Summer 2013
May - August
UFM Community Learning Center

Catalog
UFM Summer 2013

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

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Manhattan, KS 66502
1221 Thurston St
UFM Community Learning Center
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UFM PUTS THE COMMUNITY IN EDUCATION!

Teach a class! Email info@tryufm.org
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 course 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 to the quality and instructional ability.

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor’s financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Kaylo at 339-8763.

UFM CANCELLATION POLICY

When you cancel or reschedule a class, you will be notified. Therefore, it is extremely important that you 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 you withdraw from a class 48 hours before the class begins, a full refund may be given, except for any published non-refundable material fees. No refunds will be given once class has started.

DISCLAIMER

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

Nondiscrimination Policy

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

KSU CREDIT COURSES

CREDIT CLASS REFUNDS AND WITHDRAWALS

Tuition refunds are calculated based on the number of calendar days in the class. You may be eligible for a full or partial refund of tuition if you choose to drop your class before a certain date. Please refer to the full withdrawal and refund policy at http://www.dce.k-state.edu/courses/registration/policies-withdrawal or visit http://courses.k-state.edu/summer2013/information/deadlines.htm

DROP POLICY

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

CREDIT ENROLLMENT FEES

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

DISABILITY SUPPORT SERVICES

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

INCLUSION WEATHER POLICY

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

LIABILITY STATEMENT

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

DONATIONS

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

SPECIAL ASSISTANCE

A participant in a UFM non-credit program with a disability who wishes to request accommodations should consult the course instructor or the Disability Support Services Office, www.k-state.edu/dss, 785.532.6441 for information on accommodations and/or special assistance. Additionally, the UFM office is committed to establishing an individualized service plan for each student. In the event of a physical or mental injury, a notification of intent to voluntarily use UFM facilities and participate in programs should be sent to UFM, 1221 Thurston St, Manhattan, KS 66502.

Individuals with a temporary disability who are registered with the Campus Accessibility Center (CAC) at Kansas State University have a legal right to request accommodation(s) as defined by the Americans with Disabilities Act. Please refer to the full withdrawal and refund policy at http://courses.k-state.edu/summer2013/information/deadlines.htm

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Sponsor the catalog or a class! Call 785.539.8763
AQUATICS

LEARN TO SWIM CLASSES

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

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

LOCATION: KSU Natatorium - Ahearn Complex on Denison Avenue

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

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

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

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

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

Beginning & Ending Dates
(Parent and Child Aquatics, Tot Transition and Private Swim Lessons)

Session A1: Monday - Thursday, June 3 - June 6
Session A2: Monday - Thursday, June 10 - June 13
Session B1: Monday - Friday, June 17 - June 21
(WLSL Tuesday 6/18, make-up class on Friday 6/21)
Session B2: Monday - Thursday, June 24 - June 27
*Session C1: Monday - Friday, July 1 - July 5
(No class Thursday 7/4, make-up class on Friday 7/5)
Session C2: Monday - Thursday, July 8 - July 11
Session D1: Monday - Thursday, July 15 - July 18
Session D2: Monday - Thursday, July 22 - July 25

Beginning & Ending Dates
(Tot Transition (3-4 yrs))

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

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

Parent and Child Aquatics (12 mos-3 yrs)
Parent and Child Aquatics introduces basic skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children are introduced to basic skills that lay a foundation to help them learn to swim. Several water safety topics are also introduced that are directed to parents.

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

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.
Aquaticsview instructor bios at www.tryufm.org

Manhattan Marlins Swim Team

Children, teenagers and Master level swimmers. Primary emphasis is on positive self-image, physical conditioning and development to each person’s fullest potential. Ages: 5 years through adult

www.manhattanmarlins.org

For more information contact:
Coach Rob Putnam at 303.819.8861 or Drew Vennum at 785.236.8802
Level IV: Stroke Improvement
The objectives of Level 4 are to develop participants' confidence in the strokes learned thus far and to improve other aquatic skills. In level 4, participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances. Participants add the arms to the scissors kick for the sidestroke. Participants also start to learn the back crawl, breaststroke, butterfly and the basics of turning at a wall.
Fee: $57.00 per session (8 lessons/45 min)

Session A:  Monday - Thursday  
13BAQ05A1  9:55 AM to 10:40 AM  
13BAQ05A2  10:45 AM to 11:30 AM  
13BAQ05A3  5:30 PM to 7:15 PM

Session B:  Monday - Thursday  
13BAQ05B1  9:55 AM to 10:40 AM (WLSL 6/18)  
13BAQ05B2  10:45 AM to 11:30 AM (WLSL 6/18)  
13BAQ05B3  5:30 PM to 7:15 PM

*Session C:  Monday - Thursday  
13BAQ05C1  9:55 AM to 10:40 AM  
13BAQ05C2  10:45 AM to 11:30 AM  
13BAQ05C3  5:30 PM to 7:15 PM

Session D:  Monday - Thursday  
13BAQ05D1  9:55 AM to 10:40 AM  
13BAQ05D2  10:45 AM to 11:30 AM  
13BAQ05D3  5:30 PM to 7:15 PM

Level V: Stroke Refinement
The objectives of this level are coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.
Fee: $57.00 per session (8 lessons/45 min)

Session A:  Monday - Thursday  
13BAQ06A1  9:55 AM to 10:40 AM  
13BAQ06A2  10:45 AM to 11:30 AM  
13BAQ06A3  5:30 PM to 7:15 PM

Session B:  Monday - Thursday  
13BAQ06B1  9:55 AM to 10:40 AM (WLSL 6/18)  
13BAQ06B2  10:45 AM to 11:30 AM (WLSL 6/18)  
13BAQ06B3  5:30 PM to 7:15 PM

