UFM Community Learning Center

Spring 2016

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

Catalog
UFM
Spring 2016

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ABOUT UFM CLASSES

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

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor’s financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Kayto 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’s 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 regulations. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions or regulations.

KSU CREDIT COURSES

CREDIT CLASS ENROLLMENT

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

CREDIT ENROLLMENT FEES

Courses taken for credit carry additional fees required for University administration of the credit program. A one-time $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/spring2016/information/deadlines.html

DROP POLICY

All drop deadlines are calculated based on the number of calendars 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/spring2016/information/deadlines.html

STUDENT ACCESS CENTER

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

INLEMENT 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 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 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
Program Assistant | SAMANTHA LOVITT
Mentoring Coordinator | MANDY COLTHARP
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INFORMATION

UFM SPRING 2016 INSTRUCTORS

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

<table>
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<tr>
<th>Voices For All, LLC</th>
<th>Kelly Cook</th>
<th>Sue Hageman</th>
<th>Debbie Mercer</th>
<th>Daniel Schapaugh</th>
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<tr>
<td>Mary Elizabeth Atwood</td>
<td>Charles Copeland</td>
<td>Mary Hammel</td>
<td>Jui Mhatre</td>
<td>Dane Starnes, D. C.</td>
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<td>Ginny Barnard</td>
<td>Randi Dale</td>
<td>Kathryn Harth</td>
<td>David Moore</td>
<td>Larry Storer</td>
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<td>Dom &amp; Wendy Barnes</td>
<td>Bill Dorsett</td>
<td>Jessica Haymaker</td>
<td>Amanda Morales</td>
<td>Linda Teener</td>
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<td>Carol Barta</td>
<td>Jill Emerson</td>
<td>Nancy Hetzler</td>
<td>Debbie Newton</td>
<td>Jana Thomas</td>
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<td>Scott Bean</td>
<td>Mary Ervin</td>
<td>Palma Holden</td>
<td>Fred Newton</td>
<td>Abby Thrash</td>
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<td>Konza Beekeepers Assoc.</td>
<td>Gregg Eyestone</td>
<td>Dave Hoover</td>
<td>Hyung Hwa ‘Rick’ Oh</td>
<td>Linda Thurston</td>
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<td>Susan Yelich Biniereck</td>
<td>Isaac Falcon</td>
<td>Confucius Institute</td>
<td>Kyle Polson</td>
<td>Jenna Tripodi</td>
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<td>Betsy Blaser (Blazer)</td>
<td>Ana Franklin</td>
<td>Kyoshi Pamela Johansen</td>
<td>Kendall Pray</td>
<td>Rosanna Vail</td>
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<td>Tom Boley</td>
<td>Jeff Freeborn</td>
<td>Clara Kientz</td>
<td>Art Rathbun</td>
<td>Gwen Vinson</td>
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<td>Basem Boutros</td>
<td>Jill Frese</td>
<td>Tom Korte</td>
<td>Kelly Reed-Harkness</td>
<td>Kellie Weeks</td>
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<td>Dan Boyle</td>
<td>John Garetson</td>
<td>Wendi Krishock</td>
<td>Mandy Ridder</td>
<td>Thomas Weeks</td>
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<tr>
<td>Henry Brown</td>
<td>Megan Goebel</td>
<td>Lotta Larson</td>
<td>Lorissa Ridley</td>
<td>Amy (Nashid) Werner</td>
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<td>Megan Bryant</td>
<td>Leslie Graves</td>
<td>Brian Lorenz</td>
<td>Lauren Ritterbush</td>
<td>Dan Wilcox</td>
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<td>Kate Cashman</td>
<td>Kate Grier</td>
<td>Ann Luttrel</td>
<td>Ruth Rosenblatt</td>
<td>Stan Wilson</td>
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<td>Abbi Collins</td>
<td>Jennifer Guilford</td>
<td>Jane Marshall</td>
<td>Rita Ross</td>
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LEARN TO SWIM CLASSES

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

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

LOCATION: KSU Natatorium - Ahearn Complex on Denison Avenue

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

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

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

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

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

BEGINNING & ENDING DATES:

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)

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. *Monday & Thursday lessons - 5 lessons/30 min, Saturday lessons - 4 lessons/35 min. Fee: $33.00 per session

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. *Tuesday & Wednesday lessons - 5 lessons/30 min, Saturday lessons - 4 lessons/35 min. Fee: $33.00 per session

Swim Team

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

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

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)
16AAQ02A Monday 6:00 PM to 6:40 PM
16AAQ02AA Monday 6:45 PM to 7:25 PM
16AAQ02B Tuesday 6:45 PM to 7:25 PM
16AAQ02C Wednesday 6:45 PM to 7:25 PM
16AAQ02D 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)
16AAQ03A Monday 6:45 PM to 7:25 PM
16AAQ03B Tuesday 6:45 PM to 7:25 PM
16AAQ03BB Tuesday 6:00 PM to 6:40 PM
16AAQ03C Wednesday 6:45 PM to 7:25 PM
16AAQ03D 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)
16AAQ04A Monday 6:45 PM to 7:25 PM
16AAQ04B Tuesday 6:45 PM to 7:25 PM
16AAQ04C Wednesday 6:45 PM to 7:25 PM
16AAQ04D 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. For the list of skills to be learned in class visit www.tryufm.org.
Fee: $57.00 per session (10 lessons/40 min)
16AAQ05A Monday 6:45 PM to 7:25 PM
16AAQ05C 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. For the list of skills to be learned in class visit www.tryufm.org.
Fee: $57.00 per session (10 lessons)
16AAQ06A Monday 6:45 PM to 7:25 PM
16AAQ06C 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)
16AAQ22A Monday 6:00 PM to 6:40 PM

Private Swim Lessons
Private lessons provide one-on-one instruction for any level of swimmer. Lessons occur once a week, M-Th lessons are 30 minutes for 5 lessons and Saturday lessons are 35 minutes for 4 lessons. 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 Feb. 8 to March 18
Session A2: Monday March 21 to April 18
Session B1: Tuesday Feb. 9 to March 8
Session B2: Tuesday March 22 to April 19
Session C1: Wednesday Feb. 10 to March 9
Session C2: Wednesday March 23 to April 20
Session D1: Thursday Feb. 11 to March 10
Session D2: Thursday March 24 to April 21
Session E1: Saturday Jan. 30 to Feb 27
Session E2: Saturday April 9 to April 30

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 10:05 AM
10:15 AM to 10:50 AM
11:00 AM to 11:35 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)

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

SEE PAGE 4 FOR CLASS DATES:
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 (10 times)
16AAQLPE1 Saturday 9:30 AM to 11:00 AM
16AAQLPE2 Saturday 9:30 AM to 11:00 AM
16AAQ32 Thursday 6:00 PM to 7:30 PM
16AAQLPC Thursday 6:00 PM to 7:30 PM
16AAQLPA Monday 6:00 PM to 7:30 PM
16AAQLPB Tuesday 6:00 PM to 7:30 PM
16AAQLSC Wednesday 6:00 PM to 7:30 PM
16AAQLSD Thursday 6:00 PM to 7:30 PM
16AAQLSE M, Tu, Wed, Th 6:40 PM to 7:30 PM

Lap Swimming for Parents
Are you tired of being just an observer at your child’s swimming lesson? If so, then take advantage of the time you spend watching and enroll in Lap Swimming at a special price. 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)
16AAQ43A Monday 6:00 PM to 7:30 PM
16AAQ43B Tuesday 6:00 PM to 7:30 PM
16AAQ43C Wednesday 6:00 PM to 7:30 PM
16AAQ43D Thursday 6:00 PM to 7:30 PM
16AAQ43E Friday 6:00 PM to 7:30 PM
16AAQ43F Saturday 9:30 AM to 11:00 AM
16AAQ43G Sunday 9:30 AM to 11:00 AM

Open Swim Appreciation 16AAQ31A
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: 03/06/2016 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Sunday Family Swim 16AAQ32
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: 02/14/2016 to 03/06/2016 (Su)
Time: 5:00 PM to 7:00 PM
Fee: $8.00 - Individual
      $20.00 - Family
Location: Natatorium, K-State Campus

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

Intro to Sea Kayaking 16AAQ43A
This class is perfect for those starting out in kayaking or wanting to brush-up on their kayaking skills. After some brief instructions on land, we will work on being comfortable on the water with efficient stroke technique and boat control. Techniques including wet exits, assisted rescues, and self-rescues will be practiced. This class will give you the invaluable tools needed to practice and refine your strokes and rescues. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. Ages 16 and up.
Required equipment: Clean touring kayak, PFD (life jacket), bilge pump, paddle float, spray/splash skirt, nose plugs (optional), and swim goggles (optional).
Instructor: Larry Storer
Date: 04/17/2016 (Su)
Time: 8:00 AM to 12 N
Fee: $75.00
Location: Natatorium, K-State campus

Extended Paddle Roll and Beyond 16AAQ44B
This class introduces you to the “Extended Paddle Roll” which is a very effective roll to use with a touring/sea kayak. Other skills covered include working on high and low braces as a means of preventing your kayak from rolling over. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. Ages 16 and up.
Required equipment: Clean touring kayak, PFD (life jacket), bilge pump, paddle float, spray/splash skirt, nose plugs (optional), and swim goggles (optional).
Instructor: Larry Storer
Date: 02/07/2016 (Su)
Time: 8:00 AM to 12 N
Fee: $75.00
Location: Natatorium, K-State campus

Enroll anytime at www.tryufm.org
Blended Learning: Lifeguard Training 16AAQ07A
Blended Learning: Lifeguard Training gives you the opportunity to complete part of the coursework online. The coursework covers the same materials covered in the full class. You will be contacted via email with login information and directions to complete the online content before the first in-class skills session.

