Fall 2015 UFM Community Learning Center

Over 250 classes inside!

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

Catalog

Fall 2015

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Manhattan, KS 66502
1221 Thurston St
UFM Community Learning Center

OR CURRENT RESIDENT

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The catalog cover photo is the barn quilt located at the home of Stanley & Dorine Elsea, Manhattan, KS. The quilt block was painted by artist Sue Hageman. Enroll in Make & Take Barn Quilt with instructor Sue Hageman on page 10 and make your own quilt block to take home for display!
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 does not have a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor’s financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Kayla at 539-8763.

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

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

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

NONDISCRIMINATION POLICY
UFM Community Learning Center is committed to nondiscrimination on the basis of race, gender, national origin, disability, religion, age, sexual orientation, political beliefs or other non-merit reasons, in admissions, educational programs or activities and employment (including employment of disabled veterans and veterans of the Vietnam Era) as required by applicable laws and regulations. Students under age 18 need the permission of a parent as required by applicable laws and regulations. Students under age 18 need the permission of a parent as required by applicable laws and regulations.

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

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

CREDIT CLASS REFUNDS AND WITHDRAWALS
Tuition refunds are calculated based on the number of calendar days in the class. You may be eligible for a full or partial refund of tuition if you choose to drop your class before a certain date. Please refer to the full withdrawal and refund policy at http://global.k-state.edu/courses/registration/policies-withdrawal or visit http://courses.k-state.edu/fall2015/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/fall2015/information/deadlines.html

NOTICE TO STUDENTS
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.

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

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

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

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

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

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

UFM STAFF
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State Outreach/KSU Credit Coordinator | CHARLENE BROWNSON
KSU Credit Coordinator | ERIN BISHOP
Program Assistant | VAL COLTHARP
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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. Lessons are based on staff availability and are subject to change from the printed schedule.

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
15CAQPA1 Sept. 14 to Oct. 12
15CAQPA2 Oct. 19 to Nov. 16

Thursday 6:00 PM to 6:30 PM
15CAQPD1 Sept. 10 to Oct. 8
15CAQPD2 Oct. 15 to Nov. 19 (No class 11/5)

Saturday 9:30 AM to 10:00 AM
15CAQPE1 Sept. 12 to Oct. 10

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
15CAQTB1 Sept. 9 to Oct. 7
15CAQTB2 Oct. 14 to Nov. 11

Wednesday 6:00 PM to 6:30 PM
15CAQTc1 Sept. 10 to Oct. 8
15CAQTc2 Oct. 15 to Nov. 12

Saturday 10:10 AM to 10:40 AM
15CAQTE1 Sept. 13 to Oct. 11

BEGINNING & ENDING DATES:
Levels I-VI, Adult Lessons & Lap Swimming (*Except Where Noted)

Session A: Monday, Sept. 14 to Nov. 16
Session B: Tuesday, Sept. 8 to Nov. 10
Session C: Wednesday, Sept. 9 to Nov. 11
Session D: Thursday, Sept. 10 to Nov. 19 (No class 11/5)

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

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

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

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

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

15CAQ02A Monday 6:45 PM to 7:25 PM
15CAQ02B Tuesday 6:45 PM to 7:25 PM
15CAQ02BB Tuesday 6:00 PM to 6:40 PM
15CAQ02C Wednesday 6:45 PM to 7:25 PM
15CAQ02D Thursday 6:45 PM to 7:25 PM

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

15CAQ03A Monday 6:45 PM to 7:25 PM
15CAQ03B Tuesday 6:45 PM to 7:25 PM
15CAQ03C Wednesday 6:45 PM to 7:25 PM
15CAQ03CC Wednesday 6:00 PM to 6:40 PM
15CAQ03D Thursday 6:45 PM to 7:25 PM

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

15CAQ04A Monday 6:45 PM to 7:25 PM
15CAQ04B Tuesday 6:45 PM to 7:25 PM
15CAQ04C Wednesday 6:45 PM to 7:25 PM
15CAQ04D Thursday 6:45 PM to 7:25 PM

Level V: Stroke Refinement
Youth lessons. The objectives of this level are coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced. *Levels 5 and 6 are combined classes. For the list of skills to be learned in class visit www.tryufm.org, non-credit course descriptions.
Fee: $57.00 per session (10 lessons)

15CAQ05A Monday 6:45 PM to 7:25 PM
15CAQ05C Wednesday 6:45 PM to 7:25 PM

Level VI: Swimming and Skill Proficiency
Youth lessons. The objectives of this level are to refine strokes so participants can swim them with more ease, efficiency, power and smoothness and over greater distances. Level 6 also introduces other aquatic activities and offers three options - Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer. These options focus on preparing participants for more advanced courses, such as the Water Safety Instructor course, or other aquatics activities, such as competitive swimming or diving. *Levels 5 and 6 are combined classes. For the list of skills to be learned in class visit www.tryufm.org, non-credit course descriptions.
Fee: $57.00 per session (10 lessons)

15CAQ06A Monday 6:45 PM to 7:25 PM
15CAQ06C Wednesday 6:45 PM to 7:25 PM

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)

15CAQ22A Monday 6:00 PM to 6:40 PM

Private Swim Lessons 15CAQ103
Private lessons provide one-on-one instruction for any level of swimmer. Lessons occur once a week, M-Th or Saturday 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. Class is held during group lessons and other aquatic classes.

Beginning and Ending Dates for Private Lessons:

| Session A1 | Monday | Sept. 14 to Oct. 12 |
| Session A2 | Monday | Oct. 19 to Nov. 16 |
| Session B1 | Tuesday | Sept. 8 to Oct. 6 |
| Session B2 | Tuesday | Oct. 13 to Nov. 10 |
| Session C1 | Wednesday | Sept. 9 to Oct. 7 |
| Session C2 | Wednesday | Oct. 14 to Nov. 11 |
| Session D1 | Thursday | Sept. 10 to Oct. 8 |
| Session D2 | Thursday | Oct. 15 to Nov. 19 (No class 11/5) |

Session E1: Saturday Sept. 12 to Oct. 10

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
10:50 AM to 11:20 AM

Fee: $69 per session for one-on-one instruction
$55 per student for semi-private lessons - (2 students per teacher at same swim level)
Lap Swimming: Ages 13+
Lap Swimming is for individual work-out. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40-minute block of time during the scheduled times below.
Fee: $19.00 per session (10 times)

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)

Open Swim Appreciation 15CAQ31A
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: 10/11/2015 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Scuba Diving 15CAQ105AZ
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: 08/24/2015 to 10/05/2015 (M)
Time: 6:00 PM to 10:00 PM
Fee: $257.00
Location: Natatorium, K-State campus

Scuba Diving 15CAQ105BZ
Instructors: Jeff Freeborn & Tray Green
Date: 10/12/2015 to 11/16/2015 (M)
Time: 6:00 PM to 10:00 PM
Fee: $257.00
Location: Natatorium, K-State campus

Shallow/Deep Water Exercise 15CAQSHD
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.

Date: 08/31/2015 to 12/10/2015 (M-TH)
(No class 9/07, 11/05)
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

Sunday Family Swim 15CAQ32
Bring the family out for a refreshing evening of swimming. Take advantage of the indoor pool at K-State on Sunday evenings. You must register in advance so we can plan for adequate lifeguards.

Date: 9/20/2015 to 10/11/2015 (Su)
Time: 5:00 PM to 7:00 PM
Fee: $8.00 - Individual
$20.00 - Family
Location: Natatorium, K-State Campus

AQUATICS

Teach a class! Email info@tryufm.org
**Women and Wealth**  15CFC124

By 2020, 65% of our nation’s wealth will be in the hands of single or widowed women over 65. Are you unsure about your finances? Take charge of your financial future. Expand your knowledge of how money works and build your confidence regarding money and wealth. Learn the basic principles the wealthy use every day.

Instructor: Nancy Hetzler

Date:   10/05/2015 (M)
Time:   6:30 PM to 8:30 PM
Fee:    $12.00
Location:  UFM Conference Room
1221 Thurston St.

**Why Do I Need An iPad?**  15CFC129

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:   09/08/2015 (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

Mary Hammel is the Associate Director of the Catalyst Technology and Media Services Center in the College of Education at Kansas State University. She loves to share tools, new gadgets and helpful apps during the iPad Users Group at KSU.

**Visual Storytelling on iPad with Adobe Slate**  15CFC145

Create and publish your own web page with the free Adobe Slate iPad app. Do you have a story to tell? Use your own words and photos to create a personalized web page that you can share with others via social media or email. No design skills are necessary Adobe Slate has built-in themes and interactivity to make you look good. Mix words, photos and web links to create travel adventures, poems, reports, invitations, events such as family reunions, or info about your small business or nonprofit organization. If you don’t have any of your own photos, you can search Creative Commons for thousands of photos that others are willing to let you use. Requirements: a free Adobe ID account. *Bring your own iPad or use one provided by the Wamego Technology Center.