*Session C:  Monday - Thursday  
13BAQ06C1  9:55 AM to 10:40 AM  
13BAQ06C2  10:45 AM to 11:30 AM  
13BAQ06C3  5:30 PM to 7:15 PM

Session D:  Monday - Thursday  
13BAQ06D1  9:55 AM to 10:40 AM  
13BAQ06D2  10:45 AM to 11:30 AM  
13BAQ06D3  5:30 PM to 7:15 PM

Level VI: Swimming and Skill Proficiency
The objectives of this level are to refine strokes so participants can swim them with more ease, efficiency, power, smoothness and over greater distances. Level 6 also introduces other aquatic activities and offers three options - Personal Water Safety, Fundamentals of Diving and Fitness Swimmer. These options focus on preparing participants for more advanced courses such as the Water Safety Instructor course, or other aquatics activities, such as competitive swimming or diving.
Fee: $57.00 per session (8 lessons/45 min)

We want YOU!  
Contact UFM about teaching a class.  
Call 785.539.8763 or email info@tryufm.org.
Private Swim Lessons  13BAQ103
Private lessons provide one-on-one instruction for any level of swimmer. Sessions include four 35-minute lessons and occur M-Th. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS, see the Swim Program Make-Up & Refund Policy.

Beginning and Ending Dates for Morning and Evening Private Lessons:
13BAQ103A1: Mon. - Thur., June 3 - June 6
13BAQ103A2: Mon. - Thur., June 10 - June 13
13BAQ103B1: Mon. - Thur., June 17 - June 20 (WLSL Tuesday 6/18, make-up class for morning classes on Friday 6/21)
13BAQ103B2: Mon. - Thur., June 24 - June 27
13BAQ103C1: Mon. - Fri., July 1 - July 5 (No class Thursday)
13BAQ103C2: Mon. - Thur., July 8 - July 11
13BAQ103D1: Mon. - Thur., July 15 - July 18
13BAQ103D2: Mon. - Thur., July 22 - July 25

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

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

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

Adult Swim Lessons
Are you tired of sitting on the sidelines watching everyone else swim? Well, you don’t need to anymore! Now’s your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons.
Fee: $57.00 per session (8 lessons/45 min)

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

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

Lap Swimming: Ages 13+
Lap swimming is for individual workout. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40-minute block of time during the scheduled times below.
Fee: $19.00 per session (8 times)

Session A: Monday - Thursday
13BAQL-SA1 9:00 AM to 11:30 AM
13BAQL-SA3 5:30 PM to 7:30 PM

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

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

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

Open Swim Appreciation  13BAQ31A
For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. There is no charge for this activity, however, registration with the number of participants planning to attend is requested so that we can provide adequate lifeguards.

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

Open Swim Appreciation  13BAQ31B
Date: 07/14/2013 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No Charge
Location: Natatorium, K-State Campus
Shallow/Deep Water Exercise  13BAQSHD

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

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

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

Dates: 06/04/2013 to 07/25/2013
Time: 6:40 PM to 7:30 PM
Fee: $20 for 8 classes
$28 for 16 classes
$40 for 24 classes
$52 for 32 classes
$68 for 48 classes
Location: Natatorium, K-State Campus

Scuba Diving  13BAQ105AZ

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

Instructor: Jeff Freeborn & Tray Green

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

World's Largest Swim Lesson (WLSL)

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

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

Lifeguard Training  13BAQ35A

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

Instructor: Jordan Meyer

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

Blended Learning:
Lifeguard Training  13BAQ07

Blended Learning: Lifeguard Training gives you the opportunity to complete part of the coursework online. The coursework covers the same materials covered in the full class. You will be contacted via email with login information and directions. Please be sure to check your email frequently and that it’s in working order. Certification requirements are as follows:
Part I
A. Complete online session by correctly answering at least 80% of the questions of the final exam, then bring printed final exam score to hands-on skills practice and assessment session.
Part II
B. Attend in person and demonstrate competency in the hands-on skills practice and assessment session.
Source: American Red Cross
Instructor: Jordan Meyer

Date: 06/01/2013 to 06/02/2013 (Sa/Su)
Time: Sa 8:00 AM to 3:00 PM
Su 8:00 AM to 3:00 PM
Fee: $154.00
Location: Natatorium, K-State Campus
Introduction to the iPad 13BFC123A
Do you have an iPad and you're not sure how to use it? This class is designed to give an introduction to using the iPad in daily life as well as using it for special purposes. Learn the features of the iPad, built-in apps, accessing and setting up Apple accounts, emails, and downloading apps. Participants will also learn about how to buy and update apps in this hands-on class.
Instructor: Linda Teener

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

Introduction to the iPad 13BFC123B

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

Introduction to the iPad 13BFC123C

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

Computer Skills 101 13BFC119A

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

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

Leave A Print - Personal and Platform Development 13BFC128

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

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

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

Computer Skills 101 13BFC119B

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

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Beginning Knitting 13BCF05
Two projects (headband and hat) will be completed as you learn to cast-on, the knit stitch, the purl stitch, binding off, shaping and seaming. Materials for the first class project are short size US 10.5 needles and a light-colored bulky weight smooth yarn. These materials will be available for purchase at the first class. A materials list for the second project will be given in the first class.
Instructor: Kennita Tully

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

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

Beginning Crochet 13BCF84
Two projects (headband and hat) will be completed as you learn single and double crochet, shaping and seaming. Materials for the first class project are size I hook and a light-colored bulky weight smooth yarn. These materials will be available for purchase at the first class. A materials list for the second project will be given in the first class.
Instructor: Kennita Tully

