that will be ready for you to braid as demonstrated in this class. You will learn the symbology of this herb in native tradition and will be given websites to see how sweet grass is harvested, and other related information. Limit of 15 people. This class is sponsored by the Flint Hills Wisdom Keepers Foundation, sponsor of the April 2015 Flint Hills Wisdom Keepers Gathering (www.fhwisdomkeepers.org).
Instructor: Pat Embers

Date: 10/11/2014 (Sa)
Time: 10:00 AM to 12 N
Fee: $22.00
Location: 733 Galaxy Drive
Manhattan, KS 66502
Pat is a Flint Hills Wisdom Keepers Foundation Board Member.
**Haunted Manhattan Trolley Tour**

Cautiously enter the MHK Trolley for a guided tour of nearly 20 haunted sites in Manhattan. Your ghostly guide will give you a map of the sites and tell you the spooky stories behind each of them. The trolley will make several stops, as time allows. Decide for yourself if these places are really haunted. Ages 16 and under must be accompanied by an adult.

Instructor: Felicia Osburn

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Fee:   $18.00 – Individual  
$14.50 – Couple  
$12.00 – Family - Limit 6 people  
$11.00 – Group - Limit 14 people

Location:  Mr. K’s Cafe, 3901 Vanesta Drive

Felicia is a Kansas Native and an avid reader. Even as a child she enjoyed reading about ghosts and spirits. Combining that with Kansas history seemed like a natural mix. She works in Hale Library as the Reserves Specialist and helps supervise the Help Desk students. She has two wonderful grown daughters. Felicia has great resources at Hale Library and hopes to find some stories that will surprise you.

**Holiday Lights Tour**

All aboard the MHK Trolley for a beautiful December evening in Manhattan! Sit back, relax and let us do the driving during this hour and a half outing while we view the breathtaking Manhattan holiday lights. The complete auto tour will drive through neighborhoods in northwest and central Manhattan, Candlewood, Cico Park and Sharingbrook. Take it all in and enjoy the creative displays that celebrate the spirit of the holidays! The tour begins and ends at Mr. K’s.

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Fee:   $18.00 – Individual  
$14.50 – Couple  
$12.00 – Family - Limit 6 people  
$11.00 – Group - Limit 14 people

Location:  Mr. K’s Cafe, 3901 Vanesta Drive

Flashback!
**Philosophy of Gurdjieff & Ouspensky** 14CPI136
Explore the psychological system of the two Russian philosophers and teachers: Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs by emphasizing a system of self-development grounded in verification through personal exercises, discussion and reading aloud from Ouspensky’s A Psychology of Man’s Possible Evolution.
Instructor: David Seamon

Date: 09/18/2014 to 10/30/2014 (Th)
(No class 10/31)
Time: 7:30 PM to 9:00 PM
Fee: $19.00
Location: UFM Solar Addition
1221 Thurston St.

David Seamon has been active with Gurdjieff’s work for 25 years. He has studied with J.G. Bennet, a pupil of both Gurjieff and Ouspensky.

**Finding your roots; How deep are they?** 14CPI132
This is a comprehensive genealogy course covering the use of the internet, different genealogical sources, brick walls, women in the family tree and more. The class is open to all interested in genealogy—whether those just starting out or the seasoned genealogist. (there is always more to learn!)
Instructor: Jill Frese

Date: 09/08/2014 to 11/17/2014 (M)
Time: 6:00 PM to 8:00 PM
Fee: $35.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Jill Meyers Frese has been enjoying the field of genealogy for over 35 years.

**Philosophy of Meditation and its Concerned Elements** 14CPI86A
Learn the philosophy and technique for connecting mind and body for improved concentration, total relaxation, and relief from both physical and mental stresses. You will be introduced to the what, who, why and how of meditation philosophy to make yoga a total consciousness experience. He uses original Sanskrit text, called ‘Patanjali Yog Pradeep’ to guide and inform all meditation exercises.
Instructor: Prabhakar Naware

Date: 08/26/2014 to 08/28/2014 (T/W/Th)
Time: 7:00 PM to 8:30 PM
Fee: $36.00
Location: UFM Solar Addition
1221 Thurston St.

Naware has been successfully practicing and informally coaching people in the ancient philosophy, art and science of meditation in India for the past 20 years.

**Philosophy of Meditation and its Concerned Elements** 14CPI86B
Instructor: Prabhakar Naware

Date: 08/30/2014 to 08/31/2014 (Sa/Su)
Time: 5:00 PM to 7:15 PM
Fee: $36.00
Location: UFM Solar Addition
1221 Thurston St.