Instructor: Mary Hammel, mhammel@ksu.edu

Date:   09/17/2015 (Th)
Time:   6:00 PM to 7:30 PM
Fee:    $19.00
Location:  Wamego Technology Center
Wamego High School, Room 204
801 Lincoln Street, Wamego

**Presentation Skills Training**  15CFC141

Throughout history, we have seen the monumental changes that presentation skills have produced through individuals like Abraham Lincoln, Winston Churchill, and Martin Luther King Jr. Conversely, we have also seen the devastating results when these skills have been possessed by dangerous people like Adolf Hitler and People’s Temple leader Jim Jones of Jonestown Guyana. The skills to communicate effectively; to present one’s ideas and to encourage, enlighten and entertain are some of the most powerful abilities a person can possess. We all have the tools, we need to practice them. We just have to devote the time and effort to develop them. Some people feel they don’t have the talent to speak proficiently in front of others. Others are afraid to speak in front of groups. Public speaking is the “Number One” fear. This ability is not something a person has or doesn’t have - it is a muscle that can be developed through exercise and practice. In this workshop, we start by talking to one or two people. We learn about the concepts that make our communication more comfortable and help our audiences understand our ideas. We practice with groups of friends to gain a level of comfort in our presentations. And finally, we are ready to share our ideas with larger groups such as in front of a large auditorium of students, church plays or sermons or in front large numbers of employees in a work setting.

Instructor: James Hill, james.hill@ctcd.edu

Date:   09/12/2015 to 10/17/2015 (Sa)
*Registration deadline Sept. 9
Time:   9:30 AM to 12 N
Fee:    $23.00
Location:  K-State Justin Hall Room 256

Serving as a DOD certified Training Instructor and Corporate Trainer for about 15 years, Mr. Hill has developed proven communication techniques for reaching out to audiences both in formal and informal settings with a variety of topics. He currently serves as a Training Instructor at Fort Riley. In addition, Mr. Hill teaches college courses on an adjunct basis for three local colleges. Mr. Hill has a Master’s of Science degree in Adult Education from Kansas State University and a Graduate Certificate in Human Resource Administration from Central Michigan University, Fort Riley Kansas Center. His professional memberships include American Society of Training & Development and Manhattan Toastmasters a nonprofit civic organization dedicated to the improvement of public speaking skills.
CREATIVE FREE TIME

Piano I                      15CCF35AZ
This group keyboard class is designed for beginners with little or no previous keyboard instruction. Basic concepts to be studied include: note and rhythm reading, fundamental theory, basic chord-building, simple improvisation, and group and individual playing. Outside practice is essential for progress in this class. Required text: Piano Fun For Adult Beginners by Brenda Dillon. Available at Glenn’s Music, 413 Poyntz Ave; call them at 539-1926 to check for date of in-store availability. For questions and inquiries, please contact the instructor. Enrollment restrictions -- this class is for NON-MUSIC MAJORS only. Available for KSU credit.
Instructor: Melinda Pickering
Date: 08/25/2015 to 10/13/2015 (T/Th)
Time: 9:20 AM to 10:20 AM
Fee: $136.00
Location: K-State McCain Auditorium Room 127

Piano I                      15CCF35BZ
Instructor: Melinda Pickering
Date: 10/15/2015 to 12/10/2015 (Th/T)
(No class 11/24, 11/26)
Time: 9:20 AM to 10:20 AM
Fee: $136.00
Location: K-State McCain Auditorium Room 127

Guitar Private Instruction  15CCF199
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: 08/25/2015 to 12/12/2015
Time: TBD
Fee: $60.00 for 4 classes
$120.00 for 8 classes
$180.00 for 12 classes
$240.00 for 16 classes
Location: UFM
1221 Thurston St.

Bass Guitar Private Instruction  15CCF200
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: 08/25/2015 to 12/12/2015
Time: TBD
Fee: $64.00 for 4 classes
$128.00 for 8 classes
$192.00 for 12 classes
$256.00 for 16 classes
Location: UFM
1221 Thurston St.

Sax, Clarinet, Flute Private Instruction  15CCF232
This class is designed for individual instruction. Whether you are a beginner or have experience you will learn techniques to improve your level of performance. Each student is responsible for their own instrument, mouthpiece, reeds and music. Please call Betsy Blazer to schedule your private lesson dates and times (dates and times available Monday - Thursday, meeting once a week for four weeks), after registering through UFM.
Instructor: Betsy Blazer, (785) 406-0172
Date: 08/25/2015 to 12/12/2015
Time: TBD
Fee: $64.00 for 4 classes
$128.00 for 8 classes
$192.00 for 12 classes
$256.00 for 16 classes
Location: UFM
1221 Thurston St.

Jonathan has been teaching guitar, bass guitar, vocals and mandolin since 1995. He currently teaches music in Manhattan Kansas.
Introduction to Adobe Photoshop 15CCF65
This 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, (785) 341-1047, scott@scottbeanphoto.com
Date: 12/01/2015 to 12/10/2015 (T/Th)
Time: 12:00 PM to 1:30 PM
Fee: $60.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Introduction to Adobe Lightroom 15CCF140
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, (785) 341-1047, scott@scottbeanphoto.com
Date: 11/10/2015 to 11/19/2015 (TTh)
Time: 7:00 PM to 9:00 PM
Fee: $56.00
Location: UFM Computer Lab & Conference Room
1221 Thurston St., 2nd floor

Introduction to Digital Photography: The Basics 15CCF190
Explore 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 fields will be discussed at the first class, but will be on Saturday evening a few hours before sunset. Participants will be responsible for their own transportation to the field trips.
Class dates: Wednesday: 7-9pm, September 2, 9, 16 and 23. Saturday: a few hours before sunset September 5, 12 and 19.
Instructor: Scott Bean, (785) 341-1047, scott@scottbeanphoto.com
Date: 09/02/2015 to 09/23/2015 (W/Sa)
Time: 7:00 PM to 9:00 PM
Fee: $68.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

How to Design Your Own Space 15CCF237
Learn to design a space in your home, office, or college dorm room by yourself. The instructor will teach you how to choose 1 or 2 items in order to build your color scheme and design around these favorite things. Take the guesswork out of interior design and learn to create authentic spaces for your tastes and desires.
Instructor: Mary Ervin, (785) 492-7164, maryervin@cox.net
Date: TBD
Time: TBD
Fee: $22.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Mary Ervin, owner of Creating Spaces, has over 15 years of experience in both residential and commercial design. When designing for her clients she believes that creating authentic spaces that fit individual needs is of utmost importance. Mary’s expertise is enveloping color and texture into her designs. She is also a certified Feng Shui consultant along with a stager for Real Estate Companies.

Scott Bean has been enjoying the hobby of nature photography for several years. Scott would like the change to help others get started in this wonderful hobby. His goal is to help you avoid some of the common mistakes he experienced as a beginning photographer and help you get the most out of your camera and avoid being frustrated with your camera.
Mask Work!  15CCF210
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, (785) 776-0327
Date:  11/14/2015 to 11/21/2015 (Sa)
Time:  2:30 PM to 3:30 PM - 11/14 (Sa)
2:30 PM to 4:00 PM - 11/21 (Sa)
Fee:  $57.00 - Materials included
Location:  1500 N. 9th St.
Manhattan, KS

Making a T-Shirt Quilt  15CCF225
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 September 16th (6:00pm -7:00pm) will go over the supplies and materials you will need to have for the two Saturday classes. The two Saturday classes (September 26 and October 3, 8:00am - 4:00pm) 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:   09/19/2015 (Sa)
*Enrollment deadline 9/14/2015
Time:   9:00 AM to 3:00 PM
Fee:   $35.00
Location:  UFM Solar Addition
1221 Thurston St.

Barn Quilt Make & Take  15CCF227
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. This 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. Next participants will be taping and painting the block to take home with you.
Instructor: Sue Hageman
Date:   10/14/2015 to 10/28/2015 (W)
*Enrollment deadline 9/14/2015
Time:   5:30 PM to 7:00 PM
Fee:   $35.00
Location:  UFM Conference Room
1221 Thurston St.

Get Hooked Together!  15CCF243
Crochet enthusiasts, from beginners to experts, can participate in a weekly skill building and sharing session. Explore stitches and see what others are creating. Bring a project you are working on or teach us a new technique you have learned. Each week we will learn a different stitch or technique. The group may continue beyond the class dates with the consensus of those who attend. Bring a hook size H, I or J, some worsted weight (Size 4) yarn for practice, a project you are working on and any creations you want to share.
Instructor: Linda Teener
Date:   10/14/2015 to 10/28/2015 (W)
Time:   5:30 PM to 7:00 PM
Fee:   $12.00
Location:  UFM Conference Room
1221 Thurston St., 2nd floor

Linda taught herself to crochet in college. She has experimented with traditional and 3D crochet, Tunisian crochet and broomstick lace.

Manhattan Arts Center
2015-16

Live Theatre

RENT, Rock musical  Aug 7-9, 13-16
Shrek The Musical  Sept 25-27, Oct 2-4 & 9-11
It Could be Any One of Us  Nov 6-8, 13-15
Boeing Boeing  Feb 26-28, Mar 4-6
Chicago The Musical  Apr 22-24, Apr 29-May 1 & 6-8

MACademy Youth Theatre

Beauty & The Beast  Performances Dec 11-13
Missoula Children's Theatre: Pinocchio  Perf: Jan 23
Paul Mesner Puppets  Mar 26

BirdHouse & More Music

BH: The Honey Dewdrops  Sept 11
Red State Blues Band  Oct 16
BH: Dawn & Hawkes  Oct 24
K-State Saxophones  Oct 30
BH: The Honeycutters  Dec 4
Jazz: Wayne Goins & Friends  Jan 16
BH: Ten Strings and a Goat Skin  Jan 30
BH: Trace Bundy  Feb 19
BH: TBA  March

Plus Wrap It Up art exhibit & sale  Nov 1-Dec 24
Art & Music Classes, Clay & Painting Studios, & more!