Online Coursework Must Be Completed Before In-Class Skills Session. Please be sure to check your email frequently and ensure it’s in working order. Certification requirements are as follows:

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

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

Source: American Red Cross

**No textbook required and the date listed is for hands-on skills practice session. There is a $85 non-refundable deposit.

**Required CPR mask not included in fee. Purchase one for $14.00 through UFM or bring your own.

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

Instructors: Abby Thrash

Blended Learning: Lifeguard Training 16AAQ07B

Date: 04/23/2016 to 04/24/2016 (Sa/Su)
Time: 8:00 AM to 7:00 PM - Saturday
8:00 AM to 5:00 PM - Sunday
* Class schedule (subject to change)
Fee: $165.00
Location: Natatorium, K-State campus

Blended Learning: Lifeguard Training Recertification 16AAQ35AR
Instructor: Megan Goebel & Kyle Polson

Date: 04/16/2016 (Sa)
Time: 8:00 AM to 3:00 PM
Fee: $94.00
Location: Natatorium, K-State campus

Blended Learning: Lifeguard Training Recertification 16AAQ35BR
Instructor: Kelly Cook

Date: 04/30/2016 (Sa)
Time: 8:00 AM to 3:00 PM
Fee: $94.00
Location: Natatorium, K-State campus

Blended Learning: Lifeguard Training Recertification 16AAQ35CR
Instructor: Megan Goebel & Kyle Polson

Date: 05/07/2016 (Sa)
Time: 8:00 AM to 3:00 PM
Fee: $94.00
Location: Natatorium, K-State campus

Scuba Diving 16AAQ105AZ
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

Date: 01/25/2016 to 02/29/2016 (Sa)
Time: 6:00 PM to 10:00 PM
Fee: $257.00
Location: Natatorium, K-State campus

Scuba Diving 16AAQ105BZ
Instructors: Jeff Freeborn

Date: 03/21/2016 to 04/25/2016 (M)
Time: 6:00 PM to 10:00 PM
Fee: $257.00
Location: Natatorium, K-State campus

Blended Learning: Lifeguard Training 16AAQ07C
Instructor: Kelly Cook

Date: 05/21/2016 to 05/22/2016 (Sa/Su)
Time: 8:00 AM to 7:00 PM - Saturday
8:00 AM to 5:00 PM - Sunday
* Class schedule (subject to change)
Fee: $165.00
Location: Natatorium, K-State campus

Blended Learning: Lifeguard Training 16AAQ07D

Date: 03/21/2016 to 04/25/2016
Time: 8:00 AM to 3:00 PM
Fee: $165.00
Location: Natatorium, K-State campus
Social Media QuickStart 16AFC146A
This one hour, introductory class is for anyone wanting to gain a better understanding of the social media landscape and how it can work for business. Participants can expect to leave the course with the following skills: a better understanding of the most widely used social media platforms and who is using them; how to create content that engages; how to integrate social media with other marketing channels and customer touch points; social media do’s and don’ts for business.
Instructor: Jana Thomas, Owner, Strictly Social Media, jana@strictlysocialmedia.com
Date: 02/18/2016 (Th)
Time: 6:00 PM to 7:00 PM
Fee: $30.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

Social Media QuickStart 16AFC146B
Instructor: Jana Thomas, Owner, Strictly Social Media, jana@strictlysocialmedia.com
Date: 03/23/2016 (W)
Time: 7:00 PM to 8:00 PM
Fee: $30.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

Social Media QuickStart 16AFC146C
Instructor: Jana Thomas, Owner, Strictly Social Media, jana@strictlysocialmedia.com
Date: 05/04/2016 (W)
Time: 6:00 PM to 7:00 PM
Fee: $30.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

My Kids Are on Social Media... Now What? 16AFC147A
Social media has become a staple in American youth culture. Whether texting on cell phones or spending time on sites and apps like Instagram, Snapchat and YouTube, today’s kids are engaging in social media at an ever-increasing rate. This class helps parents of pre-teens and teens better understand what social media sites their children are using and how to make social media part of an on-going family discussion.
Instructor: Jana Thomas, Owner, Strictly Social Media, jana@strictlysocialmedia.com
Date: 01/20/2016 (W)
Time: 6:00 PM to 8:00 PM
Fee: $19.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

My Kids Are on Social Media... Now What? 16AFC147B
Instructor: Jana Thomas, Owner, Strictly Social Media, jana@strictlysocialmedia.com
Date: 03/09/2016 (W)
Time: 6:00 PM to 8:00 PM
Fee: $19.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor

My Kids Are on Social Media... Now What? 16AFC147C
Instructor: Jana Thomas, Owner, Strictly Social Media, jana@strictlysocialmedia.com
Date: 04/27/2016 (W)
Time: 6:00 PM to 8:00 PM
Fee: $19.00
Location: UFM Conference Room, 1221 Thurston St., 2nd floor
Social Media Bootcamp 16AFC148A
Are you tasked with managing social media on a daily basis for a company or brand? This 3-hour social media bootcamp takes an in-depth look at each of the most widely used social platforms and the strategy, content and tools necessary to be effective. Also learn how to grow your social media community through promotions, the latest paid advertising options and integrating social media with your other marketing efforts to maximize results. Participants can expect to learn: how to create a social media strategy; how to choose the right social media platforms for your business; how to create content that engages through images, video and promotions; how to keep content planned, organized and executed effectively; knowledge of free and paid monitoring and scheduling tools; an introduction to social media paid advertising; how to measure social media activity and report on results.
Instructor: Jana Thomas, Owner, Strictly Social Media, jana@strictlysocialmedia.com
Date: 01/21/2016 (Th)
Time: 5:00 PM to 8:00 PM
Fee: $90.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Social Media Bootcamp 16AFC148B
Instructor: Jana Thomas, Owner, Strictly Social Media, jana@strictlysocialmedia.com
Date: 02/11/2016 (Th)
Time: 5:00 PM to 8:00 PM
Fee: $90.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Social Media Bootcamp 16AFC148C
Instructor: Jana Thomas, Owner, Strictly Social Media, jana@strictlysocialmedia.com
Date: 04/13/2016 (W)
Time: 5:00 PM to 8:00 PM
Fee: $90.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Social Media Bootcamp 16AFC148D
Instructor: Jana Thomas, Owner, Strictly Social Media, jana@strictlysocialmedia.com
Date: 05/13/2016 (W)
Time: 5:00 PM to 8:00 PM
Fee: $90.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

iCan with iPad: Insights for Beginners 16AFC149
Open your world to the many possibilities to explore on your iPad! We’ll discover some great free apps for editing and sharing photos, sketching and note-taking, working in the kitchen, crafting, creating e-books and e-cards, and keeping track of your passwords. We’ll also review some essential iPad productivity tips and best ways to navigate the App Store.
Instructor: Mary Hammel, mhammel@ksu.edu
Date: 01/16/2016 (Sa)
Time: 10:00 AM to 11:30 AM
Fee: $19.00
Location: Wamego Technology Center
Wamego High School, Room 204
801 Lincoln Street, Wamego

Forget The Reminders 16AFC150
In the world of smartphones and digital reminders on our phones wherever we are, many people are finding themselves heavily reliant on those pop-up reminders, rather than their own memory. Gone are the days of writing down an appointment on the calendar once and remembering when and where one should be. Learn the original methods of remembering appointments, before digital reminders, including a string on the finger, a Post-It note on the forehead and a note on the refrigerator.
Date: 05/05/2016 (Sa)
Time: 9:30 AM to 12 N
Fee: $1.00
Location: UFM
1221 Thurston St.