**Voting in America** 14CPI87
Movies on the Grass www.ksu.edu/mog will be hosting a free viewing of the film Electoral Dysfunction on Sunday, September 14 at 8pm on the grass area in front of the K-State Library. You are welcome to bring a lawn chair or blanket and join us to watch the outdoor viewing of this documentary. In case of bad weather it will be moved inside to the Leadership Studies Building on campus. Representatives from the League of Women Voters will be facilitating a follow-up discussion about voting in America at this UFM class. Please join us; no class fees required but registration is needed for room accommodations. You do not need to view the film to attend this class but it would be helpful for the discussion.
Instructor: Linda Morse

Date: 09/18/2014 (Th)
Time: 7:00 PM to 8:00 PM
Fee: No Charge
Location: College Court Room 31
K-State Global Campus
1615 Anderson Avenue

*Enter through back door off Holiday Inn parking lot

**Making the Most of Our Senior Years** 14BPI84
The truth is as people enter their senior years, we are presented with realities and choices that can present exciting new experiences and expanded opportunities. At the same time, we are confronted with some of the challenges of potential decline in health, limits of physical prowess, retirement from long-term work, and the reality that life has an ultimate ending. This four session workshop will seek out the following outcomes: (a) reflective planning for developing meaningful goals; (b) developing enhanced self-awareness of our own ability to manage our stress, health and physical/mental/social activity; (c) training is the process of self-regulation demonstrating how the mind/body connection is an intentionally learned process that can make a major difference. Activities will include: (1) readings and brief presentation examples from recent theory and research on aging; (2) group discussions and interactions personalizing these ideas in our own lives; (3) demonstration of the mind/body self-regulation methods demonstrating self-management activity and biofeedback monitoring.
Instructors: Fred Newton & Art Rathbun

Date: 09/23/2014 to 10/14/2014 (T)
Time: 3:00 PM to 4:15 PM
Fee: $9.00
Location: UFM Solar Addition
1221 Thurston St.

**Tiny Houses & Intentional Communities** 14CPI90
Are you fascinated by the increasing popularity of tiny houses? What are the advantages or draw backs to “living tiny”? Where would you park your tiny home? What might a tiny house intentional community look like? Interested? Join the discussion. Sponsored by the Flint Hills Resilience Coalition www.fhrconline.org
Instructor: Carol Barta

Date: 10/19/2014 (Su)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St.

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

Enroll anytime at www.tryufm.org
Introduction to Country Swing Dancing 14CRF117
The class will cover the basic two step as well as swing dance transitions, spins and dips. Students will be able to dance at social events and local dancing establishments with ease at the conclusion of the class. It will be a very relaxed setting with lots of one-on-one instruction. Partners are required for the class. Singles allowed only with special instructor permission. Twweeks@ksu.edu, (417) 280-5719
*Soft-sole, non-marking tennis shoes are required. No boots allowed on gym floor.*
Instructor: Thomas Weeks
Date: 09/03/2014 to 09/24/2014 (W)
Time: 8:00 PM to 10:00 PM
Fee: $58.00 - Individual
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Salsa Dance 14CRF121
This is an introductory course in social dancing that emphasizes technique, partnering, musicality, and style of salsa as well as other Latin dances. Demonstrations, performances, and videos will supplement the course. Partners are welcome but not required for this class. No textbook is required for this course; however, ordering information for optional text/DVD/dance shoes is available from the instructor.
Instructor: Issac Falcon
Date: 09/10/2014 to 10/29/2014 (W)
Time: 7:00 PM to 9:00 PM
Fee: $75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Issac’s passion for dancing has introduced him to a wide variety of dances, (e.g. Chacha, Mambo, Swing, Waltz, Fox Trot, Two step, Tango, Rumba, Bachata, Merengue). He is passionate about teaching people how to dance and strongly believes that anyone can learn to dance.