1520 Poyntz Ave, Manhattan, KS 785-537-4420  www.manhattanarts.org
Learning to Write and Sell Fiction        15CCF36
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, (785) 587-9561 x 2003
Date:          10/27/2015 to 11/10/2015 (T)
Time:          7:30 PM to 9:30 PM
Fee:           $16.00
Location:      UFM Solar Addition
               1221 Thurston St.

A One on One Introduction to Voiceovers        15CCF129
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 08/25/15 and 12/12/15. Enroll before September 25th 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.
Instructor: Voices For All, LLC
Date:          08/25/2015 to 12/12/2015
Time:          See class description
Fee:           $24.00 (Before September 25th)
               $30.00 (After September 25th)
Location:      Online

Featured UFM Instructor
Glenn Sixbury

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. Over 200,000 copies of his stories exist in print, including international versions in French, Italian, and German. His first novel, Legacy, was released in hardback and trade paperback by Tor Publishing. His second novel, High Plains Moon, was released in Spring of 2013. Glenn has been a writing instructor for over fifteen years and is working toward publication of his book about writing called The Wonderful Writing Secrets of Oz.
Backcountry Skills  15CEN117AZ
The Backcountry Skills course is designed to give students detailed instruction and hands-on experience with several outdoor skill groups including, Fire Making, Camp Craft, and Backcountry Navigation. The course will include 18 hours of hands-on experience and instruction. The course will include a two-hour introduction session and two field sessions, each eight hours in length. The experience is immersive in nature, includes detailed instruction, regular debrief, and short exams via individual student demonstration and written responses. Additionally, participation in group challenges will be required each session by all participants. Upon completion of the course students will be well versed in three main areas covered, Fire Making, Camp Craft, and Backcountry Navigation. Sessions will be held in portions of the Tuttle Creek State Park operated by KDWPT, and in Carnahan Park operated by Pottawatomie County. Transportation to and from outdoor class locations will be provided. Students need to be prepared to spend extended periods of time outdoors in a variety of weather conditions. Participants should also be prepared to hike up to 6 miles across uneven terrain. Also available for KSU credit. Ages 14+.
Instructor: Daniel Schapaugh, scha@ksu.edu

Date: 10/07/2015 to 10/11/2015 (WSaSu)
(Rain date 10/17)
Time: W 6-8pm, Sa and Su 11am - 6pm
Fee: $90.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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

Intro to Geocaching 15CEN103
Geo is a prefix for earth. Cache is a hiding place used to store items. Today there are over 2.5 million geocaches hidden around the world. They can be found deep in the woods, under water and even stuck to the underside of park benches and the containers are getting increasingly more clever. Geocaching has become a hobby for many individuals, friends and families. Has your interest been piqued? Here’s your chance to find out more. The first hour of the class will cover the terms, basic information and how-to for geocaching. After that, the class will be hands-on and geocaching will take place on the KSU campus and close to UFM. If you already have a handheld GPS unit or smart phone or tablet, bring it to class with you. We will download one of the free apps for geocaching. Some handheld GPS units will be available to borrow.
Instructor: Ryan Semmel, flinthillsgeocaching@gmail.com

Date: 10/25/2015 (Su)
Time: 1:00 PM to 3:00 PM
Fee: $5.00 - Class fee - Family
$2.00 - Class fee - Individual
Location: UFM Fireplace Room
1221 Thurston St.

Fly Fishing  15CEN04AZ
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, sodie6390@gmail.com

Date: 11/02/2015 to 11/12/2015 (MTWTh)
Time: 6:00 PM to 8:00 PM
Fee: $95.00
Location: K-State Durland/Rathbone Hall 1061
**Photovoltaics 101 and Fossil Fuels meet Renewable Energy -- Fossil Fuels Meet the Sun 15CEN114**

The prize is HUGE. According to Fitch Ratings, U.S. residential PV solar installations have had a compounded annual growth rate of 51% since 2005. In 2012, residential PV installations increased 62% as compared to 2011. “Never before has there been such a challenge to the electricity system paradigm and for its policy makers and regulators. The greatest challenge is to prepare: although only 0.1% of electricity was generated by solar power in 2012; within a decade, 300,000 MW of unsubsidized solar power will be at parity with retail electricity prices in most of the United States.” Because of the lack of water for another nuclear reactor, and the cost and increasing national/international protest over continued coal generation, Westar will try to nurse both Jefferies and Wolf Creek Energy Stations as long as possible. But they understand this era is coming to an end. What they have left as generation strategies are natural gas turbines, large scale wind, and as of this year cost effective solar electricity. We will be discussing first the technology, how simple it is, who the players are and how it’s being fought in Kansas politics. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. www.fhreec.org

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

**Leaf Piles: The Art of Construction 15CEN131**

Wind, rain, jumping children, playful dogs, yard bags that won’t cooperate: these are just a few of the challenges faced each fall when managing your landscape. This interactive course will explore background knowledge, raking techniques and creative skills needed to overcome leaf pile obstacles. Conquer some of the trials of autumn in one afternoon.

Instructor: Ms. Autumn Wind

**In the Zones: Designing with Permaculture 15CEN130**

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

Instructor: Carol Barta, (785) 410-8608

**Wildflower Walk at Tuttle Creek Lake 15CEN59**

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

**Manhattan Community Gardens**

**2016 Garden sign-ups**

Visit www.tryufm.org/community_garden.htm in October for returning gardener and new gardener sign-up dates.

Two Community Garden locations: 9th and Riley Lane in Manhattan and 1435 Collins Lane

The Community Garden has a total of 280 gardening plots!
Bicycle Ed 101 15CEN75A
Cyclists will learn how to care for their bicycles 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: 10/02/2015 (F)
Time: 7:00 PM to 8:00 PM
Fee: $10.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Core Concepts -- Drive-train Mechanics 15CEN76
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, and 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 d,railleur installation, front & rear d,railleur cable adjustment, front & rear d,railleur limit adjustment, chain installation & maintenance and shifter maintenance & cleaning.
Instructor: Big Poppi Bicycle Co, (785) 537-3737
Date: 10/04/2015 (Su)
Time: 5:00 PM to 7:00 PM
Fee: $60.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Core Concepts -- Brake System Mechanics 15CEN77
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, duel-pivot, brake pad installation, brake cable adjustments, caliper adjustments.
Instructor: Big Poppi Bicycle Co, (785) 537-3737
Date: 10/11/2015 (Su)
Time: 5:00 PM to 7:00 PM
Fee: $60.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Major Bearing Systems 15CEN78
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: 10/18/2015 (Su)
Time: 5:00 PM to 7:00 PM
Fee: $100.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Wheel Systems 15CEN79
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: 10/25/2015 (Su)
Time: 5:00 PM to 7:00 PM
Fee: $10.00 or $125.00
Location: Big Poppi Bicycle Co
1126 Moro St.

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

Sponsor the catalog or a class! Call 785.539.8763
Wine Tasting and Food Pairings 15CFF131A
Learn a beginner’s approach to wine tasting with some easy, delicious and value conscious ways to pair wine and food.
Instructor: Ben Motley
Date: 09/10/2015 (Th)
Time: 7:30 PM to 9:00 PM
Fee: $32.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Wine Tasting and Food Pairings 15CFF131B
Instructor: Ben Motley
Date: 10/08/2015 (Th)
Time: 7:30 PM to 9:00 PM
Fee: $32.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Wine Tasting and Food Pairings 15CFF131C
Instructor: Ben Motley
Date: 11/05/2015 (Th)
Time: 7:30 PM to 9:00 PM
Fee: $32.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Cocktails for Entertaining 15CFF132A
Learn how to make high quality cocktails for you, your family and your guests. The class will focus on basic cocktail techniques and feature seasonally inspired drinks for one or a larger social gathering.
*Must be 21 years old to participate
Instructor: Ben Motley
Date: 09/17/2015 (Th)
Time: 7:30 PM to 9:00 PM
Fee: $27.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Cocktails for Entertaining 15CFF132B
Instructor: Ben Motley
Date: 11/19/2015 (Th)
Time: 7:30 PM to 9:00 PM
Fee: $27.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Cocktails for Entertaining 15CFF132C
Instructor: Ben Motley
Date: 12/03/2015 (Th)
Time: 7:30 PM to 9:00 PM
Fee: $27.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Specialty Coffee Cupping 15CFF133A
Learn about and taste the differences in coffee from around the world.
Instructor: Ben Motley
Date: 10/12/2015 (M)
Time: 7:30 PM to 8:30 PM
Fee: $15.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Specialty Coffee Cupping 15CFF133B
Instructor: Ben Motley
Date: 12/07/2015 (M)
Time: 7:30 PM to 8:30 PM
Fee: $15.00
Location: Arrow Coffee Company
1800 Claflin Road, #160
Coffee Brewing Basics  15CFF134A
Learn how to brew a better cup of coffee at home using different brewing methods. The class will focus on several hand brewing techniques including aeropress, Chemex and V60.
Instructor: Ben Motley
Date: 09/14/2015 (M)
Time: 7:30 PM to 9:00 PM
Fee: $15.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Coffee Brewing Basics  15CFF134B
Instructor: Ben Motley
Date: 11/09/2015 (M)
Time: 7:30 PM to 9:00 PM
Fee: $15.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Outdoor Oven Cooking  15CFF130
Introduction and demonstration of cooking outdoors with cast iron pots, often called “Dutch Ovens.” A Dutch Oven can be used to cook most anything that will fit inside the pot, with most all types of cooking techniques (bake, grill, roast, fry, broil, toast, steam, boil) and most all possible foods. Demonstrations will include gluten-free cake, vegan choices and traditional omnivore/carnivore fare. Participants should bring their own plates and table service and not eat a big breakfast prior to the gathering for class at 11:00 AM, since the demonstration food will be served.
Instructor: O. John Selfridge, (785) 537-0263, ojs@ksu.edu
Date: 10/03/2015 (Sa)
Time: 11:00 AM to 1:00 PM
Fee: $20.00
Location: City Park
Poyntz Avenue Pavillion
(South of City Park Pool)