Women and Wealth 16AFC124
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: TBD
Time: TBD
Fee: $12.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Summer swim staff!!
Positions include swimming lesson instructors and lifeguards.
Request an application and availability sheet from info@tryufm.org or call 785.539.8763. Applications will be reviewed in March.

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

Making a T-Shirt Quilt  16ACF225
You’ve seen the cool t-shirts 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 Wednesday, February 17th (6:30p-7:30p), will go over the supplies and materials you will need to have for the two Saturday classes (February 27th and March 5th, 8:00a - 4:00p). The two Saturday classes 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 with the maximum number of t-shirts left up to you. You will learn easy ways to put tougher 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 you finish your t-shirt quilt. Students will need basic sewing skills, their own sewing machine, and are responsible for purchasing the additional materials needed to assemble their quilt.
Instructor: Mandy Ridder,(785) 341-2687, number10mandy@gmail.com

Date: 02/17/2016 to 03/05/2016 (W/Sa)
* Enrollment deadline 2/17/16
Time: See class description
Fee: $50.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Mandy made her first quilt at age 9 and has been hooked on quilting since. She loves sharing her passion for quilting and creating with others.

Chevron Quilt  16ACF230
Chevrons are the in design pattern right now. Come spend a day and make your own chevron quilt. We will use a quick cutting and piecing method that allows class participants to finish a chevron quilt top in just one day. The finished quilt will measure approximately 45”x58”. After you enroll you will be emailed a supply sheet and fabric requirements. There are pre-class cutting requirements that will need to be completed before you come to class on January 30th. Students will need basic sewing skills, their own sewing machine, and are responsible for purchasing the additional materials needed to assemble their quilt. Come join us as we make an awesome quilt that you will enjoy for many years to come.
Instructor: Mandy Ridder,(785) 341-2687, number10mandy@gmail.com

Date: 01/30/2016 (Sa)
* Registration deadline 01/27/16
Time: 8:00 AM to 5:00 PM
Fee: $36.00
Location: First Presbyterian Church -
801 Leavenworth
Manhattan, KS

Barn Quilt Make & Take  16ACF227
Have you wondered what the quilt blocks are that are 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 board will be supplied, ready for you to draw your pattern and paint! The “kit” will include a 2 foot x 2 foot board, tape, foam brushes and paint. The color choices will be primary red, blue, yellow, green, black and white. Several patterns will be available to choose at the class. You will hear a brief presentation about the history of barn quilts and the Kansas Flint Hills Quilt Trail. Next, we will choose a quilt block pattern and then draw your design on the board. Then, it’s on to taping and painting the block to take home with you.
Instructor: Sue Hageman

Date: 02/06/2016 (Sa)
* Enrollment deadline 2/01/2016
Time: 9:30 AM to 3:00 PM
Fee: $50.00
Location: Blueville Nursery
4539 Anderson Ave
Manhattan, KS

Sue is on the KS Flint Hills Quilt Trail Committee and is the winner of the 2013 Accuquilt Barn Quilt Design contest, making her quilt block design the official logo for the quilt trail. Sue has painted over 200 blocks and her passion is to help get blocks all over in the Flint Hills region. When Sue is not painting quilt blocks or promoting the KS Quilt Block Trail, she is also a quilter (the sewing kind) and has quilted for 15 years. She also enjoys biking and participated in Bike Across Kansas in 2013, 2014 and 2015.

Teach a class! Email info@tryufm.org
Have you wondered what the quilt blocks are that are 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 board will be supplied, ready for you to draw your pattern and paint! The “kit” will include a 16 x 16 inch board, tape, foam brushes and paint. The color choices will be primary red, blue, yellow, green, black and white. Several patterns will be available to choose at the class. You will hear a brief presentation about the history of barn quilts and the Kansas Flint Hills Quilt Trail. Next, we will choose a quilt block pattern and then draw your design on the board. Then, it’s on to taping and painting the block to take home with you.

Instructor: Sue Hageman

| Date: 03/05/2016 (Sa) | Time: 9:30 AM to 3:00 PM | Fee: $35.00 | Location: Blueville Nursery 4539 Anderson Ave Manhattan, KS

Mary Elizabeth Atwood is a storyteller in clay as well as a writer, actor and visual artist.

| Date: 05/07/2016 to 05/14/2016 (Sa) | Time: 1:00 PM to 2:00 PM - 5/07 1:00 PM to 2:30 PM - 5/14 | Fee: $57.00 | Location: 1500 N. 9th St Manhattan, KS

| Date: 02/04/2016 (Th) | Time: 6:30 PM to 8:00 PM | Fee: $15.00 | Location: UFM Banquet Room 1221 Thurston St.

Rosanna is a paper craft enthusiast who loves creating handmade greeting cards and gifts using rubber stamps, paper, embellishments, and just about anything that can be found around the house.

| Date: 02/10/2016 to 02/24/2016 (W) | Time: 5:30 PM to 7:00 PM | Fee: $12.00 | Location: UFM Solar Addition 1221 Thurston St.

Mary Ervin, owner of Creating Spaces, has over 15 years of experience in both residential and commercial design. 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.
Introduction to Digital Photography: 
The Basics 16ACF190
This class will focus on the basic concepts of photography and using your camera. To get the most from the class, participants should have a digital camera that users can set the f-stop and shutter speed for (DSLR’s and most advanced compact cameras will have a manual, aperture priority or shutter priority mode that will work for this). If you aren’t sure if your camera will work for the class, don’t hesitate to ask. Topics that will be covered in the class are how f-stop, shutter speed, and ISO work together to determine a photographs 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 (Thurs) 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: Thursday: 7-9pm, March 3, 10, 24, & 31 (no class March 17). Saturday: a few hours before sunset March 5, 12, and 19
Instructor: Scott Bean, (785) 341-1047
scott@scottbeanphoto.com

Date: 03/03/2016 to 03/24/2016 (Th/Sa)
Time: 7:00 PM to 9:00 PM
Fee: $68.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Introduction to Adobe Lightroom 16ACF140
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: 01/26/2016 to 02/04/2016 (T/Th)
Time: 7:00 PM to 9:00 PM
Fee: $56.00
Location: UFM Computer Lab & Conference Room
1221 Thurston St., 2nd floor

Introduction to Adobe Photoshop 16ACF65
The class will cover an introduction to image processing using Photoshop Elements and basic adjustments such as cropping and resizing images, adjusting the tonality using levels, color correction, image cleanup using the healing brush and clone stamp tools, an introduction to layers and how to use them in your workflow, black and white conversions, putting panoramas together, high dynamic range photography and an introduction to camera RAW.
Instructor: Scott Bean, (785) 341-1047
scott@scottbeanphoto.com

Date: 02/16/2016 to 02/25/2016 (T/Th)
Time: 7:00 PM to 9:00 PM
Fee: $56.00
Location: UFM Computer Lab & Conference Room
1221 Thurston St., 2nd floor

Sax, Clarinet or Flute Private Instruction 16ACF232
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: 01/19/2016 to 05/15/2016
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.

Betsy Blazer is originally from Kansas, where she began her career as a Saxophonist and graduated from Northwestern University. She has won numerous competitions and nationwide auditions. Betsy was selected as the principal Saxophonist for two consecutive years in the Kansas All-State Symphonic Band. She was also selected to play in the National Band Association’s Honor Band in Tennessee, along with being one out of two band members to be selected from Kansas to perform in the McDonald’s Band. Betsy also played with Bernadette Peters at McCain Auditorium when she was in the Manhattan area last year. She has traveled extensively with a band called the Sin Sity Suitz, a swing band based out of Las Vegas.

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.

Scott Bean Photography
2115 McDowell Ave, Manhattan, KS 66502
(785) 339-1945
scott@scottbeanphoto.com
www.scottbeanphoto.com
**Introduction to Beekeeping  16AEN124**

If you are thinking about starting a beehive or just want to learn about what’s involved in beekeeping, this is an introduction to these fascinating and important insects. We’ll discuss basic honeybee biology and their current challenges, what is involved in a beekeeping year, and equipment needed to get started.

Instructor: Konza Beekeepers Association
konzabeekeepers@gmail.com

Date: 01/30/2016 (Sa)
Time: 9:00 AM to 12 N
Fee: $20.00
Location: Sunset Zoo Education Building
2333 Oak St
Manhattan, KS

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**Herbs of Israel  16AEN132**

Discover the vibrant plants of Israel that emerge out of the 2,000 year old stone walls in Jerusalem and blanket the winter scene of the Judea Desert. Select plants of five regions in Israel will be discussed, emphasizing how these plants have remained closely attuned to the needs of the people and their cries for help in a land steeped in spirituality yet haunted by perpetual crisis.