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

Sewing Machine Basics 13BCF201
Get to know your sewing machine and make a quick project. This class will cover parts of the sewing machine, threading, basic maintenance, stitches and some practice sewing. Bring your sewing machine, an empty bobbin and your manual, if you have one. Supplies to bring include a small spool of white thread, scissors and some straight pins. Fabric for the project will be provided.
Instructor: Linda Teener

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

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

View instructor bios at www.tryufm.org
**Introduction to Digital Photography: The Basics**

This class will focus on the basic concepts of photography and using your camera. To get the most from the class, participants should have a digital camera that users can set the f-stop and shutter speed. DSLR's and most advanced compact cameras will have a manual, aperture priority or shutter priority mode that will work for this. If you aren’t sure if your camera will work for the class, don’t hesitate to ask.

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

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

**Instructor:** Scott Bean, scott@scottbeanphoto.com

**Date:** 05/08/2013 to 05/29/2013 (W/Sa)  
(No class 5/25)

**Time:** 7:00 PM to 9:00 PM

**Fee:** $68.00

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

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**Guitar Private Instruction**

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

**Instructor:** Jonathan McBee

**Date:** TBD  
**Time:** TBD  
**Fee:** $60.00 for 4 classes  
$120.00 for 8 classes  
$180.00 for 12 classes  
$240.00 for 16 classes

**Location:** UFM  
1221 Thurston St.

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**Bass Guitar Private Instruction**

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

**Instructor:** Jonathan McBee

**Date:** TBD  
**Time:** TBD  
**Fee:** $60.00 for 4 classes  
$120.00 for 8 classes  
$180.00 for 12 classes  
$240.00 for 16 classes

**Location:** UFM  
1221 Thurston St.

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Scott Bean has been enjoying the hobby of nature photography for several years. Photography is a wonderful way to enjoy the beauty of nature. Each photograph represents a unique view of our world. Scott would like the chance to help others get started in this wonderful hobby. His goal is to help you avoid some of the common mistakes he experienced as a beginning photographer and help you get the most out of your camera and avoid being frustrated with your camera.
A One on One  
**Introduction to Voiceovers**  13BCF129

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

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

Voices For All, LLC, The Voices For All Voice Coach/Producer/Instructors are known for their fun and informative presenting methods. Our Coaches have many years experience in the Voiceover Industry, and are masters at teaching all of the information pertinent to making it in Voice Acting. Whether it be speaking, presenting, writing, producing, or announcing, Voices For All has it covered. With hundreds of Regional & National Commercials, and Public Service Announcements under their belts, our instructors not only deliver the highest quality education and coaching to their students, but their unique enthusiasm and expertise bring an element of fun and excitement to the virtual classroom as well.
Wildflower Walk at Tuttle Creek Lake 13BEN69
Join members of the Kansas Native Plant Society, who also serve as Konza Prairie docents, on wildflower walks at Tuttle Creek Lake. We will identify and talk about the incredible variety of wildflowers which grace our local tall grass prairie environs. You are sure to come away with a renewed appreciation for Flint Hills flora. Please preregister so that we will know how many to expect.
*Rain date the following Sunday.
Instructor: Paul Weidhaas

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

Food Forests and Plant Guilds:
Not Just Another Gardening Class 13BEN74
Explore the ethics and core principles that define the permaculture method of designing sustainable environments and resilient communities. Learn why a hammock just might be your most valuable tool.
Instructor: Carol Barta

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

Attached Solar Greenhouses:
Design for Plants & Warmth 13BEN21
Whether you want winter salad greens, house plants or heat for adjoining rooms, sunrooms are certain to add light and enjoyment to your home. Attached sunrooms are some of the most popular and successful uses of solar energy. There are many choices for storing heat into the night, single or multi-story greenhouses; and many alternatives to glass. Some are as simple as electrical conduit and polyfilm, or elaborate indoor home additions. With slides, we will discuss examples of sunrooms built here in Manhattan and talk of the various design considerations for both growing plants and exporting warmth. Bring your blueprints. Bill will be happy to discuss your particular home and plans.
Instructor: Bill Dorsett

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

Simple Solar Water Heating 13BEN100
In this class, different ways of solar heating water and storing the heat for later in the day will be discussed. Mostly, desired temperatures are well within the reach of simple hardware that we can make ourselves. The class will emphasize the simplest, least costly ways of making the sun work for us: from drain-back and batch water heaters to freeze protection.
Instructor: Bill Dorsett

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

Build Your Own Star Catcher 13BEN110
Have you ever wanted to observe the galaxy within the palm of your hand? Now you can! Join us in making a star catcher that will wow your friends out of this world. All materials provided. Bring your own star charts. Specials guest speaker, Data.
Instructor: Capt. Jean-Luc Picard

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

Carol Barta is a founding member of the Flint Hills Resilience Coalition, permaculturist and urban homesteader.
Junior Chefs:  
**Berry Bonanza**  
Plan on having a berry good time as we discover nature’s ultimate dessert! Junior Chefs will taste and compare different berries, make some yummy recipes, and take home their own strawberry plant.  
*For youth ages 7 to 12 yrs*

Instructor: Ginny Barnard

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

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

Instructor: Ginny Barnard

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

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

Instructor: Karen Hanson

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

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

Instructor: Sylvia Beeman

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

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

Instructor: Karen Hanson

**Date:** 07/10/2013 (W)  
**Time:** 1:00 PM to 3:00 PM  
**Fee:** $27.00  
**Location:** HyVee Club Room  
601 3rd Place
**So Easy to Preserve: Tomatoes & Salsa**