Lou Douglas Lectures
“Restoring Kansas Values to the Kansas Budget”
Duane Goossen
Senior Fellow with the Kansas Center for Economic Growth and Former Kansas Budget Director
Tuesday, November 3, 2015
7:00 p.m.
Forum Hall,
K-State Student Union
Sponsored by UFM Community Learning Center
Underwritten by the K-State Student Governing Association
The Lou Douglas Lectures are free and open to all. After 5pm parking is free on K-State campus except for the parking garage.

Enroll anytime at www.tryufm.org
A One on One
Introduction to Voiceovers 15CCF129
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 08/25/15 and 12/12/15. Enroll before September 25th 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.
Instructor: Voices For All, LLC
Date: 08/25/2015 to 12/12/2015
Time: See class description
Fee: $24.00 (Before September 25th)
     $30.00 (After September 25th)
Location: Online

Blended Learning:
First Aid/CPR/AED 15CHW70A
Reduce classroom time for CPR, First Aid, and AED Training 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 on the final exam, then bring printed final exam score to hands-on skills practice and assessment session.
Part II
Attend in person and demonstrate competency in the hands-on skills practice and assessment session.
Source: American Red Cross
**No textbook required and the date listed is for hands-on skills practice session. There is a $45 non-refundable deposit.
Instructor: Kelly Reed-Harkness
Date: 08/15/2015 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $64.00
Location: UFM Conference Room
         1221 Thurston St., 2nd floor

Blended Learning:
First Aid/CPR/AED 15CHW70B
Instructor: Kelly Reed-Harkness
Date: 09/12/2015 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $64.00
Location: UFM Conference Room
         1221 Thurston St., 2nd floor

Blended Learning:
First Aid/CPR/AED 15CHW70C
Instructor: Kelly Reed-Harkness
Date: 11/14/2015 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $64.00
Location: UFM Conference Room
         1221 Thurston St., 2nd floor
HEALTH & WELLNESS

Women's Self Defense 15CHW118AZ
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. No prior martial arts experiences required. Wear comfortable clothing and athletic shoes. Also available for KSU credit.
Instructor: Kyoshi Pam Johansen, pam@midamerica-karate.com
Date: 09/13/2015 to 10/03/2015 (Su/Sa)
Time: 1:00 PM to 4:00 PM
Fee: $70.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Fall Cleanse 15CHW139
Your body is always working to cleanse itself through many avenues such as the skin, lungs, bladder and intestines etc. With this in mind, remember that we are approaching a season when we may be less active and more inclined to eat heavier foods. Of course we may try to continue being active, and to eating well, but actually, winter is a time when we slow down and that's natural. Besides, if our gardens did well, we are likely to be eating lots of wonderful food, and in November and December we tend to indulge more than usual. Because of all these things, it's a great time to let all your organs take a week's vacation by eating and drinking only the things that will assist your body's "housekeeping" and give your digestion and elimination organs rest while still getting all the nutrition you need. We will spend the first hour talking about and preparing our basic ingredients and schedule for the cleansing regimen. We will then sit down for a meal together and a discussion, including Q and A. Please bring an empty stomach and a small notebook & pen to jot down your notes. All our ingredients for this free class are from People's Grocery Cooperative, our local organic/local food outlet. Please inquire about membership. People's Grocery and UFM have collaborated to bring you this class.
Instructor: Ana Franklin, 537-8224, yogaconnection@gmail.com
Date: 11/07/2015 (Sa)
Time: 11:00 AM to 1:00 PM
Fee: No Charge
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

Ana Franklin is a certified Natural Health Consultant and Yoga Teacher.

I'd like to try yoga, but I don't know how to do it workshop 15CHW174
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, dn72649@gmail.com
Date: 09/13/2015 (Su)
Time: 4:30 PM to 6:00 PM
Fee: No Charge
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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

Enroll anytime at www.tryufm.org
### Evening Yoga 15CHW88A
Close your day with gentle yoga movements and breathing practices to help you relax, rejuvenate and restore your energy! No experience necessary. Yoga is for everybody.
Instructor: Debbie Newton, dn72649@gmail.com

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<th>Date</th>
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Debbie has been a certified yoga teacher (CYT) since 2007.

### Evening Yoga 15CHW88B
Instructor: Debbie Newton, dn72649@gmail.com

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### Evening Yoga 15CHW88C
Instructor: Debbie Newton, dn72649@gmail.com

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### Morning Yoga 15CHW89A
Greet the new day with breath and body-opening, stretching and energizing through yoga. No experience necessary. Yoga is for everybody.
Instructor: Debbie Newton, dn72649@gmail.com

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<th>Date</th>
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### Morning Yoga 15CHW89B
Instructor: Debbie Newton, dn72649@gmail.com

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### Morning Yoga 15CHW89C
Instructor: Debbie Newton, dn72649@gmail.com

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### Restorative Yoga 15CHW140A
Restorative yoga is a slower paced class allowing for deeper stretching and conscious mind-body relaxation. Supported with props, such as pillows, straps, or blocks, restorative poses offer benefits to both the body and mind. This class is designed for anyone, but can be therapeutic for many conditions ranging from asthma to depression to chronic fatigue/pain. (All levels welcome)
Instructor: Debbie Newton, dn72649@gmail.com

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### Restorative Yoga 15CHW140B
Instructor: Debbie Newton, dn72649@gmail.com

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### Restorative Yoga 15CHW140C
Instructor: Debbie Newton, dn72649@gmail.com

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### Chair Yoga 15CHW156A
Chair Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, & range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction. (All levels welcome)
Instructor: Debbie Newton, dn72649@gmail.com

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### Chair Yoga 15CHW156C
Instructor: Debbie Newton, dn72649@gmail.com

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### Chair Yoga 15CHW156B
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### Gentle Yoga for All 15CHW99A
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

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<td>321 Poyntz Ave, Ste A</td>
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### Gentle Yoga for All 15CHW99C
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

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### Gentle Yoga for All 15CHW99B
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

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### The Heart and Soul of Yoga: Moving Beyond the Body 15CHW207
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

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3 easy ways to register:
- Online @ www.tryufm.org
- By phone @ 785.539.8763
- Stop in and see us @ 1221 Thurston St
Yoga 1 15CHW15AZ
This course will cover the basic fundamentals of yoga. Sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy. Available for KSU credit.
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 08/24/2015 to 10/14/2015 (MW)
(No class 9/07)
Time: 10:30 AM to 11:30 AM
Fee: $99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Ana Franklin is a certified Yoga teacher who began her own practice forty years ago.

Yoga 1 15CHW15AZ
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 08/24/2015 to 10/14/2015 (MW)
(No class 9/07)
Time: 4:20 PM to 5:20 PM
Fee: $99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yes Means Yes 15CHW181
Yes Means Yes is a six-week positive sexuality seminar led by student, faculty, and staff facilitators. Yes Means Yes gives students the unique opportunity to gather with people from across campus to engage in honest discussion. The seminar covers topics of positive sexuality in an attempt to destigmatize and encourage conversation about sex, pleasure, a healthy sexual climate on campus, Bystander Intervention, consent, combating sexual violence, and the way different identities interact with sex and sexuality.
Instructors: Jessica Haymaker, Jenna Tripodi & Jessica Munoz

Date: 10/24/2015 to 10/31/2015 (Sa)
Time: 10:00 AM to 2:30 PM
Fee: No Charge
Location: Justin Hall, Room 256
Kansas State University

Yoga 1 15CHW15BZ
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 08/24/2015 to 10/14/2015 (MW)
(No class 9/07)
Time: 4:20 PM to 5:20 PM
Fee: $99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 15CHW15CZ
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 08/24/2015 to 10/14/2015 (MW)
(No class 9/07)
Time: 5:30 PM to 6:30 PM
Fee: $99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 15CHW15DZ
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 10/19/2015 to 12/09/2015 (MW)
(No class 11/23, 11/25)
Time: 10:30 AM to 11:30 AM
Fee: $99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 15CHW15EZ
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 10/19/2015 to 12/09/2015 (MW)
(No class 11/23, 11/25)
Time: 4:20 PM to 5:20 PM
Fee: $99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 15CHW15FZ
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 10/19/2015 to 12/09/2015 (MW)
(No class 11/23, 11/25)
Time: 5:30 PM to 6:30 PM
Fee: $99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Teach a class at UFM!
*Share a hobby or skill*
*Meet new people*
*Enhance your business*

View instructor bios at www.tryufm.org
HEALTH & WELLNESS

Intro to Meditation 15CHW183
We’ll cover meditation basics in this conversational and experiential class: setting sacred space, relaxing, grounding, and mindfulness. People's Grocery and UFM have collaborated to bring you this class. Palma Holden, M.S., helps people relax, de-stress, and feel better, brighter about life through her practical, spirit-lifting workshops and private consulting.
Instructor: Palma Holden (785) 341-9072, palma@brightlifeconsulting.com

Date: 09/16/2015 (W)
Time: 6:00 PM to 7:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

Series of Three:
Bright Life Strategies 15CHW146
Register for this class and participate in any combination of three classes. See class descriptions listed below. Fee $98.00 - savings of $10.00.
Instructor: Palma Holden (785) 341-9072

Bright Life Strategies: Empowering Questions 15CHW177
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: 10/15/2015 (Th)
Time: 6:00 PM to 7:30 PM
Fee: $36.00
Location: UFM Solar Addition
1221 Thurston St.