Instructor: Ruth Rosenblatt

Date: 01/27/2016 to 02/10/2016 (W)
Time: 6:00 PM to 7:30 PM
Fee: $19.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Ruth Rosenblatt, MH, has been educated in Israel and England and had practiced and taught Herbal Medicine in Jerusalem for 15 years before moving to this country. She currently lives with her husband in Manhattan, Kansas.

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**Home Landscape Design  16AEN08**

Property values can be increased by as much as 10-20% by smart landscape design. Learn the basics of landscaping your home and create your own design on paper to get one step closer to creating the look you want! Locally available resources will be presented. Edible landscaping will be discussed. This course is a must for residents new to the Manhattan community or those of us with “brown thumbs.” Single home owner and/or couples are encouraged to enroll.

Instructor: Gregg Eyestone

Date: 02/10/2016 to 02/24/2016 (W)
Time: 7:00 PM to 9:00 PM
Fee: $21.00 - Individual
$30.00 - Couple
Location: Pottorf Hall at Cico Park - Clover Room

Gregg has been instructing others on gardening practices for 22 years through K-State Research and Extension. A native of Manhattan, he has been gardening his whole life. His orchard contains just about one of everything.

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**Miniature Gardens  16AEN82A**

Learn a wide range of designs, landscape and new ideas for miniature garden lovers. You will learn to design rock gardens, dinosaur gardens, bird house gardens, gnome gardens and air plant gardens under the direction of a horticulture therapy graduate from Kansas State University. All items are included in the price of the class. Each class offers a different opportunity and experience in miniature garden design.

Instructor: Gwen Vinson, (785) 341-1504 agweecare@yahoo.com

Date: 03/15/2016 (T)
Time: 6:30 PM to 8:30 PM
Fee: $25.00
Location: UFM Solar Addition
1221 Thurston St.

Gwen Vinson is a graduate from K-State in Horticulture Therapy. She is an avid gardener and has extensive experience in indoor, outdoor and green house gardening. Gwen has written grants, founded Garden Groups and clubs as well as managed greenhouse production in commercial and private settings. She currently is a co-owner of Wheatland Creations where she designs and creates miniature gardens.

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**In the Zones: Designing with Permaculture  16AEN130**

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

Instructor: Carol Barta, (785) 410-8608

Date: 04/03/2016 (Su)
Time: 6:00 PM to 8:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

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

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**Miniature Gardens  16AEN82B**

Instructor: Gwen Vinson, (785) 341-1504 agweecare@yahoo.com

Date: 04/12/2016 (T)
Time: 6:30 PM to 8:30 PM
Fee: $25.00
Location: UFM Solar Addition
1221 Thurston St.

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**Miniature Gardens  16AEN82C**

Instructor: Gwen Vinson, (785) 341-1504 agweecare@yahoo.com

Date: 05/17/2016 (T)
Time: 6:30 PM to 8:30 PM
Fee: $25.00
Location: UFM Solar Addition
1221 Thurston St.

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**Become UFM’s fan on Facebook!**
Food Forests and Plant Guilds: Not Just Another Gardening Class 16AEN74

Explore the ethics and core principles that define the permaculture method of designing sustainable environments and resilient communities. Learn why a hammock just might be your most valuable tool. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. www.fhreec.org
Instructor: Carol Barta, (785) 410-8608
Date: 02/28/2016 (Su)
Time: 6:00 PM to 8:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Feed Your Soil: Composting the Permaculture Way 16AEN81

No matter what your physical condition or living circumstances you can use permaculture techniques to feed your soil by using your own green waste. Find what works for you, and you will be as happy as your plants.
Instructor: Carol Barta, (785) 410-8608
Date: 05/07/2016 (Sa)
Time: 10:00 AM to Noon
Fee: No Charge
Location: 1425 Collins Ln.
Sunflower Permaculture
Manhattan, KS

Photovoltaics 101 16AEN114

Solar energy is naturally democratic. Like rain, it falls on your house and mine. And unlike coal or natural gas pipelines, it's hard for monopolies to corner the market. You own the wiring in your house and its roof. Homeowners can do their own electrical work, so for about the cost of a used car, you can generate much of your own power. It's easier than you think. We will be discussing advances in solar technology from grid tie with battery back-up to microgrids for villages or even individual neighborhoods. Do you have questions about solar lease programs, or community solar. Bring your own knowledge and favorite topic. We'll attempt to answer as many questions as we have time for. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. www.fhreec.org
Instructors: FHREEC, Bill Dorsett, (785) 539-1956 wmdorsett@sbcglobal.net

New Electric Storage 16AEN83

The new Kansas law makes Westar pay for any excess electricity at the end of each month instead of allowing it to roll over as a credit for the next month's electric bill. This law doesn't stop sunlight from falling on all our homes or kill solar energy in Kansas, but will require us to be smarter in how we make it work for us. This half of the class develops our strategy for maximizing our profit from solar investments. Some have suggested that we completely cut ties with Westar and generate our own. Efficiency, fuel cells, new battery storage technologies and home sized CHIP (combined heat and power) plants make this a reality. If we remain grid tied, how do we store or use that electricity so we export as little as possible a low payback? Should we heat water, space heat our houses, buy plug-in electric vehicles? We need to get smart in how we respond, so this is a discussion of how to become more independent and resilient.
Instructors: FHREEC, Bill Dorsett, (785) 539-1956 wmdorsett@sbcglobal.net
Date: 02/13/2016 (Sa)
Time: 10:30 AM to 12 N
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

Backcountry Skills 16AEN117AZ

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: 02/24/2016 to 02/28/2016 (WSaSu)
(no class 3/2)
(rain dates 3/5, 3/6)
Time: W 6-8pm, Sa and Su 11am - 6pm
Fee: $90.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Backcountry Skills 16AEN117BZ

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: 04/20/2016 to 04/24/2016 (WSaSu)
(no class 4/27)
(rain dates 4/30, 5/1)
Time: W 6-8pm, Sa and Su 11am - 6pm
Fee: $90.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

NEW!

Backcountry Skills 16AEN117AZ

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: 02/24/2016 to 02/28/2016 (WSaSu)
(no class 3/2)
(rain dates 3/5, 3/6)
Time: W 6-8pm, Sa and Su 11am - 6pm
Fee: $90.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor
Sushi Rolling  16AFF129
Are you interested in learning how to make sushi? Do you want to experience making sushi behind a traditional sushi bar? You will learn how to make sushi, roll it and also take home your own sushi rolling mat.
This class will cover the following:
- Make, cut and plate at least 2 of your own rolls (California roll and Vegetarian roll)
- Basic background of Sushi
- Information on rice cooking techniques, spicy sushi sauce, and sushi vinegar
- How to prepare your ingredients
Instructor: Hyung Hwa ‘Rick Oh

Date: 02/02/2016 (T)
Time: 6:00 PM to 7:30 PM
Fee: $35.00
Location: Box Lab Kitchen
407 Poyntz Avenue

Rick worked for a sushi restaurant management company, Open Sushi Bars. Rick also trained others to manage sushi restaurants (approximately 200 sushi bars in Texas). He is currently the sushi menu developer at Derby Dining Center as a doctoral student in the Department of Hospitality Management and Dietetics at Kansas State University. Rick has been in hospitality area about 12 years including educational background and hotel & restaurant work experience.

Let’s celebrate Mardi Gras!  16AFF136
The traditional King Cake will be front and center just in time for the holiday. Learn how to make a rich sweet dough, the filling to go with it and wonder who will be the lucky one to find the baby inside!
Instructor: Wendi Krishock

Date: 02/06/2016 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: $32.00
Location: HyVee Club Room
601 3rd Place

Wendi Krishock is passionate about teaching others how easy it is to bake. She believes that baking should be fun and during class is sure to weave in a story or two about her past experience as a bakery owner, national baking demonstrator for the King Arthur Flour company and most recently an educator at the American Institute of Baking.