Ballroom, Swing and Salsa 14CRF100
Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. Steps from Ballroom (Foxtrot, Waltz, or Tango), Swing (Jitterbug or Lindy), and Latin (Chacha, Salsa, or Mambo) will be taught. Learn something new each time you enroll! Classes fill rapidly, and it is advisable to register early. Partners are not required for the class, but strongly encouraged.
Instructor: Issac Falcon
Date: 09/12/2014 to 10/24/2014 (F)
Time: 7:00 PM to 8:00 PM
Fee: $50.00 - Individual
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Intro to Contemporary Dance 14CRF162
So you think you think you can dance! Join this fun class to focus on technique and form. This class is all about grace, beauty, strength and sound technical training which we will do by warming up with the basis of all modern, lyrical and contemporary dance, ballet. Then we’ll turn it up a notch and delve into what everyone loves about contemporary dance, leaps, floor work and dancing to beautiful, fun, modern day music.
Instructor: Laura Vallejo
Date: 10/14/2014 to 11/18/2014 (T)
Time: 6:45 PM to 7:45 PM
Fee: $27.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Laura Vallejo has been cast in numerous shows in the area to include KState theatre and dance productions, Manhattan Arts Center, Columbian Theatre and The Kansas Dance Festival in Wichita. She has choreographed for dance concerts and musicals to include “Funny Girl,” “Cabaret,” “9-5 The Musical,” “MAC Dance Attack”, “Pirates of Penzance” and “Joseph and the Amazing Technicolor Dreamcoat.”

Belly Dance Conditioning Workout 14CRF12A
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: 09/02/2014 to 09/23/2014 (T)
Time: 5:30 PM to 6:30 PM
Fee: $34.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Belly Dance Conditioning Workout 14CRF12B
Instructor: Michele Janette
Date: 10/28/2014 to 11/18/2014 (T)
Time: 5:30 PM to 6:30 PM
Fee: $34.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Everyone can teach, everyone can learn!
Level I: Basic Belly Dance 14CRF09
Level I Basic will cover the fundamental building blocks of Middle Eastern dance movements, including hip and rib cage isolations, arm and hand movements, turns, traveling steps, percussive body movements, combinations, and choreography. No previous dance experience necessary. You will also be introduced to the music, rhythms, history and costume, as they apply to the dance. Please wear comfortable clothing that allows for ease of movement.
Instructor: Kathryn Harth

| Date:          | 08/28/2014 to 10/16/2014 (Th)       |
| Time:          | 5:30 PM to 6:30 PM                   |
| Fee:           | $69.00                               |
| Location:      | K-State Ahearn Room 301              |
|                | College Heights St., 3rd floor        |

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

Level II:
Tribal Fusion Belly Dance 14CRF161
Tribal Fusion Belly Dance does not represent one style of dance, but instead celebrates the beauty of dance by combining many forms. Its origins stem from American Tribal Style (ATS) Belly Dance, while incorporating other Middle Eastern and African cultures, and moving toward urban or modern primitive styles. “Tribal” speaks to the spirit of this dance form; the aesthetic influence from many tribal cultures and the strong communal bond created by group improvisation. This class will teach dancers how to fuse elements from a large group of styles, including movements learned in Level 1.
Instructor: Kathryn Harth

| Date:          | 09/08/2014 to 10/27/2014 (M)        |
|               | (No class 10/13)                     |
| Time:          | 6:45 PM to 7:45 PM                   |
| Fee:           | $64.00                               |
| Location:      | K-State Ahearn Room 301              |
|                | College Heights St., 3rd floor        |

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

Level III:
Advanced Belly Dance 14CRF11
In this class, we will not only learn advanced moves, but will also delve into more specialized areas of Belly Dance. Topics may include: Drum solos, advanced zills, double veil, sword balancing, and oh so much more! Be prepared to challenge yourself as we explore the many sides of Belly Dance! Students must have completed both Level II courses.
Instructor: Amy (Nashid) Werner

| Date:          | 08/27/2014 to 10/01/2014 (W)        |
| Time:          | 6:45 PM to 7:45 PM                   |
| Fee:           | $64.00                               |
| Location:      | K-State Ahearn Room 301              |

Archery for Adults 14CRF01AZ
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:          | 08/25/2014 to 12/08/2014 (M)        |
|               | (No class 9/1, 11/24)                |
| Time:          | 6:30 PM to 7:30 PM                   |
| Fee:           | $101.00                              |
| Location:      | K-State Ahearn Room 304              |
|                | College Heights St., 3rd floor        |

Archery for Adults 14CRF01BZ
Instructor: Tom Korte, (785) 494-8889

| Date:          | 08/25/2014 to 12/08/2014 (M)        |
|               | (No class 9/1, 11/24)                |
| Time:          | 7:40 PM to 8:40 PM                   |
| Fee:           | $101.00                              |
| Location:      | K-State Ahearn Room 304              |
|                | College Heights St., 3rd floor        |