Bright Life Strategies: Shifting Into Compassion 15CHW143
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: 09/10/2015 (Th)
Time: 6:00 PM to 7:30 PM
Fee: $36.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Bright Life Strategies: Peeling the Layers 15CHW145
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: 11/04/2015 (W)
Time: 6:00 PM to 7:30 PM
Fee: $36.00
Location: UFM Solar Addition
1221 Thurston St.

Bright Life Strategies: Lowering Blood Pressure Naturally 15CHW209
Discover ways to lower your blood pressure naturally using specific non-invasive, non-medicative means including fruits, vegetables, spices, supplements, oils, and breathing techniques. People's Grocery and UFM have collaborated to bring you this class.
Instructor: Palma Holden, 785-341-9072, palma@brightlifeconsulting.com

Date: 09/30/2015 (W)
Time: 6:00 PM to 7:30 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Philosophy of Meditation and its Concerned Elements 15CPI86A
Learn the philosophy and technique for connecting mind and body for improved concentration, total relaxation, and relief from both physical and mental stress. Meditation can improve your energy, heal your body and assist with its function, and help ease stress. You will be introduced to the what, who, why and how of meditation philosophy to make yoga total consciousness experience. The instructor uses original Sanskrit text, called ‘Patanjali Yog Pradeep’ to guide and inform all meditation exercises.
Instructor: Prabhakar Naware

Dates: 08/29/2015 to 08/30/2015 (Sa/Sun)
Time: 5:00 PM to 7:30 PM
Fee: $39.00
Location: UFM Solar Addition
1221 Thurston St.

Philosophy of Meditation and its Concerned Elements 15CPI86B
Instructor: Prabhakar Naware

Dates: 09/26/2015 to 09/27/2015 (Sa/Sun)
Time: 5:00 PM to 7:30 PM
Fee: $39.00
Location: UFM Solar Addition
1221 Thurston St.

Flashback!
Interested in teaching a class for UFM?
Spring 2016 submission deadline is October 9, 2015.
For more information email kayla@tryufm.org

Enroll anytime at www.tryufm.org
**Blended Learning:**
First Aid/CPR/AED  15CHW70A
Reduce classroom time for CPR, First Aid, and AED Training 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:

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Part II
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Source: American Red Cross

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

**Blended Learning:**
First Aid/CPR/AED  15CHW70D
Instructor: Abby Thrash, abbythrash@gmail.com

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Abby is a School Counselor in Haysville, KS. Abby graduated from Kansas State University in 2005. She began working for UFM as a lifeguard in 2002. She became swim coordinator in 2004 and worked for UFM until she graduated. Abby is certified to teach CPR/First Aid, Water Safety Instructor, and Lifeguard Training. Abby trains about 70 lifeguards per year. Abby loves the opportunity that UFM provides for her in allowing her to certify and train others. Swim safe!

**Blended Learning:**
First Aid/CPR/AED  15CHW70E
Instructor: Abby Thrash, abbythrash@gmail.com

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<td>Location</td>
<td>UFM Conference Room 1221 Thurston St., 2nd floor</td>
</tr>
</tbody>
</table>

**Responding to Emergencies**  15CHW19Z
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 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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<thead>
<tr>
<th>Date</th>
<th>09/20/2015 to 10/04/2015 (Su/Sa)</th>
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<tr>
<td>Time</td>
<td>12 N to 6:30 PM</td>
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<td>Fee</td>
<td>$154.00</td>
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<tr>
<td>Location</td>
<td>UFM Banquet Room 1221 Thurston St.</td>
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MARTIAL ARTS

Judo I 15CRF08Z
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 for gaining 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: 08/24/2015 to 12/10/2015 (M/Th)
(No classes 9/07, 11/23, 11/26)
Time: 8:00 PM to 9:00 PM
Fee: $75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Judo II 15CMA09Z
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: 08/24/2015 to 12/10/2015 (M/Th)
(No class 9/07, 11/23, 11/26)
Time: 8:00 PM to 9:30 PM
Fee: $75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

White Phoenix (Pai Lum) Kung 15CMA21
White Phoenix Kung Fu is a style that combines hard, soft and internal methods in one system. The class will include “bows”, stances, blocks, punches, kicks, strikes, and one step sparring. Stan Wilson has an eight degree black sash in Kanasa Pai Lum and a first degree black sash in 18 Taoist Palms Kung Fu. He has been practicing martial arts since 1970. Instructor: Stan Wilson, (785) 313-5488, stan3804@att.net
Date: 09/14/2015 to 11/09/2015 (M)
Time: 7:00 PM to 8:00 PM
Fee: $54.00
Location: K-State Ahearn Fieldhouse

Tae Kwon Do I 15CMA01Z
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.
Instructor: David Moore
Date: 08/25/2015 to 12/10/2015 (T/Th)
(No class 11/24, 11/26)
Time: 5:00 PM to 6:00 PM
Fee: $72.00
Location: Sun Yi’s Academy
1650 Hayes Dr.

Basic Karate & Self-Defense 15CMA22
This basic class includes traditional martial arts, basic blocking and striking. Basic kicks along with self defense, Okinawan Ju-Jitsu su and kata (forms). Belt advancement encouraged and learning Kobudo (weapons) also encouraged; this works fine motor skills which enables more coordination. Ages 6 and up welcome.
Instructor: Kyoshi Pam Johansen, pam@midamerica-karate.com
Date: 10/04/2015 to 11/15/2015 (Su)
Time: 11:30 AM to 12:30 PM
Fee: $59.00
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.

Discover the Past!

Riley County Historical Museum
2309 Claflin Road
Tues.– Fri. 8:30—5:00
Sat. & Sun. 2:00-5:00
Research Library by appointment
785.565.6490

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

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

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

www.rileychs.com

Become UFM’s fan on Facebook!
Hundred Dollar Holiday: The Case for a More Joyful Christmas 15CPI105
How can we celebrate the holidays, that is, celebrating with more joy than money? Drawing from the material in Bill McKibben’s book by the same name, we will explore ideas for celebrating the holidays in ways that bring joy and excitement without giving in to the commercialism and materialism that have come to dominate our culture.
Instructor: Carol Barta, (785) 410-8608
Date: 11/08/2015 (Su)
Time: 6:00 PM to 8:00 PM
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

Digging Up Bones 15CPI98
Join us for an exciting day learning everything you wanted to know about researching a cemetery. Jill Frese, genealogist and family historian, along with her brother, will explain all the reasons to research a cemetery to aid in your family history. This included everything from making your own tombstones, cleaning existing stones, witching for unmarked graves, stone rubbing and much much more! So join us for this special day of fun and fact finding that will turn cemeteries into genealogy gold. *Pull in the east entrance of the cemetery, park and meet up with class.
Instructor: Jill Frese
Date: 10/03/2015 (Sa)
Time: 10:00 AM to Noon
Fee: $17.00
Location: Sunset Cemetery
Manhattan, KS

Vinyl Record Care & Cleaning Workshop 15CPI93A
Each class will cover the basics of cleaning & care of your vinyl record collection, as well as some turntable terminology and a little record history. Hopefully we'll give you enough practice with cleaning that your record collection will look as good, if not better than when you purchased it. We'll answer questions, allow everyone to work with our industrial Keith Monk Record Cleaning Machine, teach you some tricks of the trade, and have a good time. Heck. you'll even get a free gift just before you leave! Ages 14+.
Instructors: Leah Cunnick & Sarah Cunnick, (785) 770-9767, s_o_smusic@yahoo.com
Date: 08/29/2015 (Sa)
Time: 3:00 PM to 4:30 PM
Fee: No Charge
Location: People's Grocery
1620 Fort Riley Blvd

Benefits of Buying Bulk 15CPI96
Are you interested in decreasing your footprint? Many of us reuse water bottles in an effort to be eco-friendly, and are searching for ways to do more. Come to learn about the development of industrial food packaging and find out how easy it is to reuse food containers for economic and ecological benefits.
People’s Grocery and UFM have collaborated to bring you this class.
Instructor: Kyler Reith
Date: 08/29/2015 (Sa)
Time: 3:00 PM to 4:30 PM
Fee: No Charge
Location: People’s Grocery
1620 Fort Riley Blvd

Carol Barta is a founding member of the Flint Hills Resilience Coalition and certified permaculturist.