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

Instructor: Ginny Barnard

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

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

**So Easy to Preserve: Pickles**

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

Instructor: Ginny Barnard

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

**Cast Iron Cooking**

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

Instructor: Rob Wall

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

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

**Solar Cooking**

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

Instructor: Bill Price

**Date:** 06/29/2013 (Sa)
**Time:** 10:00 AM to 2:00 PM
**Fee:** $20.00
**Location:** Manhattan Fire Dept HQ

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

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**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!
Community CPR, First Aid & AED 13BHW25A
This course includes training in Adult, Child, Infant CPR, First Aid and AED. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; control bleeding; and many other useful skills. Class materials included in fee. There will be a $20 non-refundable deposit for this class.
Instructor: Kelly Reed-Harkness
Date: 07/20/2013 (Sa)
Time: 11:00 AM to 7:00 PM
Fee: $61.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Community CPR, First Aid & AED 13BHW25B
Date: 08/10/2013 (Sa)
Time: 11:00 AM to 7:00 PM
Fee: $61.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning:
CPR/First Aid/AED 13BHW70A
Reduce classroom time for CPR, First Aid, and AED Training in half by using Blended Learning.
Instructor: Kelly Reed-Harkness
Date: 07/20/2013 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $61.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning:
CPR/First Aid/AED 13BHW70B
Date: 08/10/2013 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $61.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**No textbook required and the date listed is for hands-on skills practice session. There is a $20 non-refundable deposit.
Instructor: Kelly Reed-Harkness

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Open seven days a week: 9AM-8PM

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

*Grocery*
*Produce*
*Bulk Herbs/Teas*
*Educational classes*
**Living the Art: Jin Shin Jyutsu 13BHW08A**  
Jin Shin Jyutsu is an ancient harmonizing art for body, mind and spirit. During class we practice easy self-help techniques and learn ways to interpret our body’s messages: as we get to know ourselves, we are better able to help ourselves. Jin Shin Jyutsu is as simple as exhaling and inhaling, and as complicated and intricate as our bodies. This class lends itself to beginners and is also appropriate for anyone who has previously taken a class. Jin Shin Jyutsu is a subtle, relaxing and profound support for our entire being. Please wear comfortable clothes and your smile. Also please bring a light lunch with you.  
Instructor: Kate Cashman  
Date: 06/29/2013 (Sa)  
Time: 10:00 AM to 3:00 PM  
Fee: $24.00  
Location: 1421 Colorado Street

**Basic Parenting 13BHW131**  
Parents will participate in six two-hour sessions led by Jeremy Boyle, Ph.D., LCMFT, CFLE. Sessions cover a variety of topics fundamental to good parenting such as personal stress management, understanding children, and helping children learn. These sessions are appropriate for parents of children of any age. Child care is offered for children of attendee’s ages 18 month to 12 years.  
If you are in the need of childcare advanced notice must be provided. City of Manhattan residents are eligible for a scholarship to help cover the cost of the workshop.  
Instructor: Jeremy Boyle  
Date: 06/18/2013 to 07/23/2013 (T)  
Time: 6:30 PM to 8:30 PM  
Fee: $65.00  
Location: Pawnee Mental Health  
2001 Claflin

**Beginning Tai Chi Chaun 13BHW31**  
Practiced by millions of people around the world, the ancient and gentle Chinese martial art of tai chi offers the perfect balance of mind and body, strength and flexibility, grace and agility. Its smooth, fluid movements offer exercisers of all ages improved fitness, stress reduction, and total relaxation. In this class, we will introduce the Yang style short form, which can be practiced by young and old, anytime, anyplace.  
Instructor: Mei Hwa (Tina) Terhune  
Date: 05/22/2013 to 06/19/2013 (W)  
Time: 5:30 PM to 6:30 PM  
Fee: $48.00  
Location: UFM Banquet Room  
1221 Thurston St.

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

**Refuse To Be A Victim® 13BHW202**  
Safety experts agree the single most important step toward ensuring your personal safety is making the conscious decision to Refuse To Be A Victim. You stand a much better chance of preventing criminal attack if you develop a safety plan before you need it. That is why the National Rifle Association is offering the Refuse To Be A Victim crime prevention seminar. The seminar teaches easy-to-understand methods you can use to increase awareness and prevent criminal confrontation. In just three to four hours, you will get the tools you need to develop your own personal safety strategy, including information about:  
- The Psychology of the Criminal Mind  
- Home & Phone Security  
- Automobile & Travel Security  
- Personal & Technological Security  
- Self-Defense Devices and Training Options  
- And more!  
Instructor: Robert D Auten  
Date: 06/01/2013 (Sa)  
Time: 9:00 AM to 12 N  
Fee: $47.00 - Fee includes Materials  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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

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We would like to acknowledge The Manhattan Mercury for their continued support and for printing the UFM Catalog.
Just how beneficial is fitness for older adults? Regular exercise can increase muscular strength, endurance, and range of motion. With our classes, you’ll find improved posture, balance, coordination, agility, and body awareness. Sign up today to get fit and maintain your independence. SilverSneakers is the nation’s leading fitness program created to provide low-impact exercise for older adults. For more information, check out www.silversneakers.com. Join us for our YogaStretch class. YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. (All levels welcome.)