Introduction to Golf 14CRF04A
Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of score card and handicaps.
Instructor: Brian Lorenz

| Date:          | 08/14/2014 to 08/28/2014 (Th)        |
| Time:          | 6:00 PM to 7:00 PM                   |
| Fee:           | $41.00                               |
| Location:      | Stagg Hill Golf Club                 |
|                | 4441 Fort Riley Blvd.                |

Introduction to Golf 14CRF04B
Instructor: Brian Lorenz

| Date:          | 09/11/2014 to 09/25/2014 (Th)        |
| Time:          | 6:00 PM to 7:00 PM                   |
| Fee:           | $41.00                               |
| Location:      | Stagg Hill Golf Club                 |
|                | 4441 Fort Riley Blvd.                |

Introduction to Golf 14CRF04C
Instructor: Brian Lorenz

| Date:          | 10/09/2014 to 10/23/2014 (Th)        |
| Time:          | 5:15 PM to 6:15 PM                   |
| Fee:           | $41.00                               |
| Location:      | Stagg Hill Golf Club                 |
|                | 4441 Fort Riley Blvd.                |
Golf in Junction City 14CRF30AZ
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.
Instructor: Jim Peterson
Date: 08/26/2014 to 10/14/2014 (T)
Time: 5:30 PM to 7:30 PM
Fee: $146.00
Location: Rolling Meadows Golf Course, 6514 Old Milford Rd. Junction City, KS

QiForze™ 14CRF116Z
QiFORZE™ is a motivating muscular strength and endurance program that targets every major muscle group with unique Foundation Movement Patterns. Move as your body was meant to move in a fast-paced, time-efficient workout that rocks to hit quality music. Use the natural resistance of gravity to become stronger, more powerful and more coordinated, in less time than you ever imagined. QiFORZE™ is modern, integrated functional strength training at its finest. The only equipment used is the body’s own resistance and a 5ft (5.5 inches wide) light resistance bands! The resistance band can be purchased at Wal Mart, Target or any fitness store. This class is for female and male, ages 13 and up.
Instructor: Elsa Toburen, elsatob@hotmail.com
Date: 08/26/2014 to 12/09/2014 (T)
(No Class 11/26)
Time: 5:30 PM to 6:30 PM
Fee: $75.00
Location: K-State Ahearn Room 301 College Heights St., 3rd floor

Hula Hooping for Fitness 14CRF118A
It was fun when you were a kid. It’s still fun now. Come join us for 50 minutes of hula hooping. No fancy tricks. Just good cardio/toning techniques. Please bring your own hula hoop. (If you are unsure of the size, the hoop should come to your belly button when held in front of you, touching the ground.) Ages 13+
Instructor: Pam Lathrop
Date: 09/18/2014 to 10/16/2014 (Th)
Time: 7:00 PM to 7:50 PM
Fee: $20.00
Location: College Avenue United Methodist 1609 College Ave

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

Beginning Ballet for Adults 14CRF160
This is a basic ballet class for adults with little or no experience, but will also offer challenging technique for more experienced dancers. Ballet is a fantastic way to gain strength and flexibility, as well as balance and focus. The class will be a fun and relaxed atmosphere and open to anyone wanting to learn!
Instructor: Amy Jones
Date: 09/05/2014 to 11/21/2014 (F)
Time: 5:30 PM to 6:30 PM
Fee: $52.00
Location: K-State Ahearn Room 304 College Heights St., 3rd floor

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

Intermediate Ballet for Adults 14CRF122
Intermediate Ballet for Adults builds on the basics learned from Beginning Ballet for Adults. New movements and more challenging combinations will be introduced. Those with previous ballet experience, or who have taken at least two semesters of Beginning Ballet for Adults are welcome to enroll. It is not required, but strongly recommended that Intermediate students also take the Beginner class. The class will be a relaxed atmosphere, focused on improving your dancing, confidence, and reaching your ballet fitness goals. Please contact the instructor if you have questions!
Instructor: Amy Jones
Date: 09/05/2014 to 11/21/2014 (F)
Time: 6:30 PM to 8:00 PM
Fee: $52.00
Location: K-State Ahearn Room 304 College Heights St., 3rd floor