The Design, Construction, and Use of Wood Fired Masonry Ovens 15CPI111
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: 09/26/2015 (Sa)
Time: 3:00 PM to 6:00 PM
Fee: $10.00
Location: 1624 Osage
Manhattan, KS 66502
Matt Campbell earned his Bachelor’s and Master’s in Mechanical Engineering degrees at K-State.

Find the Fake Class in the UFM Catalog and get $1 off your registration!
Flint Hills Wisdom Keepers Informational Meeting and Medicine Wheel Introduction 15CPI139

You are invited to a free “get acquainted” informational meeting to introduce the historical Flint Hills Wisdom Keepers Gathering. Our annual Gathering, held near Council Grove, Kansas, provides a forum of American Indian Elders from across the country to share in their traditions. The Gathering has been held every year since the mid-1980’s, with beginnings in North Carolina and later brought to Kansas in 2002. During the informational meeting, we will also provide an introduction to a Native American medicine wheel and lead attendees in designing their own medicine wheel using basic craft materials.

Activities to be enjoyed during this informational meeting are:
1) Brief slide presentation of Gathering highlights stories and accounts of past Wisdom Keepers Native American Elders, with summary of key ceremonial and traditional aspects of the Gathering.
2) Drumming and singing (drums available to share).
3) Medicine Wheel introduction and creation of a medicine wheel to take home.

Join us to find out more about the upcoming Flint Hills Wisdom Keepers Gathering in 2016. Connect with an introduction to our indigenous Wisdom Keepers Elders, with the beat of your heart through drumming and singing, and learn about the significance of the Native medicine wheel tradition. To find out more on this informational meeting and other activities sponsored by the Flint Hills Wisdom Keepers in the Manhattan area, contact with Pat Embers at 785-539-2819 or fhwisdomkeepers@gmail.com. For complete, up-to-date website information, go to www.fhwisdomkeepers.org.

Instructor: Pat Embers & Jean Underwood

| Date: 10/03/2015 (Sa) | Time: 1:00 PM to 3:00 PM | Fee: No Charge | Location: UU Fellowship Bldg 481 Zeandale Rd Manhattan, KS 66502 |

New!

Sweet Grass Braiding 15CPI85

Sweet grass is a long, tall, sweet-smelling grass of 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 2016 Flint Hills Wisdom Keepers Gathering, Council Grove, KS (www.fhwisdomkeepers.org). Pat is a Flint Hills Wisdom Keepers Foundation Board Member.

Instructor: Pat Embers

| Date: 10/24/2015 (Sa) | Time: 10:00 AM to 12 N | Fee: $15.00 | Location: 733 Galaxy Drive Manhattan, KS 66502 |

Making the Most of Our Senior Years: Life Re-imagined 15CPI95

This 5 session class will introduce strategies to plan, adapt, and maintain personal well-being during the autumn years of life. These sessions will address the following objectives: (1) Managing transitions. Finding ways to adapt, make changes, re-imagine, and re-define a changing life situation. (2) Reflection and recapitulation. Utilizing stories of importance in one’s life to define strengths, interests, and meaning that in turn identify attributes that can be used in the future. (3) Increasing and sustaining happiness. Engaging in activities that maintain physical, psychological, and social well-being. (4) Openness and Creativity. Learning to create and take advantage of serendipity and the chance opportunities that are available in every day experience. (5) Overcoming perceived barriers. The opposite of action in life is fear. Fear is most often a paralysis of the unknown; how to break those barriers. (6) Maintaining social support. How we can maintain human connections with opportunities to converse and share thoughts and feelings with other people. (7) Creating a life of meaning. We all leave the planet, so what is the most important legacy that we would like to leave behind? The activities to achieve these objectives will include readings and brief presentations, demonstration of activities to exemplify the concepts, and group discussions and interactions to personalize these ideas to our own lives.

Instructors: Art Rathbun, Fred Newton & Dan Wilcox

| Date: 09/15/2015 to 10/13/2015 (T) | Time: 4:00 PM to 5:30 PM | Fee: $9.00 | Location: UFM Conference Room 1221 Thurston St., 2nd floor |

Art was employed at KSU for more than 20 years as coordinator of the Biofeedback/Stress Management laboratory. He is also an ordained minister, counselor and horse breeder. Art has taught a course on Stress Management/Performance Enhancement with both online and workshop formats for the past 20 years.

Fred Newton, served as Director of Counseling and Professor of Education during the past 34 years at KSU. Since his retirement (2012) his business card describes him as gardener, photographer, traveler, sport psychologist, consultant, writer, and part-time instructor.

Dan Wilcox is on the faculty for Special Education, Counseling and Student Affairs and Counseling in KSU College of Education. He is a licensed psychologist and has been a practicing counselor, workshop leader and guest speaker with a focus on positive psychology and the benefits of optimism, well-being and meaningfulness in life.
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

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

*Tours require a minimum of 10 participants with the maximum number of seats available set at 14. If the minimum is not met, tours will be combined or canceled.
Level I: Basic Belly Dance  15CRF09
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: Amy (Nashid) Werner

Date:       09/10/2015 to 10/29/2015 (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  15CRF161
The purpose of tribal fusion belly dance is to have fun while connecting with a group of women, tone and strengthen your muscles through dancing, and ultimately, learn that your body is beautiful just the way it is. All shapes and sizes are welcome! This class will teach dancers how to fuse elements from a large group of dance styles while incorporating a variety of musical genres. Imagine shimmying to Michael Jackson or doing snake arms to Carly Simon! We will briefly review the movements taught in Level 1, then learn some basic and fun belly dance combinations that we can string together in any order to create a beautiful dance. ** Must complete Level I: Basic Belly Dance before taking Level II. **
Instructor: Kathryn Harth

Date:       09/21/2015 to 11/09/2015 (M)
            (No Class 10/12)
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.

Salsa Dance 101  15CRF171
Are you a fan of Dancing with the Stars and So You Think You Can Dance? Have you always wanted to learn how to move your body like the dancers on these shows? If you answered yes to either of these questions, then you need to look no further; this is the class for you. Salsa is one of the dances featured on both of these shows. In this beginner level class, you will learn the basics of Salsa dancing. Topics covered in this class will include technique, spins, and dips as well as patterns. No experience or partner is necessary to take this course. Please wear comfortable clothes and shoes that are non-scuffing, preferably leather soled shoes.
About the teacher: As a 14-year salsa dancer, I am excited to share my knowledge and love of dance with my students. Each class will be different from the last class.
Instructor: Isaac Falcon

Date:       09/02/2015 to 10/14/2015 (W)
Time:       6:45 PM to 7:45 PM
Fee:        $50.00
Location:   K-State Ahearn Room 301
            College Heights St., 3rd floor

Issac was born in Mexico City. He and his family moved to the Kansas City area in 1999, where he took his first dance lesson. His passion for dancing has introduced him to a wide variety of dances, (e.g. Cha-cha, Mambo, Swing, Waltz, Fox trot, Two step, Tango, Rumba, Bachata, Merengue). He is always passionate about teaching people how to dance and strongly believes that anyone can learn to dance. He is a graduate student in Family Studies and Human Services at K-State and tries to learn something new every day. He loves to learn about new cultures and is eclectic when it comes to foods. He loves variety.

Intermediate-Advanced Salsa & Bachata  15CRF172
Salsa and Bachata are two popular dances in the big cities in the United States as well in Latin America. Both considered by the pros as sensual, playful, and flirty. In this class we will explore various intermediate/advanced Salsa and Bachata moves as well as more advanced lead and follow techniques. This class will build on your previous dance experience and will give you the confidence you need to be a better dancer on the dance floor. Through the instructor’s 14-years of dance experience, he will pass on his knowledge and give you the tools needed for you to make these dances your own. He will also take what he learned from his coaching sessions in November 2014 with Three-Time World Latin Dance Champion and former Dancing with the Stars Pro, Louis Van Amstel and pass it on to you. So, put on your dancing shoes and let’s have fun! Please wear comfortable clothes and shoes that are non-scuffing, preferably leather soled shoes.
Instructor: Isaac Falcon

Date:       09/09/2015 to 10/21/2015 (W)
Time:       7:45 PM to 8:45 PM
Fee:        $50.00
Location:   K-State Ahearn Room 301
            College Heights St., 3rd floor

Full Instructor biographies are available on our website  www.tryufm.org > Noncredit > By Instructor > Instructor name
Introduction to Country Swing Dancing 15CRF117
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, tweeks@ksu.edu, (417) 280-5719.
*Soft-sole, non-marking tennis shoes are required. No boots allowed on room floor.*
Instructor: Thomas Weeks

Hula Hooping for Fitness 15CRF118
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+
*Class is located in the Old Fellowship Hall at College Avenue United Methodist Church.
Instructor: Pam Lathrop