Instructor: Debbie Newton

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

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

Restorative Yoga

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

Instructor: Debbie Newton

Date: 06/01/2013 to 06/29/2013 (Sa)
Time: 3:00 PM to 4:00 PM
Fee: $40.00
Location: Maximum Performance Physical Therapy and Fitness Center
426A McCall Road

Evening Yoga

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

Instructor: Debbie Newton

Date: 06/03/2013 to 06/24/2013 (M)
Time: 7:15 PM to 8:45 PM
Fee: $32.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Evening Yoga

Date: 07/01/2013 to 07/22/2013 (M)
Time: 7:15 PM to 8:45 PM
Fee: $32.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Evening Yoga

Date: 07/29/2013 to 08/19/2013 (M)
Time: 7:15 PM to 8:45 PM
Fee: $32.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Morning Yoga

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

Instructor: Debbie Newton

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

Morning Yoga

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

Morning Yoga

Date: 07/27/2013 to 08/17/2013 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $27.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor
Yoga Over Forty  
This class will heal your body, heart and mind. All you have to do is arrive at each class with an empty stomach, a willingness to relax and listen to your body's messages. Yoga can help you in all areas of your life - heart health, weight and stress reduction, emotional health and mental focus. Yoga means integration of the whole person. Hormone balance is also gained from regular practice.
Instructor: Ana Franklin
Date: 06/04/2013 to 07/23/2013 (T)
Time: 5:30 PM to 6:45 PM
Fee: $89.00
Location: Yoga Connection
321 Poyntz Ave, Ste A

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

Yoga 1  
This course will cover the basic fundamentals of yoga. Sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy. Available for KSU credit.
Instructor: Ana Franklin, yogaconnection@gmail.com
Date: 06/03/2013 to 07/24/2013 (M/W)
Time: 5:30 PM to 6:30 PM
Fee: $99.00
Location: K-State Ahearn Room 301
  College Heights St., 3rd floor

Take a Peek at the Past
Riley County Historical Museum  
2309 Claflin Road, Manhattan, KS 66502
Open: Tues. - Fri. 8:30 - 5:00
Sat. – Sun. 2:00 – 5:00
Research Library by appointment
(785) 565-6490
www.rileycountyks.gov/museum

Goodnow House Museum  
State Historic Site  
2301 Claflin Rd.
Go to Riley County Historical Museum and ask for tour
Sat. – Sun. 2:00 – 5:00
Tues. - Fri. 8:30 - 5:00

Wolf House Museum  
630 Fremont St.
Open:
Sat. 2:00 – 5:00
Sun. 2:00 – 5:00

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

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**HEALTH & WELLNESS**

Become UFM's fan on Facebook!
Beginning Conversational Sign Language 13BLA23
This class will build a basic knowledge of American Sign Language including vocabulary used in everyday conversation. It will also cover a little about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language.
Instructor: Toni Kroll
Date: 05/28/2013 to 06/20/2013 (T/Th)
(No class 6/6, 6/27)
Time: 6:30 PM to 7:30 PM
Fee: $59.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor
Toni Kroll is a Certified Interpreter who has 20 years of experience as a sign language interpreter. Toni has worked as an interpreter in Washington D.C., Seattle, and now Kansas. She is in her 4th year as a KSU interpreter as well as doing community work here in Manhattan and the surrounding area.

Introduction to Spanish 13BLA33
This class will give a basic introduction to the Spanish Language and apply the language to real life situations. Basic vocabulary, numbers, grammar and sentence structure will be covered. Students are encouraged to bring a notebook, pencil and note cards to class. Ages 13 and up are welcome.
Instructor: Eleanor Dickens
Date: 06/01/2013 to 06/15/2013 (Sa)
Time: 9:00 AM to 11:00 AM
Fee: $32.00
Location: UFM
1221 Thurston St
Eleanor is a Spanish major and Kansas State University and has more than six years of experience with the Spanish language. She has studied abroad in Latin-America, learning the culture of the Spanish and has also served as an interpreter.

Getting Started with Japanese 13BLA38A
This class is for people with no or very little background of Japanese language. The class provides a functional introduction to the Japanese language. The objectives of the classes are to learn the oral and aural skills needed to understand basic everyday conversation and express oneself in a variety of daily situations without formally studying grammar. The class also provides cultural and sociolinguistic information useful for novice-level Japanese language learners.
Instructor: Kumiko Nakamura
Date: 06/03/2013 to 06/19/2013 (M/W)
Time: 5:30 PM to 6:30 PM
Fee: $82.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Getting Started with Japanese 13BLA38B
Date: 07/09/2013 to 07/25/2013 (T/Th)
Time: 5:30 PM to 6:30 PM
Fee: $82.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Getting Started with Japanese 13BLA38C
Date: 07/29/2013 to 08/14/2013 (MW)
Time: 5:30 PM to 6:30 PM
Fee: $82.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Swahili Language and Cultures of Africa 13BLA53
This course introduces participants to the Swahili language and cultures of Africa. The Swahili language is spoken by over 150 million people. It is the most widely spoken African language. This course is ideal for people with different interests ranging from volunteering, touring, Peace Corps, community service, study abroad, and many more interests.
Instructor: Joab Esamwata
Date: 06/07/2013 to 08/09/2013 (F)
(No Class 7/5)
Time: 5:30 PM to 7:00 PM
Fee: $34.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor
Joab is originally from Kenya and is currently seeking his doctorate of sociology from KSU. He has taught the Swahili language to students for nearly 25 years in multiple countries throughout the world. Joab looks forward to sharing his culture and his language with you.