Full Instructor biographies are available on our website www.tryufm.org > Noncredit > By Instructor > Instructor name
**Beginning Tennis** 14CRF164AZ
The focus of this beginning tennis class will be to introduce the students to proper techniques of each tennis stroke. Scoring, rules, single and doubles formations, shot selection, and match play will also be covered. Come enjoy the “Sport of a Lifetime.” All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Students must provide their own tennis rackets.
Instructor: Dave Hoover
Date: 09/02/2014 to 11/11/2014 (T)
Time: 1:30 PM to 3:00 PM
Fee: $99.00
Location: Body First Tennis & Fitness, 3615 Claflin Road, (785) 776-6060

**PiYo™ Strength** 14CRF167A
With a foundation in basic yoga and Pilates, PiYo™ Strength incorporates elements of sports and dance conditioning, flexible, training, dynamic stretch and balance, and core conditioning. PiYo™ Strength will increase the participants strength, flexibility and balance while offering stress reduction and improving ones overall fitness level. Set to all genres of music, PiYo™ Strength delivers a rhythmic all over body workout. Be sure to bring water and a yoga mat!
Ages 14+
Instructor: Alana Pfeifer
Date: 09/03/2014 to 09/24/2014 (W)
Time: 6:15 AM to 7:15 AM
Fee: $24.00
Location: K-State Ahearn Room 301 College Heights St., 3rd floor

**Beginning Fencing** 14CRF21Z
Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epe, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso and legs along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip-integrating diplomacy, aggression, speed and skill.
Instructor: Jeff Gwirtz
Date: 08/25/2014 to 12/08/2014 (M)
(No class 9/1, 11/24)
Time: 6:00 PM to 7:30 PM
Fee: $60.00 - Has equipment
$93.00 - use instructors
Location: K-State Ahearn Fieldhouse

**Intermediate Fencing** 14CRF22Z
Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouting.
Instructor: Jeff Gwirtz
Date: 08/25/2014 to 12/08/2014 (M)
(No class 9/1, 11/24)
Time: 7:30 PM to 9:00 PM
Fee: $60.00 - Has equipment
$93.00 - use instructors
Location: K-State Ahearn Fieldhouse

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**Check out our website for NEW classes!**
[www.tryufm.org](http://www.tryufm.org)
Intermediate Bowling 14CRF168Z
This intermediate bowling course will include lessons on the three factors of rolling the ball: ball weights and how they affect the path down the lane; how different ball surfaces affect ball reaction; and differences in ball cover stocks, counter weights, and balance holes. Students will learn how to play different lane conditions and how it affects your ability to score, and how to make lane adjustments. Advanced bowling terminology, the history of the game of bowling, and governing bodies will be discussed in class. There will be videotaping of the student bowler for review and to document progress.
Instructor: John Garetson
Date: 08/25/2014 to 12/08/2014 (M)
(No class 9/1, 11/24)
Time: 2:30 PM to 3:30 PM
Fee: $80.00
Location: K-State Student Union - Bowling Alley

Marathon Training 14CRF68
If you have ever wanted to finish a marathon or run a personal best, but didn’t know how to begin or train, this is the class for you! This class will cover setting a marathon goal, designing a marathon schedule, selecting a marathon, nutrition, hydration, weather, pre-race routines and post-race recovery. The course structure will consist of classroom lectures, discussions and some running. All participants are encouraged to meet outside of class time for organized runs. In addition, there will be opportunities to meet with the instructor at different locations outside of regularly scheduled classes for organized runs. This course is recommended for individuals that have been running at least 30 minutes per day, 4-7 days per week for 6 weeks. You must be able to run at least 6 miles the first week of class. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to train for, complete and survive a marathon. Class will meet Tuesday from 5:30-6:30 pm at UFM, 1221 Thurston and work outs will be Thursday from 5:30-6:30 pm at Memorial Stadium outdoor track meet at south end.
Instructor: Dan Boyle, (785) 532-0134, dboyle@ksu.edu
Date: 09/02/2014 to 10/23/2014 (T/Th)
Time: 5:30 PM to 6:30 PM
Fee: $140.00
Location: UFM Multipurpose Room
1221 Thurston St.