Let’s roll out….Pretzels!!  16AFF135
Learn how easy it is to make pretzels at home! After you learn some information on flour and how to properly measure ingredients, we’ll get to rollin! In this hands on class you get to roll, shape and bake a few of your own pretzels to take home.
Instructor: Wendi Krishock

Date: 01/23/2016 (Sa)
Time: 1:00 PM to 3:00 PM
Fee: $27.00
Location: HyVee Club Room
601 3rd Place

Junior Chefs: English Afternoon Tea Party  16AYO100
You are cordially invited to an Afternoon Tea Party. Junior chefs will enjoy preparing finger sandwiches, shortbread cookies, and crumpets with butter and jam. Remember to bring your best manners! Ages 6 to 12 yrs.
Instructor: Ginny Barnard

Date: 01/30/2016 (Sa)
Time: 2:00 PM to 4:00 PM
Fee: $10.00
Location: Pottorf Hall, CiCo Park

Junior Chefs: Taste of Louisiana  16AYO101
Take a tasty trip to the bayou in Louisiana. Junior Chefs will have fun cooking up gumbo, cornbread, and some dirty rice. Bon Appetite! Ages 6 to 12 yrs.
Instructor: Ginny Barnard

Date: 02/27/2016 (Sa)
Time: 2:00 PM to 4:00 PM
Fee: $10.00
Location: Pottorf Hall, CiCo Park

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Limited scholarships are available for adults & children who qualify for established income guidelines.
See Page 19 for class descriptions and additional information for Red Cross Blended Learning: First Aid/CPR/AED classes below:

**Blended Learning: First Aid/CPR/AED** 15AHW70A  
Instructor: Abby Thrash, abbythrash@gmail.com  
Date: 01/30/2016 (Sa)  
Time: 10:00 AM to 11:00 AM  
Fee: $64.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

Blended Learning: Lifeguard Training 16AAQ07A  
Instructors: Abby Thrash & Megan Bryant  
Date: 04/09/2016 to 04/10/2016 (Sa/Su)  
Time: 8:00 AM to 7:00 PM - Saturday  
8:00 AM to 5:00 PM - Sunday  
* Class schedule (subject to change)  
Fee: $165.00  
Location: Natatorium, K-State campus

Blended Learning: Lifeguard Training 16AAQ07B  
Instructors: Abby Thrash & Megan Bryant  
Date: 05/21/2016 to 05/28/2016 (Sa/Su)  
Time: 8:00 AM to 7:00 PM - Saturday  
8:00 AM to 5:00 PM - Sunday  
* Class schedule (subject to change)  
Fee: $165.00  
Location: Natatorium, K-State campus

Blended Learning: Lifeguard Training Recertification 16AAQ35AR  
Instructor: Megan Goebel & Kyle Polson  
Date: 04/16/2016 (Sa)  
Time: 8:00 AM to 3:00 PM  
Fee: $94.00  
Location: Natatorium, K-State campus

Blended Learning: Lifeguard Training Recertification 16AAQ35BR  
Instructor: Kelly Cook  
Date: 04/30/2016 (Sa)  
Time: 8:00 AM to 3:00 PM  
Fee: $94.00  
Location: Natatorium, K-State campus

Blended Learning: Lifeguard Training Recertification 16AAQ35CR  
Instructor: Megan Goebel & Kyle Polson  
Date: 05/07/2016 (Sa)  
Time: 8:00 AM to 3:00 PM  
Fee: $94.00  
Location: Natatorium, K-State campus

See Page 7 for class descriptions and additional information for Red Cross Blended Learning: Lifeguard Training and Blended Learning: Lifeguard Training Recertification classes below:

**Blended Learning: Lifeguard Training** 16AAQ07A  
Instructors: Abby Thrash & Megan Bryant  
Date: 04/09/2016 to 04/10/2016 (Sa/Su)  
Time: 8:00 AM to 7:00 PM - Saturday  
8:00 AM to 5:00 PM - Sunday  
* Class schedule (subject to change)  
Fee: $165.00  
Location: Natatorium, K-State campus

**Blended Learning: Lifeguard Training** 16AAQ07B  
Instructors: Abby Thrash & Megan Bryant  
Date: 05/21/2016 to 05/28/2016 (Sa/Su)  
Time: 8:00 AM to 7:00 PM - Saturday  
8:00 AM to 5:00 PM - Sunday  
* Class schedule (subject to change)  
Fee: $165.00  
Location: Natatorium, K-State campus

**Blended Learning: Lifeguard Training Recertification** 16AAQ35AR  
Instructor: Megan Goebel & Kyle Polson  
Date: 04/16/2016 (Sa)  
Time: 8:00 AM to 3:00 PM  
Fee: $94.00  
Location: Natatorium, K-State campus

**Blended Learning: Lifeguard Training Recertification** 16AAQ35BR  
Instructor: Kelly Cook  
Date: 04/30/2016 (Sa)  
Time: 8:00 AM to 3:00 PM  
Fee: $94.00  
Location: Natatorium, K-State campus

**Blended Learning: Lifeguard Training Recertification** 16AAQ35CR  
Instructor: Megan Goebel & Kyle Polson  
Date: 05/07/2016 (Sa)  
Time: 8:00 AM to 3:00 PM  
Fee: $94.00  
Location: Natatorium, K-State campus

A One on One Introduction to Voiceovers 16ACF129
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](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 01/19/16 and 05/15/16. Enroll before February 19th 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: 01/19/2016 to 05/15/2016  
Time:  
See class description  
Fee:  
$24.00 (Before February 19)  
$30.00 (After February 19)  
Location: Online

**A One on One**
**Introduction to Voiceovers** 16ACF129

Teach a class! Email info@tryufm.org
HEALTH & WELLNESS

Women's Self Defense  16AHW118AZ
This course takes a holistic approach to self-defense, emphasizing both physical and psychological strategies. Improve your awareness, personal safety, and self-confidence. Each class deals with a different setting such as dating issues, walking alone, car crimes and home protection. Students will learn basic martial arts skills including jujitsu. No prior martial arts experience required. Wear comfortable clothing and athletic shoes. Available for KSU credit.
Instructor: Kyoshi Pamela Johansen
pam@midamerica-karate.com

Date:  01/23/2016 to 02/06/2016 (Sa/Su)
Time:  1:00 PM to 4:00 PM
Fee:  $70.00
Location:  K-State Ahearn Room 301
College Heights St., 3rd floor

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

Bright Life Strategies: Shifting Into Compassion  16AHW143A
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:  02/11/2016 (Th)
Time:  6:00 PM to 7:30 PM
Fee:  $36.00
Location:  UFM Solar Addition
1221 Thurston St.

Palma Holden, M.S., helps people relax, de-stress, and feel better, brighter about life through her practical, spirit-lifting workshops and private consulting. Palma Holden, 785-341-9072, palma@brightlifeconsulting.com.

Bright Life Strategies: Peeling the Layers                16AHW145A
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:  04/13/2016 (W)
Time:  6:00 PM to 7:30 PM
Fee:  $36.00
Location:  UFM Solar Addition
1221 Thurston St.

Enroll anytime at www.tryufm.org
HEALTH & WELLNESS

**Yes Means Yes**  16AHW181

Yes Means Yes is a two day (2/23/16 & 2/25/16) positive sexuality seminar led by K-State staff and graduate student facilitators. Yes Means Yes gives participants the unique opportunity to gather with people from across campus and the Manhattan community 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.

Jessica Haymaker and Jenna Tripodi are coordinators, educators and advocates for K-State’s Center for Advocacy, Response and Education (formerly the Women’s Center). Clara Kientz is a graduate student working with the CARE office.

Instructor: Jessica Haymaker, Jenna Tripodi & Clara Kientz

**Stress: The Body Response & Chiropractic Care**  16AHW188A

Stress, particularly in the workplace, is a growing cause of concern that can lead to 10 of the most common health problems; including heart disease, diabetes, headaches & depression. Labor Force Survey shows a loss of 11.3 million work days lost in 2013/14 due to stress. This class will teach you about how the body reacts physiologically to stress and what happens over time. It will explain just how stress can lead to chronic, debilitating diseases. It will then teach how chiropractic care can benefit and combat these illnesses.

Instructor: Dane Starnes, D. C.
dstarnes123@gmail.com

**Jin Shin Jyutsu Self Help**  16AHW203

Jin Shin Jyutsu is an ancient harmonizing art that utilizes the power of the universe (big stuff!) through one’s hands. One can practice self help and/or have sessions with a trained practitioner. Self help practice is simple: easy to learn and use. There are no contraindications, so everyone can benefit from the application and use it in any situation. Class will focus on learning the art of self help. This includes first aid techniques, ways to bolster the immune system, practices to rejuvenate and detoxify the body, as well as lower stress. Jin Shin Jyutsu creates an awareness of the body’s messages, and a fresh approach to addressing them. Class is experiential; handouts will be provided. Please call Kate (785-537-1911) if you are allergic to cats!