“LIKE”
UFM Community Learning Center on Facebook for class updates and announcements!
Connect with UFM on Facebook.com/UFMCLC

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

View instructor bios at www.tryufm.org
MARTIAL ARTS

Karate & Self-Defense 13BMA10
Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion (“Kihon”) with study of the fundamental technique, forms and pattern of movements, and techniques that demonstrate physical/combat principles and sparring (“Kumite”). No matter your current situation, you will be guided step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+).
Instructor: Habib Diop, Email: hdiop@ksu.edu

Tae Kwon Do I 13BMA01Z
Tae Kwon Do is an effective way to unify the mind and body. It helps develop one’s health by increasing cardiovascular abilities, strength, balance and flexibility. The basics of blocking, punching, kicking, self-defense and white belt form will be covered. Class will consist of practicing these skills as a group, working with other classmates and with the instructor. At the end of the semester, students will have the option to be tested for their orange belt. Available for KSU credit. Ages 9+.
Instructor: David Moore

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

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

Enroll anytime at www.tryufm.org
Jill Meyers Frese

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

Find the Fake Class in the UFM Catalog and get $1 off your registration!
The Design, Construction, and Use of Wood Fired Masonry Ovens 13BPI111
This class will focus on the design aspects needed to construct an effective masonry oven, some details associated with building an oven, and an overview of how to use a wood fired oven. Topics include: How to design for heat retention and thermal expansion; What materials to use during construction; Cost, skills and tools required to construct an oven; How to properly fire (heat) and prepare the oven; and finally how to bake and cook in a retained heat, masonry oven. Also, a secondary aspect of brick oven cooking will be discussed: community involvement. The class will get hands-on experience preparing the oven and baking pizza as we will conclude the class with a brick oven pizza party.
Instructor: Matt Campbell

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

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

Nuclear Energy and Nuclear Weapons – An Introduction 13BPI117
Six classes will outline the basic physics and engineering involved in an understanding of both civil and military applications of nuclear energy. Topics covered will include a general overview of atomic structure, energy-release in the fission process, the chain-reaction, the large-scale production of fissile materials, isotopic enrichment, reprocessing, gun- and implosion-type weapons and an overview of the various kinds of civil nuclear power stations.
No particular prior knowledge of this topic will be assumed. Each class session will consist of a presentation followed by time for questions and discussion.
Instructor: John Pratt

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

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

Spiritual Discussion Group 13BPI77
Each meeting will begin with a reading of the Daily Word, a guide to help keep our thoughts positive and uplifting. Topics covered will include spiritual qualities such as comfort, joy, peace, and love, as well as methods for achieving them. Each participant will have opportunities to share their views. Additional sources may be used. All opinions are welcome. Sponsored by Unity Church of Manhattan.
Instructor: Tim Sidorfsky, (785) 317-6431 eaglesareus@gmail.com

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

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Introduction to Golf 13BRF04A
Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of score card and handicaps. **First class meets from 6-7pm, the second and third meet from 6-7:30pm.
Instructor: Jim Gregory

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

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

Introduction to Golf 13BRF04B
Instructor: Jim Gregory

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

Pickleball for Everyone! 13BRF112
Pickleball is a sport described as a combination of ping-pong, tennis and badminton and is played by all ages and all athletic abilities. Pickleball is FUN. It's played on a badminton court with a net that is 34 inches in the middle. Players use a baseball-sized whiffle ball and a paddle, similar to a large ping-pong paddle, to volley the ball back and forth to score on the opposing team. Pickleball is easy to learn and is great, enjoyable exercise. Equipment provided.
Instructor: Rosemary & Gordon Crilly

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

Golf 13BRF05Z
This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment. Available for KSU credit.
Instructor: Jim Gregory

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

STAGG HILL GOLF CLUB
Pro-Shop
K-18 West
For all your golfing needs
Fully equipped “discount” pro shop
Professional golf instruction available
(Individual & group)
Club regripping & repair
539-1041
Jim Gregory, PGA Professional
Beginning - Intermediate Ballet for Adults 13BRF157
This is a class for people who have some basic experience in ballet and would like to learn more— or for those who are experienced ballerinas and would like a class to increase their technique and strength. The class will be focused on technique, with strengthening and stretching exercises in each session.
Instructor: Amy Jones
Date: 05/28/2013 to 07/03/2013 (T)
Time: 8:00 PM to 9:30 PM
Fee: $45.00
Location: K-State Ahearn Room 301

Belly Dance Conditioning Workout 13BRF12
Looking for a fab workout that’s also a lot of fun? Welcome to the Belly Dance Workout class! Belly Dancing is designed to echo the natural movements of the female body, and celebrates our bodies as well as keeping us strong and fit. Using moves from Belly Dance, this class combines a high-energy cardiovascular workout with strengthening exercises that tone the abs, arms, chest, legs, and hips. No previous experience with Belly Dancing is necessary; all steps will be taught in class. A friendly, fast-paced aerobic workout, this class is great for all ages and body types!
Instructor: Michele Janette
Date: 07/09/2013 to 07/30/2013 (T)
Time: 5:30 PM to 6:30 PM
Fee: $34.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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

Boot Camp 13BRF148
The class will consist of anything from weights, crossfit, and HIIT workouts using body weight, weights, the natural environment, and other equipment. Students can expect to improve muscular fitness, cardiovascular endurance, muscular endurance, and be in all around better shape.
Instructor: Meghan McGee
Date: 05/20/2013 to 08/07/2013 (M/W)
Time: 6:45 AM to 7:45 AM
Fee: $176.00
Location: Manhattan City Park, 11th & Fremont

Archery for Adults 13BRF01Z
This course provides men and women instruction in target style archery. Emphasis is on the archery form currently used in Olympic sports. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement. Available for KSU credit.
Instructor: Tom Korte, (785) 494-8889
Date: 06/10/2013 to 07/29/2013 (M)
Time: 7:30 PM to 9:20 PM
Fee: $101.00
Location: TBD