Run Happy! Run For Life! 14CRF72
If you have ever wanted to start running, but didn’t know how to begin, this is the class for you! This training program is designed for people who have never run before, those who may have tried to run, then stopped, and those who used to run and want to begin again. The program starts with walking/running workouts with a goal to run continuously for 30 minutes or 5 km by the end of the 6 week program. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to incorporate a running program into your lifestyle. You must have the physical ability to begin a program based on walking and running.
Instructor: Dan Boyle, (785) 532-0134, dboyle@ksu.edu
Date: 09/08/2014 to 10/17/2014 (M/W/F)
Time: 6:00 PM to 7:00 PM
Fee: $145.00
Location: K-State Ahearn Field House Indoor Track

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach. He has helped numerous athletes from around the US achieve their goals at distances from 2 miles up to the marathon distance. See Dan’s full bio at www.tryufm.org.
Archery for Youth                  14CYO01A
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: 09/30/2014 to 10/21/2014 (T)
Time: 7:00 PM to 8:00 PM
Fee: $35.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Archery for Youth                  14CYO01B
Instructor: Tom Korte, (785) 494-8889
Date: 10/28/2014 to 11/18/2014 (T)
Time: 7:00 PM to 8:00 PM
Fee: $35.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Teen Archery                  14CYO82
This is for older students to practice archery in a supervised environment. Emphasis is on learning steps for development of good form. Repeaters are welcome and will be accommodated with instruction to match the individual skill sets. All equipment supplied by instructor. Ages: 13-17
Instructor: Tom Korte, (785) 494-8889
Date: 09/30/2014 to 10/21/2014 (T)
Time: 6:00 PM to 7:00 PM
Fee: $35.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Teen Mentoring!
High School - Tuesdays
Sept. 9 - Dec. 2
Middle School - Wednesdays
Sept. 10 - Dec. 3
3:00pm to 5:00pm
Field trips ~ Games ~ Creative Arts ~ Recreation
To apply or for more information about the mentoring program, visit www.tryufm.org or email mandy@tryufm.org

Ask us about our scholarship opportunities!

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

Build positive relationships!

Pre-School Dance                  14CYO63
This class is designed for boys and girls ages 3-6. Basic dance movements like marching, hopping, skipping, leaping and jumping will be blended with ballet, peppy music and pre-tap techniques. Dance games and creative dance will make this class fun and exciting. No dance attire is needed. Call Randi Dale for more information 785.539.5767.
Instructor: Randi Dale, (785) 539-5767
Date: 09/05/2014 to 09/12/2014 (F)
Time: 5:30 PM to 6:00 PM
Fee: $14.00
Location: UFM Banquet Room
1221 Thurston St.

Introduction to Nutcracker Ballet                  14CYO06A
This class is designed for boys and girls 5-10 years old for both beginners and dancers with experience. Some basic ballet steps will be taught. Then the students will dance some scenes from the Nutcrackers Ballet. No formal dance wear is needed. Students can continue dance.
Instructor: Randi Dale, (785) 539-5767
Date: 08/28/2014 (Th)
Time: 5:00 PM to 5:30 PM
Fee: $12.00
Location: UFM Banquet Room
1221 Thurston St.

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

Introduction to Nutcracker Ballet                  14CYO06B
Instructor: Randi Dale, (785) 539-5767
Date: 08/28/2014 (Th)
Time: 5:30 PM to 6:00 PM
Fee: $12.00
Location: UFM Banquet Room
1221 Thurston St.
Civil War Battles in Kansas, Missouri and Arkansas  
*Presented by Tray Green*  
Mondays, Sept. 15, 22 & 29 - 3:00pm to 5:00pm  
Manhattan Arts Center  
1520 Poyntz Avenue, Manhattan  
$40.00

This course examines the battles fought west of the Mississippi, beginning in the period prior to the American Civil War through its conclusion, with an emphasis on engagements involving Kansas units. Highlights include the battle of Black Jack; John Brown's engagement with a pro-slavery posse near Lawrence, Kans.; African-American troops engaged Missouri irregulars one year prior to the Fort Wagner assault, depicted in the movie Glory; and Sterling Price's 1864 raid into Missouri.

Conserving Our Natural World  
*Presented by Jared Bixby*  
Wednesdays, Oct. 29, Nov. 5 & 12 - 2:00pm to 4:00pm  
Sunset Zoo  
223 Oak St., Manhattan  
$40.00

Inspiring conservation of the natural world is the mission Sunset Zoo strives to achieve every day. This series will explore issues facing the animals and habitats that have been targeted for conservation projects by Sunset Zoo and the Friends of Sunset Zoo. We will explore the plight of pollinators and why amphibians are facing mass extinction. We will also venture into discussions about international conservation efforts involving the sloth bear, snow leopards and other animals. This class will inspire you to act globally in the conservation of your favorite animal.