Instructor: Kate Cashman, (785) 537-1911

**Fermented Beverages II**  16AHW189

This informative class will present a brief history of fermented beverages from around the world and some potential health benefits from consuming them on a daily basis. The rest of the class will be devoted to demonstrating how to make delicious probiotics drinks, including Kombucha, dairy and water based kefir, traditional, fruit, and beet kvass, and lassi (a yogurt based drink). A limited number of Kombucha scobies, and hopefully water & dairy kefir grains will be available; please bring small containers with lids. A hand-out with links to websites and recommended books will be provided, along with scratch paper and pens. People’s Grocery and UFM have collaborated to bring you this class.

Instructor: Jennifer Guilford
wellness@peoplesgrocerycoop.com

We want YOU!
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Call 785.539.8763
or email info@tryufm.org.

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UFM Community Learning Center
Facebook.com/UFMCLC

**Stress: The Body Response & Chiropractic Care**  16AHW188B

Instructor: Dane Starnes, D. C.
dstarnes123@gmail.com

Date: 02/09/2016 (T)
Time: 7:00 PM to 8:00 PM
Fee: $5.00
Location: 1130 Westport Dr., Suite 5
Chiropractic Natural Health Care
Manhattan, KS

**Jin Shin Jyutsu Self Help**  16AHW203

Date: 03/08/2016 (T)
Time: 7:00 AM to 9:30 PM
Fee: $22.00
Location: 1421 Colorado Street
Manhattan, KS

Kate Cashman has been studying and practicing Jin Shin Jyutsu since taking a self-help class through UFM in 1998.

Dr. Dane Starnes is a native of Riley County and proud graduate of Riley County High School in 2007. He received a Bachelor’s degree in Arts and Sciences from K-State in 2011 with a Kinesiology emphasis. Dr. Starnes received his Doctorate of Chiropractic from Parker University in Dallas, TX where he became certified in Neuro Emotional Technique and Applied Kinesiology. He utilizes these diagnostic techniques along with chiropractic care to assist in healing the human body.

Instructor: Dane Starnes, D. C.
dstarnes123@gmail.com

Date: 02/09/2016 (T)
Time: 7:00 PM to 8:00 PM
Fee: $5.00
Location: 1130 Westport Dr., Suite 5
Chiropractic Natural Health Care
Manhattan, KS

Jenny Guilford is the Wellness Manager at Peoples Grocery Cooperative in Manhattan, formerly the manager of the K-State Willow Lake Farm, with a Bachelor’s of Science in Horticulture with an emphasis on organic and sustainable agriculture.
Spring Cleanse 16AHW139
Spring is a great time to give your body a ‘retreat’ from its usual digestive workload and take a five-day “cleanse”. At this class Ana will share her knowledge and experience about using certain ‘tools’ to help keep your energy up while eating less and leaving out some of the heavier, harder-to-digest elements of your diet. Once or twice a year we can do this and our bodies will reward us with more energy all year round. Fresh salad and special juicing demonstration and tasting are included. Yoga and its various cleansing practices will be shared as well. People’s Grocery and UFM have collaborated to bring you this class.
Instructor: Ana Franklin, (785) 537-8224 yogaconnection@gmail.com
Date: 04/23/2016 (Sa)
Time: 11:00 AM to 1:00 PM
Fee: No Charge
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

Ana is a certified Natural Health Consultant.

Blended Learning: First Aid/CPR/AED 16AHW70A
Reduce classroom time for CPR, First Aid, and AED Training in half by using Blended Learning. Blended Learning combines a program which blends an ONLINE session with a hands-on skills practice and assessment session. Blended Learning is recommended for individuals recertifying. Certification is good for TWO YEARS. You will be contacted via email with login information and directions. Please be sure to check your email frequently and that it’s in working order. Certification requirements are as follows:
Part I
Complete online session by correctly answering at least 80% of the questions of the final exam, then bring printed final exam score to hands-on skills practice and assessment session.
Part II
Attend in person and demonstrate competency in the hands-on skills practice and assessment session.
Source: American Red Cross
**No textbook required and the date listed is for hands-on skills practice session. There is a $45 non-refundable deposit.
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 01/30/2016 (Sa)
Time: 10:00 AM to 11:00 AM
Fee: $64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Leslie is a graduate of Kansas State University and has a passion for helping others understand the impact that nutrition and exercise has on their health. Her focus is on building healthier lifestyle habits based on whole foods. She loves helping others improve their health and feel better about themselves through a realistic and balanced approach. For more information visit: www.gracegoalsandguts.com

Blended Learning: First Aid/CPR/AED 16AHW70B
Instructor: Abby Thrash, abbythrash@gmail.com
Date: 01/30/2016 (Sa)
Time: 11:00 AM to 12 N
Fee: $64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED 16AHW70C
Instructor: Kelly Reed-Harkness
Date: 03/05/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $64.00
Location: UFM
1221 Thurston St.

Blended Learning: First Aid/CPR/AED 16AHW70D
Instructor: Kelly Reed-Harkness
Date: 05/07/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $64.00
Location: UFM
1221 Thurston St.

Managing and Improving Digestive Dysfunction 16AHW205
Are you one of the millions of Americans that suffers from some sort of digestive dysfunction such as gas, bloating, reflux, pain, constipation, diarrhea? If you thought these were normal after eating. They’re not! Research continues to show that the health of your gastrointestinal tract greatly impacts your overall health and is linked to many illnesses and diseases. Join us to learn the steps to balancing and improving your gut (and overall) health.
Instructor: Leslie Graves
Date: 04/14/2016 (Th)
Time: 7:00 PM to 8:30 PM
Fee: $9.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED 16AHW205A
Instructor: Kelly Reed-Harkness
Date: 03/05/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $64.00
Location: UFM
1221 Thurston St.

Blended Learning: First Aid/CPR/AED 16AHW205B
Instructor: Kelly Reed-Harkness
Date: 05/07/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $64.00
Location: UFM
1221 Thurston St.

Responding to Emergencies 16AHW19Z
This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life, minimize pain, and reduce consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Mask not included in the class fee; it can be purchased for $14.00 at UFM, 1221 Thurston St. before class. Available for KSU credit.
Instructor: Henry Brown
Date: 02/20/2016 to 03/05/2016 (Sa/Su)
Time: Noon to 6:30 PM
Fee: $154.00
Location: UFM Banquet Room
1221 Thurston St.
**Morning Yoga** 16AHW89A
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

Date: 01/23/2016 to 02/20/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

**Morning Yoga** 16AHW89B
Date: 02/27/2016 to 04/02/2016 (Sa)
(No class 3/19)
Time: 9:30 AM to 11:00 AM
Fee: $29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

**Morning Yoga** 16AHW89C
Date: 04/09/2016 to 05/07/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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**Evening Yoga** 16AHW88A
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

Date: 01/26/2016 to 02/23/2016 (T)
Time: 5:30 PM to 7:00 PM
Fee: $29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

**Evening Yoga** 16AHW88B
Instructor: Debbie Newton, dn72649@gmail.com

Date: 03/01/2016 to 04/05/2016 (T)
Time: 5:30 PM to 7:00 PM
Fee: $29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

**Evening Yoga** 16AHW88C
Instructor: Debbie Newton, dn72649@gmail.com

Date: 04/12/2016 to 05/10/2016 (T)
Time: 5:30 PM to 7:00 PM
Fee: $29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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**Restorative Yoga** 16AHW140A
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

Date: 01/24/2016 to 02/21/2016 (Su)
Time: 6:30 PM to 7:30 PM
Fee: $29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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

**Restorative Yoga** 16AHW140B
Instructor: Debbie Newton, dn72649@gmail.com

Date: 02/28/2016 to 04/03/2016 (Su)
(No class 3/27)
Time: 6:30 PM to 7:30 PM
Fee: $29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

**Restorative Yoga** 16AHW140C
Instructor: Debbie Newton, dn72649@gmail.com

Date: 04/10/2016 to 05/15/2016 (Su)
(No class 5/08)
Time: 6:30 PM to 7:30 PM
Fee: $29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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Sponsor the catalog or a class! Call 785.539.8763
HEALTH & WELLNESS

Chair Yoga 16AHW156A
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
Date: 01/26/2016 to 02/23/2016 (T)
Time: 12:00 PM to 1:00 PM
Fee: $29.00
Location: UFM Solar Addition 1221 Thurston St.