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Beach Museum of Art
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Riley County Historical Museum
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Unity Church of Manhattan
Claffin Books and Copies
Stagg Hill Golf Club

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

Enroll anytime at www.tryufm.org
SilverSneakers® MSROM 13BRF113B
Just how beneficial is fitness for older adults? Regular exercise can reduce the risk of heart disease by up to 50%. Muscle strength can be doubled in 3 to 4 months. Balance can be improved, decreasing the risk of falls. And these are just a few examples of what exercise can do for you. SilverSneakers is the nation’s leading fitness program created to provide low-impact exercise for older adults. For more information, check out www.silversneakers.com. Join us for our Muscular Strength & Range of Movement (MSROM) class. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for seated and/or standing support. (All levels welcome)
Instructors: Whitney Lukenbill & Anna Simoneau
Date: 06/03/2013 to 07/22/2013 (M/W)
Time: 1:30 PM to 2:30 PM
Fee: $100.00
Location: 4201 B Anderson Ave, Suite 1

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

SilverSneakers® CardioCircuit 13BRF114
Just how beneficial is fitness for older adults? Regular exercise can minimize age-related physical deterioration, increase your daily living activities to stay independent, and increase your sense of well-being. Join us in these classes to get fit and stay fit! SilverSneakers is the nation’s leading fitness program created to provide multi-level, equipment-based, total-body conditioning classes for older adults. For more information, check out www.silversneakers.com. Join us for our CardioCircuit class. Combine fun & fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position. (Participants should be comfortable standing for 30-40 minutes of exercise.)
Instructors: Whitney Lukenbill & Anna Simoneau
Date: 06/03/2013 to 07/22/2013 (M/W)
Time: 10:10 AM to 11:10 AM
Fee: $100.00
Location: Maximum Performance Physical Therapy and Fitness Center 426A McCall Road

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

Power Yoga 13BRF159A
Power Yoga is designed to improve flexibility, strength, and ability to focus. It can tone your body, lower your blood pressure and improve your overall fitness. Please come with an empty stomach and bring a yoga mat. Be prepared to work up a sweat!
Instructor: Alana Pfeifer
Date: 06/06/2013 to 06/27/2013 (Th)
Time: 7:00 PM to 8:00 PM
Fee: $29.00 - Individual
$58.00 - Individual + Friend/Spouse
Location: K-State Ahearn Room 301 College Heights St., 3rd floor

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

Power Yoga 13BRF159B
Date: 07/11/2013 to 08/08/2013 (Th)
Time: 7:00 PM to 8:00 PM
Fee: $29.00 - Individual
$58.00 - Individual + Friend/Spouse
Location: K-State Ahearn Room 301 College Heights St., 3rd floor

Sponsor the catalog or a class! Call 785.539.8763
Archery for Youth 13BYO01A
The main focus of this course will be to introduce youth to Olympic Style Archery and learn the important basics of the sport. This is a great sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety, and introduction to the world of archery. All equipment will be provided by the instructor. Ages 8+
Instructor: Tom Korte, (785) 494-8889
Date: 06/05/2013 to 06/26/2013 (W)
Time: 8:30 AM to 9:30 AM
Fee: $35.00
Location: UFM Solar Addition
1221 Thurston St.

Archery for Youth 13BYO01B
Instructor: Tom Korte, (785) 494-8889
Date: 06/05/2013 to 06/26/2013 (W)
Time: 10:00 AM to 11:00 AM
Fee: $35.00
Location: UFM Solar Addition
1221 Thurston St.

Tutoring in Reading and Language Arts 13BYO54
This class was designed to meet the needs of students who want to enhance their reading and language arts skills this fall. Tutoring will be tailored to each student’s needs and interests and will develop sight word vocabulary, context clues, dictionary aids, reading for meaning and comprehension skills. Writing techniques will be taught. Homework will be assigned and is necessary to continue learning. Students will be divided into appropriate reading and age levels. This is for grade levels: Completed 1st grade through 6th grade. A class can be formed for 7th through 12th grade for students that read at the elementary reading level. Randi Dale is a certified teacher grades K-12 with a Master’s in Curriculum and Instruction. She has her certifications in Reading. Please call 785-539-5767 before coming to class so the correct reading level materials are available for the students.
Instructor: Randi Dale, (785) 539-5767
Date: 06/10/2013 to 06/24/2013 (MW)
Time: 6:00 PM to 6:40 PM
Fee: $45.00
Location: Crestview Church
4761 Tuttle Creek Blvd

Pre-School Dance 13BYO63A
This class is designed for boys and girls ages 3-6. Basic dance movements like marching, hopping, skipping, leaping and jumping will be blended with ballet, peppy music and pre-tap techniques. Dance games and creative dance will make this class fun and exciting. More dance classes can be taken. No dance attire is needed. Call Randi Dale for more information 785.539.5767.
Instructor: Randi Dale, (785) 539-5767
Date: 06/04/2013 to 06/11/2013 (T)
Time: 5:00 PM to 5:30 PM
Fee: $14.00
Location: UFM Banquet Room
1221 Thurston St.

Pre-School Dance 13BYO63B
Date: 06/04/2013 to 06/11/2013 (T)
Time: 6:10 PM to 6:40 PM
Fee: $14.00
Location: UFM Banquet Room
1221 Thurston St.

Pre-School Dance 13BYO63C
Date: 06/18/2013 to 06/25/2013 (T)
Time: 5:00 PM to 5:30 PM
Fee: $14.00
Location: UFM Banquet Room
1221 Thurston St.