The War for America, 1775-1783  
*Presented by Robert Smith, Ph.D.*  
Wednesdays, Oct. 1, 8 & 15 - 2:00pm to 4:00pm  
Meadowlark Hills Community Room  
2121 Meadowlark Road, Manhattan  
$40.00

This course examines both the military and social aspects of the American Revolution. The first session examines the origins of the war and its early campaigns, including Lexington, Concord, the Battle of Bunker Hill, the invasion of Canada, and the New York campaign. The second session discusses the war in the middle colonies, including the Trenton and Princeton campaigns and the Philadelphia and Saratoga campaigns. The final session looks at the southern campaigns that culminated in the battle of Yorktown and the American victory.

Coronado in Old Quivira  
*Presented by Roy Bird*  
Mondays, Nov. 3, 10 & 17 - 2:00pm to 4:00pm  
Manhattan Arts Center  
1520 Poyntz Avenue, Manhattan  
$40.00

Almost 500 years ago, Spanish explorer Francisco Vasquez de Coronado led an expedition to explore the rumor of cities of gold in a place called Cibola. Coronado's expedition found no such empire but it opened much of what became the southwest and south central United States to exploration and Spanish colonization, including parts of present-day Kansas. This course looks at the era when the plains and prairies were home to early natives and traces the path of exploration by the soldiers and clergy with Coronado as well as the return of priests to Quivira and Harahay.

Arlington National Cemetery: Its History and Its Heroes  
*Presented by Jim Peters, J.D.*  
Thursdays, Oct. 9, 16, & 23 - 2:00pm to 4:00pm  
Manhattan Arts Center  
1520 Poyntz Avenue, Manhattan  
$40.00

This year marks the 150th anniversary of Arlington National Cemetery. We'll review its colorful history from its pre-Civil War days as Robert E. Lee's home through current U.S. conflicts. We'll recount lives of the famous and not-so-famous buried there, from presidents to privates, officers to enlisted men, Supreme Court justices to unknown slaves. We'll visit its major monuments and memorials, including Tomb of the Unknowns and the September 11th Memorial.

Special Event:  
**Day on the Flying W Ranch in the Flint Hills**  
*Presented by Jim Hoy*  
Friday Sept. 19 - 8:30 a.m., coach departs from Meadowlark Hills, 2121 Meadowlark Road - 8:40 a.m., coach stops at Manhattan Town Center parking lot west of Dillard's 4 p.m., approximate return 55.00 - includes coach transportation, ranch tour and lunch

We'll drive by coach to the heart of the Flint Hills to the Flying W Ranch owned by the Hoy family, who have been ranchers for five generations. During the ride, Josh Hoy will talk about the folklore and history of the area and its inhabitants. A mouth-watering chuck wagon lunch will feature brisket, Dutch oven potatoes, homemade bread, a vegetable and dessert.

Special Event:  
**Kansans at the Crossroads: The Future of Energy and Water Resources**  
*Presented by Rex Buchanan*  
Tuesday, Dec. 9, 7:30pm – 9:30 pm  
Manhattan Arts Center  
1520 Poyntz Avenue, Manhattan  
Free

This presentation focuses on the state's energy and water issues—and the places they intersect, along with the attendant public policy debate.

Special Event:  
**Tom Averill and A Carol Dickens Christmas**  
*Presented by Thomas Fox Averill*  
Tuesday, Dec. 9, 7:30pm – 9:30 pm  
Manhattan Arts Center  
1520 Poyntz Avenue, Manhattan  
Free

Writer and Kansas Public Radio personality Thomas Averill will take you on a journey into his new novel to meet its characters. It's Christmas, and Carol Dickens's life is in major transition.
These Recreation, Dance, and Fitness Credit courses are offered for
KSU credit through the K-STATE GLOBAL CAMPUS with the
cooperation of various Kansas State University departments.
- Enroll on iSIS at http://isis.k-state.edu. When you find the class
  you are interested in, write down the class number. You will need
  this to enroll through iSIS
- For full class description and information visit www.tryufm.org
- Student Access Center. A student with a disability who wishes to request accommodations
  for a credit course should contact the Student Access Center (k-state.edu/accesscenter, 785-
  532-6441, or email accesscenter@k-state.edu) and their course instructor. Early notification
  is requested to ensure that accommodations can be provided in a timely manner.