FitCamp 15CRF180A
FitCamp is a great way to challenge your body in a fun, relaxed environment. In this class, we will do a combination of body weight resistance exercises, paired with cardiovascular exercises to really get your heart rate up! Every exercise will include modifications and you will always be able to go your own pace! No class will be the same and all classes will include nutrition tips and information!
Instructor: Julie Gibbs, (785) 477-0708, jag3933@ksu.edu

Introduction to Golf 15CRF04
This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play; course etiquette; and the selection and use of equipment. No experience necessary. Clubs and equipment will be provided; students may bring their own golf clubs.
Instructor: Brian Lorenz

Pam Lathrop is a certified group fitness instructor who prefers creative, challenging and fun workouts.
**Half or Full Marathon Training 15CRF68**

If you have ever wanted to finish a half or full 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 half or full 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 half or full marathon. Class will meet Tuesday from 5:45-6:45 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:** 09/08/2015 to 10/29/2015 (T/Th)  
**Time:** 5:45 PM to 6:45 PM  
**Fee:** $140.00  
**Location:** UFM Conference Room  
1221 Thurston St., 2nd floor

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**Run Happy! Run For Life! 15CRF72**

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:** 09/14/2015 to 10/23/2015 (MWF)  
**Time:** 6:00 PM to 7:00 PM  
**Fee:** $145.00  
**Location:** K-State Ahearn Field House Indoor Track

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**Boxing 1 15CRF14AZ**

Boxing 1 - Get into shape by participating in the sport of USA Olympic Style Boxing. Students will be taken through a boxer’s workout in a safe and comfortable environment while leaning boxing punches, proper boxing stance, footwork, movement, shadow boxing, and self-defense. Students will be introduced to the many rhythmic bags, heavy bags, and focus mitts. Learning the sport of boxing is a fun way to relieve stress, gain self-confidence, get stronger, leaner, faster, and develop a sense of self through boxing ethics. There will be no sparring in this course. On the first day of class, students will place their order for their proper boxing equipment needed for this course: Safety gloves, curved focus mitts, 180” stretchable hand-wraps. Renting is an option and will be discussed on the first day of class. Equipment total will vary from $85-$100+ depending on students choice to rent or buying and quality of equipment they purchase. Ages 13+. Email for questions koboxer86@gmail.com. Available for KSU credit. K.O. Boxing, Inc. is conveniently located in the basement under Shelter Insurance in Manhattan, Kansas.

Instructor: Lorissa Ridley, (785) 341-1708

**Date:** 08/24/2015 to 10/14/2015 (M/W)  
**Time:** 2:00 PM to 3:00 PM  
**Fee:** $195.00  
**Location:** K.O. Boxing  
2048 Tuttle Creek Blvd.  
(In the basement under Shelter Insurance)

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**Boxing 1 15CRF14BZ**

Instructor: Lorissa Ridley, (785) 341-1708

**Date:** 08/24/2015 to 10/14/2015 (M/W)  
**Time:** 4:20 PM to 5:20 PM  
**Fee:** $195.00  
**Location:** K.O. Boxing  
2048 Tuttle Creek Blvd.  
(In the basement under Shelter Insurance)

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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.

Full Instructor biographies are available on our website  
www.tryufm.org > Noncredit > By Instructor > Instructor name
Archery Skills 15CRF176
This 6-week archery class is focused on refining fundamental shooting skills that have been learned previously in a UFM beginning archery class. There will be a new shooting objective each week with instruction. Open to both youth and adults. Contact the instructor with questions.
Instructor: Tom Korte H: (785) 494-8889
Date: 10/18/2015 to 11/22/2015 (Su)
Time: 5:30 PM to 6:30 PM
Fee: $40.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Archery for Adults 15CRF01AZ
This course provides men and women instruction in target style archery. Emphasis is on the archery form currently used in Olympic sports. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement.
Instructor: Tom Korte, (785) 494-8889
Date: 08/24/2015 to 12/07/2015 (M)
(No class 9/07, 11/23)
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 15CRF01BZ
Instructor: Tom Korte, (785) 494-8889
Date: 08/24/2015 to 12/07/2015 (M)
(No class 9/07, 11/23)
Time: 7:40 PM to 8:40 PM
Fee: $101.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Archery for Adults 15CRF01CZ
Instructor: Tom Korte, (785) 494-8889
Date: 08/24/2015 to 12/07/2015 (M)
(No class 9/07, 11/23)
Time: 8:50 PM to 9:50 PM
Fee: $101.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Archery for Adults 15CRF01DZ
Instructor: Tom Korte, (785) 494-8889
Date: 08/25/2015 to 12/08/2015 (T)
(No class 11/24)
Time: 8:15 PM to 9:15 PM
Fee: $101.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Beginning Tennis 15CRF164AZ
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: 09/01/2015 to 11/10/2015 (T)
Time: 1:30 PM to 3:00 PM
Fee: $99.00
Location: Body First Wellness & Recreation Center, 3615 Claflin R

Beginning Tennis 15CRF164BZ
Instructor: Dave Hoover
Date: 09/02/2015 to 11/11/2015 (W)
Time: 1:30 PM to 3:00 PM
Fee: $99.00
Location: Body First Wellness & Recreation Center, 3615 Claflin R

"LIKE" UFM Community Learning Center on Facebook for information and updates on classes and events.
Connect with UFM on Facebook.com/UFMCLC
Beginning Fencing 15CRF21Z
Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, 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: 08/24/2015 to 12/07/2015 (M)
(No class 9/07, 11/23)
Time: 6:00 PM to 7:30 PM
Fee: $60.00 - Has equipment
$93.00 - use instructors
Location: K-State Ahearn Fieldhouse

Intermediate Fencing 15CRF22Z
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: 08/24/2015 to 12/07/2015 (M)
(No class 9/07, 11/23)
Time: 7:30 PM to 9:00 PM
Fee: $60.00 - Has equipment
$93.00 - use instructors
Location: K-State Ahearn Fieldhouse

History of People’s Grocery!
A Manhattan food cooperative started through UFM in spring 1971. Cutting food costs, supporting local farmers, providing access to healthier food, helping to create an ecological awareness and bringing people together were the original goals of this Food Co-op class. These ideas grew support quickly and People’s Grocery was established at 811 Colorado in June 1975. An idea that started with a UFM class has grown to an established bulk food program and grocery store 40 years later.

People’s Grocery will celebrate 40 years with sales and specials at the store throughout the month of September. The celebration will culminate on September 27th with a special event for co-op owners and their guest in City Park.

UFM Community Learning Center would like to congratulate People’s Grocery on 40 years!
Stories from My Grandparent and Me For Our Genealogy Tree 15CYO96

Become an investigator. With your grandparent (another family member may be substituted for a grandparent), together collect information to start your genealogy tree book/stories. To prepare for the class, gather as much information as you can to bring to class (you will be emailed instructions about what stories and information to start collecting to bring to the class.) Bring at least one picture from 4x6 to the size of a page 8x11. We recommend buying plastic sleeves for each page (acetone free) and a three ring notebook for the finished product. We will concentrate on one ancestor and a memorable time together; bring his/her photo to class. We will focus on structuring the booklet, looking for thoughts/things, writing the story, researching, and sharing ideas to continue at home. There will be a short online demonstration on researching your ancestors.

Grandparents: If your grandchild doesn’t live nearby and can’t attend class with you, you are still welcome to enroll in this class to get the information to get started working together on your project. This class is sponsored by UFM and Riley County Genealogical Society www.rileycgs.com

Instructors: Marlene Sedillos & Charlene Brownson, (785) 539-8763, cmb@ksu.edu

Date: 10/24/2015 (Sa)
Time: 10:00 AM to 11:30 AM
Fee: $9.00
Location: Riley Co. Genealogy Library - 2005 Claflin Rd.

Marlene Sedillos is an instructor at the Tech. College. She started teaching Kindergarten-12th grade with a teaching certificate in Art Education; however, Dr. Sedillos has been teaching communications (written and oral) at the college level for twenty-five years. She encourages her grandchildren to capture history in writing.

Charlene Brownson coordinates educational programs at UFM. She also volunteers with the Riley County Genealogical Society. Charlene & Marlene’s ancestors were some of the first settlers to move to Riley County when it was still Kansas Territory. They enjoy finding new facts and information about their ancestors.

Photography from My Grandparent and Me For Our Genealogy Tree 15CYO97

In this class you will learn tips and get ideas for taking photos so that you can start building your family history book. Taking photos of family members, homes, places, sports, and other family activities is a great way to start building your family genealogy tree. This class is for a child & grandparent to attend the class together and then start your photos projects together (another family member may be substituted for a grandparent.) You will take home a list of ideas for family photo projects. Please bring your camera to class. This class is sponsored by UFM and Riley County Genealogical Society www.rileycgs.com

Instructor: Sue Smith

Date: 09/26/2015 (Sa)
Time: 2:00 PM to 3:30 PM
Fee: $9.00
Location: UFM Solar Addition 1221 Thurston St.

Sue Smith is a retired Physical Education teacher of over 40 years. She has shared her knowledge and enthusiasm for photography with many school, after school, church groups, and individuals. Her fascination started as child watching and helping her Dad in his photography darkroom. Sue loves capturing everything...family, friends, pets, homes, schools, sports, and nature. She is a new member of the Riley County Genealogical Society and is having a wonderful time organizing her family pictures and documents.