Pre-School Dance 13BYO63D
Date: 06/18/2013 to 06/25/2013 (T)
Time: 6:10 PM to 6:40 PM
Fee: $14.00
Location: UFM Banquet Room
1221 Thurston St.

Tutoring in Reading and Language Arts 13BYO54B
Date: 07/02/2013 to 07/16/2013 (T)
Time: 6:00 PM to 6:40 PM
Fee: $45.00
Location: Crestview Church
4761 Tuttle Creek Blvd

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Connect with UFM on Facebook.com/UFMCLC
Introduction to Ballet and Tap Dancing 13BYO73A
This class introduces ballet and tap techniques to boys and girls ages 5-10. A ballet routine from the classical story ballet Coppelia, about a toymaker and a doll will be introduced as well as a fun tap dance. Students with little experience as well as first time dancers are welcome. No formal dance wear is needed. Tennis shoes can be used for tap shoes. Students can continue the class.
Instructor: Randi Dale, (785) 539-5767
Date: 06/04/2013 to 06/11/2013 (T)
Time: 5:35 PM to 6:05 PM
Fee: $14.00
Location: UFM Banquet Room 1221 Thurston St.

Kids Yoga 13BYO77
A kids Yoga class is jam packed full of activities and games that develop creativity and social interaction. Bring a yoga mat and a huge smile! *Ages 8-12 yrs*
Instructor: Alana Pfeifer
Date: 06/07/2013 to 06/28/2013 (F)
Time: 10:00 AM to 11:00 AM
Fee: $25.00
Location: UFM Banquet Room 1221 Thurston St.

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

Little Explorers Club 13BYO76
Discover what exciting adventure awaits you! We will explore some of our local parks through scavenger hunts, geocaching, nature study, fun games, and much more. Jr. Explorers will need a water bottle and shoes for walking/running. *For children ages 7 to 12 yrs*
Dates and Meeting locations:
Wednesday, June 5 - Fairmont Park
Wednesday, June 12 - Long’s Park
Wednesday, June 19 - City Park
Instructor: Ginny Barnard
Date: 06/05/2013 to 06/19/2013 (W)
Time: 9:00 AM to 10:00 AM
Fee: $12.00
Location: Check class description

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

Plan on having a berry good time as we discover nature’s ultimate dessert! Junior Chefs will taste and compare different berries, make some yummy recipes, and take home their own strawberry plant. *For youth ages 7 to 12 yrs*
Instructor: Ginny Barnard

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

Junior Chefs: Visit the Farmers’ Market

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

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

Stir Crazy: A Cooking Class for Teens

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

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

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

Stir Crazy: Another Cooking Class for Teens

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

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

Teen Mentoring!

Middle School and High School
Tuesdays and Thursdays
June 4 - July 18
(No mentoring July 4)
3:00pm to 5:00pm

Field trips ~ Games ~ Creative Arts ~ Recreation

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

Have Fun!

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YOUTH 29
Summer Fun with Cocktails  
*Presented by Rusty Andrews, Ph.D.*  
Mondays, June 3, 10 & 17 - 6:30-8:30 p.m.  
Meadowlark Hills Community Room  
2121 Meadowlark Road, Manhattan  
$40.00  
(Additional fee for tasting: $14)

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

The Great Flood of ’51  
*Presented by Roy Bird*  
Wednesdays, June 5, 12 & 19 - 2:00-4:00 p.m.  
Meadowlark Hills Community Room  
2121 Meadowlark Road, Manhattan  
$40.00

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

The End of Compromise and the Coming of the Civil War  
*Presented by Shawn Hornung*  
Mondays, July 8, 15 & 22 - 6:30-8:30 p.m.  
Meadowlark Hills Community Room  
2121 Meadowlark Road, Manhattan  
$40.00

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

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

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

Intersession  
Accelerate in your program by enrolling in Intersession during January, May, and August on the K-State Manhattan campus or online. Intersession now offers online classes!
These Recreation courses are offered for KSU credit through the DIVISION OF CONTINUING EDUCATION with the cooperation of various Kansas State University departments.

- For full class description and information visit www.tryufm.org OR http://www.dce.k-state.edu/courses/recreational.shtml.
- Enroll on ISIS at http://isis.k-state.edu.

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<td>DANCE 599</td>
<td>Yoga I</td>
<td>5:30 to 6:30 PM</td>
<td>6/3/2013 to 7/24/2013 (M/W)</td>
<td>$315.90</td>
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<td>Piano I</td>
<td>6:00 to 7:40 PM</td>
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**Locations:**
Pro Fitness in Aggieville, 1125 Laramie St, Lower Level
Natatorium, K-State pools in Ahearn Complex
UFM Building, 1221 Thurston Street
Golf -Stagg Hill Golf Club, 4441 Ft Riley Blvd.
Ahearn 301, Ahearn Complex, 3rd floor, Gymnasium door entry on NW side of building
Sun Yi’s Academy Tae Kwon Do, 1650 Hayes Drive
K.O. Boxing, Blue Hills Shopping Center
McCain Auditorium, Room 127
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We gladly accept Debit, Mastercard, Visa and Discover.

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

Class registration confirmations will be sent via email.

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

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

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Session</th>
<th>Course Name</th>
<th>Fee</th>
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<tbody>
<tr>
<td>12AAQ01 A</td>
<td>Level I</td>
<td>Introduction to Water Skills</td>
<td>$4.00</td>
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Tax Deductible Donation $__________
Total $____________________

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

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

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

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

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