Gentle Yoga for All 16AHW99A
(Was Yoga Over Forty) This class will help to heal your body, heart and mind. All you have to do is arrive at each class with an empty stomach, a willingness to relax and listen to your body’s messages. Yoga can help you in all areas of your life - heart health, weight and stress reduction, emotional health and mental focus. Yoga means integration of the whole person. Hormone balance is also gained from regular practice. Class meets 6 times.
Instructor: Ana Franklin, 785) 537-8224, yogaconnection@gmail.com
Date: 01/19/2016 to 02/23/2016 (T)
Time: 5:30 PM to 6:45 PM
Fee: $79.00
Location: Heart Space Yoga 321 Poyntz Ave, Ste A

Yoga 1 16AHW15AZ
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: 01/20/2016 to 03/09/2016 (W/M)
Time: 10:30 AM to 11:30 AM
Fee: $99.00
Location: K-State Ahearn Room 301 College Heights St., 3rd floor

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

Gentle Yoga for All 16AHW99B
Instructor: Ana Franklin, 785) 537-8224, yogaconnection@gmail.com
Date: 03/01/2016 to 04/05/2016 (T)
Time: 5:30 PM to 6:45 PM
Fee: $79.00
Location: Heart Space Yoga 321 Poyntz Ave, Ste A

Yoga 1 16AHW15BZ
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com
Date: 01/20/2016 to 03/09/2016 (W/M)
Time: 4:20 PM to 5:20 PM
Fee: $99.00
Location: K-State Ahearn Room 301 College Heights St., 3rd floor

Yoga 1 16AHW15CZ
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com
Date: 01/20/2016 to 03/09/2016 (T)
Time: 5:30 PM to 6:45 PM
Fee: $79.00
Location: UFM Solar Addition 1221 Thurston St.

Chair Yoga 16AHW156B
Instructor: Debbie Newton, dn72649@gmail.com
Date: 03/01/2016 to 04/05/2016 (T)
(No class 3/15)
Time: 12:00 PM to 1:00 PM
Fee: $29.00
Location: UFM Solar Addition 1221 Thurston St.

Yoga 1 16AHW15DZ
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com
Date: 03/21/2016 to 05/04/2016 (M/W)
Time: 10:30 AM to 11:30 AM
Fee: $99.00
Location: K-State Ahearn Room 301 College Heights St., 3rd floor

Gentle Yoga for All 16AHW99C
Instructor: Ana Franklin, 785) 537-8224, yogaconnection@gmail.com
Date: 04/12/2016 to 05/17/2016 (T)
Time: 5:30 PM to 6:45 PM
Fee: $79.00
Location: Heart Space Yoga 321 Poyntz Ave, Ste A

Yoga 1 16AHW15EZ
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com
Date: 03/21/2016 to 05/04/2016 (M/W)
Time: 4:20 PM to 5:20 PM
Fee: $99.00
Location: K-State Ahearn Room 301 College Heights St., 3rd floor

Yoga 1 16AHW15FZ
Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com
Date: 03/21/2016 to 05/04/2016 (M/W)
Time: 5:30 PM to 6:30 PM
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. Her teaching is detail oriented with personal attention given to individual students. Ana says, "I am devoted to communicating the ancient wisdom of yoga in a way that everyone will understand and benefit from this healing tradition".

Heart Space
Ana Franklin
321 Poyntz Ave Suite A
Manhattan, KS 66505
785-341-9908
www.yogaconnection.byregion.net

Enroll anytime at www.tryufm.org
French Language and Culture  16ALA39
Language learning and practice gives your brain a good workout. So join this class to practice and develop your language skills. It’s aimed at people who have at least a basic knowledge of French language and grammar. Material supplied in class will be the catalyst for discussion, for learning new vocabulary and for learning more about French culture generally.
Instructor: Ann Luttrell
Date: 01/19/2016 to 02/16/2016 (T)
Time: 6:30 PM to 8:00 PM
Fee: $95.00
Location: UFM Conference Room
1221 Thurston St.

Ann Luttrell has been a longtime francophile and has visited France at least yearly over the past 20 years. She has a degree in French and has taught French both formally at high school level and informally to adult groups.
White Phoenix (Pai Lum) Kung Fu  16AMA21
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 Kanasai 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:   02/01/2016 to 04/04/2016 (M)
       (No class 3/14)
Time:   7:00 PM to 8:00 PM
Fee: $54.00
Location: K-State Ahearn Fieldhouse

Tae Kwon Do I  16AMA01Z
Tae Kwon Do is an effective way to unify the mind and body. It helps develop one’s health by increasing cardiovascular abilities, strength, balance and flexibility. The basics of blocking, punching, kicking, self-defense and white belt form will be covered. Class will consist of practicing these skills as a group, working with other classmates and with the instructor. At the end of the semester, students will have the option to be tested for their orange belt. Ages 9+. Available for KSU credit.
Instructor: David Moore

Date:   01/19/2016 to 05/05/2016 (T/Th)
       (No class 3/15, 3/17)
Time:   5:00 PM to 6:00 PM
Fee: $72.00
Location: Sun Yi’s Academy
1650 Hayes Dr.

Basic Karate & Self-Defense  16AMA22
This basic class includes traditional martial arts, basic blocking and striking. Basic kicks along with self-defense, Okinawan JuJitsu 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 Pamela Johansen
pam@midamerica-karate.com

Date:   01/23/2016 to 03/05/2016 (Sa)
       (No class 02/13)
Time:   11:30 AM to 12:30 PM
Fee: $57.00
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 and she was inducted into the Black Belt Hall of Fame in 2004. She has held her own Martial Arts Tournaments since 1983.
Cultural Conversations Through Children’s Literature 16API141
Children’s literature is a window to many cultures showcasing family traditions, customs and also struggles. Stories are a wonderful way to begin to understand those different from ourselves. Enjoy a variety of books as we highlight ways these stories can be powerful conversation starters as we strive to understand each other. This class is a partnership of the College of Education and UFM.
Instructors: Debbie Mercer, Dean, (785) 532-5525, dmercer@ksu.edu & Lotta Larson, Associate Professor, lottalarson@k-state.edu
Date: 02/08/2016 (M)
Time: 6:30 PM to 8:30 PM
Fee: No Charge
Location: Manhattan Public Library Auditorium 629 Poyntz Ave.

Social Justice Education: What Is It and Why Is It Important in Manhattan and Beyond 16API142
Social justice education involves learners of all age in formal education settings (K-12, postsecondary) and informal settings (community groups, extension, etc.) We will provide information about the process and products of social justice education using activities and media; and we will provide opportunities to discuss related issues and be part of a larger dialogue about the topic. This class is a partnership of the College of Education and UFM.
Instructors: Linda Thurston, lpt@ksu.edu & Amanda Morales, morales@ksu.edu
Date: 02/22/2016 (M)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Conference Room 1221 Thurston St., 2nd floor

Beyond the Bus Tour and Business Trip: Making the Most of International Travel 16API143
Dr. Susan M. Yelich Biniecki currently serves as an assistant professor at the College of Education at KSU. Her international travel experience and knowledge goes beyond traditional tours, having served in the U.S. Peace Corps as well as the Assistant Director for the Institute of World Affairs at University of Wisconsin-Milwaukee. She is the co-coordinator of the social justice education graduate certificate program at K-State. This class is a partnership of the College of Education and UFM.
Instructor: Susan Yelich Biniecki, Assistant Professor, susanyb@ksu.edu
Date: 02/25/2016 (Th)
Time: 6:00 PM to 8:00 PM
Fee: No Charge
Location: UFM Conference Room 1221 Thurston St., 2nd floor

Online Graduate Certificate in Social Justice Education

Questions?
sjegradcert@k-state.edu
coe.k-state.edu/academics/graduate/certificates/sje

Kansas State University | College of Education

Focus on Principles of Social Justice Education
The Social Justice Education graduate certificate is a college-wide endeavor and is offered by College of Education faculty. The focus is on the principles of social justice education that promote equitable, sustainable, and transformative change in various formal and non-formal educational settings, and across all age groups.

Opportunities to Engage
The Social Justice Education graduate certificate aims to provide an opportunity to engage in thoughtful, rigorous and sustained inquiry into social justice education and the complex relationships between educational, cultural, economic, political and social structures and educational policies and practices. The foundation for the certificate is critical pedagogy, which refers to both the theory and practice of social transformation that links education to social justice.

Interdisciplinary Experience
The Social Justice Education graduate certificate will provide an interdisciplinary experience that is appropriate for students from a range of academic programs, such as social work, family studies, agricultural education, counselling, advising, curriculum and instruction, educational leadership, women’s studies, and sociology. It is also highly relevant to professionals in a variety of fields.