American Red Cross Babysitter’s Clinic 15CYO23

The Babysitter’s Training course gives 11 to 15 year olds the skills and confidence to safely and responsibly care for children and infants. Through hands-on activities, interactive video and lively discussions, the course teaches young people how to:

* Care for children and infants.
* Be good leaders and role models.
* Make good decisions and solve problems.
* Keep the children they babysit and themselves safe.
* Handle emergencies such as injuries, illnesses and household accidents.
* Write resumes and interview for jobs.

**Materials included in fee and students will have lunch from 12-1 pm. Please bring a light lunch with you.**

Instructor: Kelly Reed-Harkness

Date: 10/17/2015 (Sa)
Time: 9:00 AM to 4:00 PM
Fee: $56.00
Location: UFM Conference Room 1221 Thurston St., 2nd floor

The top five reasons for taking a UFM Class!

There is a class for Everyone!
Learning is Fun!
Meet New people!
Try something new!
Easy to register!

Ask us about our scholarship opportunities!

Enroll anytime at www.tryufm.org
Archery for Youth 15CYO01A
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: 09/22/2015 to 10/13/2015 (T)
Time: 7:00 PM to 8:00 PM
Fee: $35.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Archery Skills 15CRF176
This 6-week archery class is focused on refining fundamental shooting skills that have been learned previously in a UFM beginning archery class. There will be a new shooting objective each week with instruction. Open to both youth and adults. Contact the instructor with questions.
Instructor: Tom Korte, (785) 494-8889
Date: 10/18/2015 to 11/22/2015 (Su)
(No Class 5/24)
Time: 5:30 PM to 6:30 PM
Fee: $40.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Pre-School Dance 15CYO63
This class is designed for boys and girls ages 3.5-6 years. Basic dance movements like marching, hopping, skipping, leaping and ballet, peppy music and pre-tap techniques. Dance games and creative dance will make this class fun and exciting. No dance attire is needed. Call Randi Dale for more information 785.539.5767.
Instructor: Randi Dale
Date: 09/03/2015 to 09/10/2015 (Th)
Time: 5:30 PM to 6:00 PM
Fee: $14.00
Location: UFM Fireplace Room
1221 Thurston St.

Introduction to Ballet and Tap Dancing 15CYO73
This class introduces ballet and tap techniques to boys and girls ages 5-10. A ballet routine from a classical story ballet will be taught. A fun tap routine will be introduced. Students with little experience as well as first time dancers are welcome. No formal dance wear is needed. Tennis shoes can be used for tap shoes. Students can continue the class.
Instructor: Randi Dale
Date: 09/03/2015 to 09/10/2015 (Th)
Time: 6:00 PM to 6:30 PM
Fee: $14.00
Location: UFM Banquet Room
1221 Thurston St.

Archery for Youth 15CYO01B
Instructor: Tom Korte, (785) 494-8889
Date: 10/20/2015 to 11/10/2015 (T)
Time: 7:00 PM to 8:00 PM
Fee: $35.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

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

Teen Mentoring!
High School - Tuesdays
September 15 - December 1
Middle School - Wednesdays
September 16 - December 2
3:00pm to 5:00pm
Field trips ~ Games ~ Creative Arts ~ Recreation
To apply or for more information about the mentoring program, visit www.tryufm.org or email mandy@tryufm.org

Have Fun!
Build positive relationships!
The Heritage of Kansas Workers: Homesteaders, Miners, Farmers and More
Presented by Greg Stephens, Tom Fleming, Debi Aaron, Dee Boyd & Bob Storer
Wednesdays, Sept.16, 23 & 30 - 6:30pm to 8:30pm
College Avenue United Methodist Church
Fellowship Hall, 1609 College Ave, Manhattan
$40.00

During the course we’ll examine the history of the forgotten Cloud County town of Minersville, unique in Kansas history as a major coal mining community with a rich labor cooperative movement, the classic ‘50s film, Salt of the Earth, about striking mine workers and addressed labor and women's issues and the homestead era of north central Kansas, and how it provided an environment for labor and farmer organizations such as the Grange and Knights of Labor.

Why Hitchcock Matters
Presented by Eric Monder
Mondays, Oct. 5, 12 & 19 - 2:00pm to 4:00pm
Manhattan Art Center
1520 Poyntz Ave., Manhattan
$40.00

This course explores little-known, but significant aspects of the work of Alfred Hitchcock, one of the most revered yet controversial film directors. The course looks at what made Hitchcock both ahead of his time and still relevant today—artistically, historically and politically.

The Farmer’s Iron Horse: Railroads and Agricultural Extension in the 20th Century American West
Presented by David Vail, Ph.D.
Thursdays, Oct. 15, 22 & 29 – 6:30pm to 8:30pm
College Avenue United Methodist Church
Fellowship Hall, 1609 College Ave., Manhattan
$40.00

In this course, we’ll examine railroads, agriculture and the environment in the Great Plains and greater West. We’ll pay special attention to how farmers, agricultural scientists, and railroad companies worked together through special trains and cars (demonstration trains) to address environmental and technological challenges in the 20th century. We will also explore how pests recognized the value of these trains, using them to move from one field to the next.

Improv -- Say “YES and...!”
Presented by Sally Bailey, MFA, MSW
Mondays, Nov. 2, 9 & 16 – 2:00pm to 4:00pm
K-State’s West Stadium - Drama Room #117
Denison Rd. & Anderson Ave., Manhattan
$40.00

Learn to think on your feet and develop your spontaneity in this acting improvisation class. We will play drama games and practice the basic techniques of improvisation in short scenes and skits. Improve your ability to: express yourself, stay in “the-here-and-now,” listen and make the most of whatever you are offered by your scene partners. You won’t have to memorize a thing because we make up everything as we go along.

Kansas Cowtowns
Presented by Roy Bird
Tuesdays, Oct. 20 & 27, Nov. 3 – 2:00pm to 4:00pm
Manhattan Art Center
1520 Poyntz Ave., Manhattan
$40.00

The 150th anniversary of the arrival at Abilene of the first trail herd of longhorn cattle from Texas on the Chisholm Trail will happen in 2017. Texas beef had been driven earlier to other places in Kansas, but Abilene was the first to be designed as a cowtown. For the next two decades, Kansas became the destination, not only for herds of cattle, but also the most romantic American characters of all, the cowboys. Our discussions will include where these men came from, who they were, what they accomplished, and cowboys as products of their times. We will also learn about the cowtowns themselves—Abilene, Wichita, Dodge City, and more—and the impact of cattle and cowboys on each.

The Vietnam War
Presented by Robert Smith, Ph.D.
Tuesdays, Sept. 29, Oct 6 & 13 - 6:30pm to 8:30pm
Meadowlark Hills Community Room
2121 Meadowlark Rd, Manhattan
$40.00

The Vietnam conflict was one of the longest and most divisive wars in American history during which tremendous social and political change took place in the United States. Today, fifty years later, American’s are still living with its legacy. The first class considers the French involvement in the aftermath of the Second World War, the rise of Vietnamese nationalism and communist influence, and America’s initial involvement. The second class looks at America’s deepening military commitment, the major military operations, and the Tet Offensive. Finally, we’ll examine the social and political unrest in the United States that contributed to America’s gradual withdrawal, the final American military and pacification operations, the Paris Peace talks, and finally the North Vietnamese invasion and occupation of South Vietnam.

See the complete Osher catalog & register at www.usher.ku.edu or Toll-free 877-404-5823
These Recreation, Dance, and Fitness Credit courses are offered for KSU credit through the K-STATE GLOBAL CAMPUS with the cooperation of various Kansas State University departments.

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

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

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

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

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<td>Fee</td>
<td>Location</td>
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### RRES 200 (continued)

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**Addresses:**

- Ahearn 301 and 304, Ahearn Complex, 3rd floor, Gymnasium door entry, College Heights Rd
- Body First Wellness & Recreation Center, 3615 Claflin Rd
- Durland Hall, KSU, Room 1061
- K-State Peters Rec Complex
- K.O. Boxing, 2048 Tuttle Creek Blvd. - (In the basement under Shelter Insurance)
- 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

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

**Evening college**

On-campus classes offered after hours

**Intersession**

On-campus and online classes between terms

**Online**

Flexible classes you can complete from anywhere

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

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

Elsa Toburen, bachelor’s student

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

Student Name __________________________________________
Address __________________________________________
City __________________________ State ______ Zip _______
Day Phone (______) Evening Phone (______) Email __________
Parent’s name if student is under age 18 ________________________
Age if under 18 ______
Participant Statistics: K-State Student _______ K-State Faculty/Staff _______ Fort Riley _______ Other _______
Age Group: 18-24 _______ 25-59 _______ 60+ _______

Course Code  Session  Course Name  Fee $
Example: 15CFF134  A  Coffee Brewing Basics  15.00

Tax Deductible Donation $
Total $

Method of Payment (All fees must be paid at the time of registration)
Check or Money Order (Make check payable to UFM) _______ Cash _______
I hereby authorize the use of my Visa _______ Mastercard _______ Discover _______ Card number ___________
Exp. Date /_____
Name on card (please print) __________________________________________
Where did you obtain your catalog? ________________________________________
A class I would like offered ___________________________________________________________________

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

Signature (Signature of Parent or Guardian required for minors) __________________________ Date __________

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