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<td>$328.10</td>
<td>Natatorium</td>
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<tr>
<td>16658</td>
<td>Archery</td>
<td>6:30-7:30PM</td>
<td>8/25/2014 to 12/8/2014 (M)</td>
<td>$328.10</td>
<td>Ahearn 304</td>
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<td>8:50-9:50PM</td>
<td>8/25/2014 to 12/8/2014 (M)</td>
<td>$328.10</td>
<td>Ahearn 304</td>
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<tr>
<td>16664</td>
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<td>8/27/2014 to 12/10/2014 (W)</td>
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<td>Student Union</td>
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<tr>
<td>16665</td>
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<tr>
<td>16662</td>
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<td>Fee</td>
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<td>16871</td>
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<td>Noon-7:30PM</td>
<td>9/6/2014 and 9/7/2014 (Sat/Sun)</td>
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<tr>
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<td>Fly Fishing</td>
<td>6:00-8:00PM</td>
<td>11/3/2014 to 11/13/2014 (M/T/W/Th)</td>
<td>$336.10</td>
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<td>16336</td>
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<td>8/27/2014 to 10/15/2014 (W)</td>
<td>$448.00</td>
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<td>8/29/2014 to 10/17/2014 (F)</td>
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<td>16443</td>
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<td>5:30-7:30PM</td>
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<td>16874</td>
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<td>$816.00</td>
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<tr>
<td>16437</td>
<td>Scuba Diving</td>
<td>6:00-10:00PM</td>
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<td>16812</td>
<td>Fund. of Canoeing</td>
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<td>9/27/2014 to 9/28/2014 (Sat/Sun)</td>
<td>$430.00</td>
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<td>17292</td>
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</table>
Addresses:
Ahearn 301 and 304, Ahearn Complex, 3rd floor, Gymnasium door entry, College Heights Rd
Body First Tennis and Fitness, 3615 Claflin Rd
Durland Hall, KSU, Room 1061
Junction City Golf Course Rolling Meadows, 6514 Old Milford Rd, Milford, KS
K.O. Boxing, 2303 Tuttle Creek Blvd.
Max Fitness, 3011 Anderson Ave #503
Natatorium, K-State pools in Ahearn Complex, KSU
Pro Fitness, 1125 Laramie St, Lower Level
Sun Yi’s Academy, 1650 Hayes Drive
Wamego Country Club Golf Course, 1900 Country Club Drive, Wamego, KS
UFM Building, 1221 Thurston Street
Union Bowling Alley, Union Student Center, KSU

evening college
on-campus classes offered after hours

ON CAMPUS  ONLINE
ON TRACK
to your degree

intersession
on-campus and online classes between terms

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

“i’m doing this not only for me, but for my kids. i want to give them a better life and think they are encouraged and inspired by me.”

- Elsa, bachelor’s student

Kansas State University

ontrack.k-state.edu

KSU CREDIT COURSES 39
**UFM REGISTRATION FORM**
1221 Thurston St | Manhattan KS 66502
785.539.8763 | (F) 785.539.9460 | www.tryufm.org | info@tryufm.org

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
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<tr>
<th>Day Phone ( )</th>
<th>Evening Phone ( )</th>
<th>Email</th>
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<tr>
<th>Parent’s name if student is under age 18</th>
<th>Age if under 18</th>
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<th>Participant Statistics:</th>
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<tbody>
<tr>
<td>K-State Student</td>
<td>K-State Faculty/Staff</td>
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<th>Age Group:</th>
<th>18-24</th>
<th>25-59</th>
<th>60+</th>
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<tr>
<th>Course Code</th>
<th>Session</th>
<th>Course Name</th>
<th>Fee $</th>
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<tr>
<td>Example: 14CCF227</td>
<td>A</td>
<td>Barn Quilt Make &amp; Take</td>
<td>35.00</td>
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<tr>
<th>Tax Deductible Donation $</th>
<th>Total $</th>
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**Method of Payment (All fees must be paid at the time of registration)**

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

I hereby authorize the use of my Visa | Mastercard | Discover | Card number | Exp. Date / |
Name on card (please print) ___________________________________________________________________
Where did you obtain your catalog? ___________________________________________________________________
A class I would like offered ___________________________________________________________________

**UFM Liability Participant Statement**

By enrolling in this class, I hereby agree, for myself and for the enrollee, to UFM Community Learning Center’s liability statement and acknowledge and understand the potential risk(s) of injury associated with participation in recreational sports and fitness activities. Participants should voluntarily assume all risks of loss, damage or injury that may be sustained while using Kansas State University or UFM facilities or participating in programs. K-State Continuing Education/UFM assumes no responsibility for costs incurred in connection with 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.

**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.