Enroll anytime at www.tryufm.org
Stories of Women, Food and Power on the 19th Century American Frontier 16API144

Westering women in covered wagons and sod houses, in tents and board shanties, in dugouts and hilltop mansions used that ancient magical power of food - a centerpiece of “women’s work” - to strengthen their families, to build and improve their communities and to add joy and celebration to hardscrabble lives on the American Frontier. Their kitchens were their weapons of war, pens and paintbrushes, hammers and nails. They baked cakes to raise money to build schools and libraries; there they planned campaigns to educate children, close saloons and get the vote. Their stories are lessons in adaptation, in geography, and in woman's hunger to build a better life for the next generation. History textbooks and classrooms - and society in general - have long ignored or dismissed the subtle power these pioneers who, like many of their sisters around the world, found ways to change lives and policy through the kitchen door. Through this class, their stories will be told and remembered. This class is a partnership of the College of Education and UFM.

Instructor: Jane Marshall

Genealogy Essentials: Sources 16API152

This class will instruct the genealogist on different types of sources, lets others know where your facts are based and help in evaluating your research. Time will be spent on the proper citation: how to determine derivative sources and of those which are primary or secondary. The class will study the Genealogical Standards of Proof and will provide a reference for others to audit your research.

Instructor: Jill Frese

Expanding Kansas Archaeology 16API140

Who lived in Kansas before Euroamerican settlement? How did the early Native peoples make this area their home? Discover answers to these and other questions through an exploration of the archaeological record of this region. We’ll learn how archaeologists decipher clues to the past and explore the diverse ways in which people have lived in the Central Plains more than 13,000 years. Our journey of discovery will examine this fascinating past through activities, presentations, readings, and discussions. (This class is offered concurrently for KSU credit through Global Campus.)

Instructor: Lauren Ritterbush, Associate Professor, lritterb@ksu.edu

Genealogy Essentials: Organization 16API153

How to make A Mole Hill Out of a Mountain: this class will address the mountains of paper that seems to multiply with the study of genealogy. Come to the class to learn how to tackle the piles and put them in an order designed to fit your life. This class is for the novice as well as the seasoned genealogist.

Instructor: Jill Frese

Genealogy Essentials: Timelines 16API154

Timelines are a useful tool to use in genealogy to discover the answer to questions such as: why did my ancestor emigrate; when did my ancestor migrate; why did my family move from state to state; what was going on in the world during my ancestors life; in my life; how to make a timeline of your home.

Instructor: Jill Frese

Genealogy Essentials: Cemetery Research 16API155

Researching a cemetery involves more than sitting at a computer and looking up graves on the computer. Come find out how to research a cemetery, clean a stone, make a stone rubbing, and learn how to witch a grave. This class is interactive and quite popular. If need be, bring a lawn chair!

Instructor: Jill Frese

The One Book Book Club 16API150

Join us for The One Book Book Club. We will be discussing the book E-Squared by Pam Grout. Her suggested exercises to expand our intuition and imagination will be our focus.

Instructor: Mary Elizabeth Atwood, (785) 776-0327 & Kate Cashman, (785) 537-1911

Instructor: Jill Frese
BOOK CLUB - Best new Irish Short Stories Practice

If you have any interest in Ireland or its writers, this could be the class for you. We will read a story each week from ‘The Granta Book of the Irish Short Story’ and discuss how these stories reflect the current cultural and literary landscape in Ireland.

Instructor: Ann Luttrell, annluttrell@hotmail.com

Date: 01/20/2016 to 02/17/2016 (W)
Time: 6:30 PM to 8:00 PM
Fee: $70.00
Location: UFM Fireplace Room
1221 Thurston St.

Private Pilot Ground School

Looking to become a pilot? This course is designed as a first step for those who want to attain a private pilot’s license and/or as a supplemental step for those who are currently studying to become a pilot, but who are seeking a more controlled approach. This course is taught by Certified Flight Instructors and Advanced Ground Instructors. Students who demonstrate competency in the required knowledge deemed necessary by FAR part 61.105 will be endorsed by the CFI/AGI to take the aeronautical written test. It should be emphasized that this is not a ground school designed to simply memorize the right answer for the written test. Instead, this course is designed to prepare students by providing an understanding of aircraft, flying and regulations. The skills learned will be applicable to actual flying as well as passing the oral and practical exam. Our goal is to get you flying!

Instructor: Charles Copeland, Adv. Ground Instructor, CFI, (785) 320-1218, charlie@goflexair.com

Date: 01/25/2016 to 05/09/2016 (M)
(No class 03/14)
Time: 6:00 PM to 8:30 PM
Fee: $190.00
Location: Justin Hall, Room 256
Kansas State University

Introduction to Horse Back Riding and Training

This will be a two hour class introducing the student to horse care, management, riding, tack and training. There will not be any direct contact with horses during this class time. This class is a pre-class to beginning riding lessons at 2UW Brush Creek Ranch. This class is suitable for beginners, and those not interested in riding, but just interested in learning about horses. Both English and Western styles of riding will be represented.

Instructor: Kendall Pray, Head Trainer Western,
(217) 836-1972, (785) 340-2297
kpray611@gmail.com

Date: 01/23/2016 (Sa)
Time: 9:00 AM to 11:00 AM
Fee: $27.00
Location: 13325 Brush Creek Road
Westmoreland, KS 66549

Introduction to Horse Back Riding and Training

Instructor: Kendall Pray, Head Trainer Western,
(217) 836-1972, (785) 340-2297
kpray611@gmail.com

Date: 02/27/2016 (Sa)
Time: 9:00 AM to 11:00 AM
Fee: $27.00
Location: 13325 Brush Creek Road
Westmoreland, KS 66549

Introduction to Horse Back Riding and Training

Instructor: Kendall Pray, Head Trainer Western,
(217) 836-1972, (785) 340-2297
kpray611@gmail.com

Date: 04/02/2016 (Sa)
Time: 9:00 AM to 11:00 AM
Fee: $27.00
Location: 13325 Brush Creek Road
Westmoreland, KS 66549

Rita Ross-Newton has hiked over 1000 miles on the Appalachian Trail (known as the AT), which runs through the Appalachian Mountains, from Georgia to Maine. In the first session, Ross-Newton will talk about the trail itself, including its history and its diversity. Video clips will be shown, and resources, such as books about the trail and information about relevant organizations, will be shared. The second session will focus more on hiking the trail; how and what to pack, how to pace a hike, what to eat, how to provide water, and other hiking strategies will be discussed. Photos and videos will illustrate these concepts. Hands-on activities will round out the session, and a guest speaker will demonstrate gear options.

Instructor: Rita Ross

Date: 05/05/2016 to 05/12/2016 (Th)
Time: 7:00 PM to 8:00 PM
Fee: $12.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Rita Ross-Newton has now hiked about half of the 2,185-mile Appalachian Trail, and she is hooked.

Interested in teaching a class for UFM?
Summer 2016 submission deadline is March 11, 2016.
For more information email kayla@tryufm.org

Sponsor the catalog or a class! Call 785.539.8763
Wood Turning for Beginners  16API151A
Learn how to make a wood bowl on a wood lathe. Learn wood selection, mounting the wood on the lathe, and which tools to use in which way to make a bowl. The class will cover safety, wood and tool selection, tool sharpening, and wood finishing procedures. This is a Saturday class and we’ll take a lunch break but spend part of that talking about additional bowl design considerations. Dry wood will be provided. We’ll have lunch at a place in Wamego. Must be 18 years old to participate in the class.
Instructor: Tom Boley
Date: 01/23/2016 (Sa)
Time: 9:00 AM to 5:00 PM
Fee: $75.00
Location: Red Oak Hollow Lathe Works
4025 Walnut Creek Drive
Wamego, KS 66547

Wood Turning for Beginners  16API151B
Instructor: Tom Boley
Date: 02/27/2016 (Sa)
Time: 9:00 AM to 5:00 PM
Fee: $75.00
Location: Red Oak Hollow Lathe Works
4025 Walnut Creek Drive
Wamego, KS 66547

Wood Turning for Beginners  16API151C
Instructor: Tom Boley
Date: 03/26/2016 (Sa)
Time: 9:00 AM to 5:00 PM
Fee: $75.00
Location: Red Oak Hollow Lathe Works
4025 Walnut Creek Drive
Wamego, KS 66547

Wood Turning for Beginners  16API151D
Instructor: Tom Boley
Date: 04/23/2016 (Sa)
Time: 9:00 AM to 5:00 PM
Fee: $75.00
Location: Red Oak Hollow Lathe Works
4025 Walnut Creek Drive
Wamego, KS 66547

Lyoki, AKA the Werewolf Cat  16API99
Ever dreamed of meeting a werewolf and not being eaten? Well here is your chance! Come spend time with Loki the Lykoi also known as “the werewolf cat.” Lykoi are a naturally, occurring genetic mutation of the black domestic short hair (barn cats). Their unique appearance and outgoing personalities make them an interesting new breed that is swiftly winning over the hearts of cat lovers around the world! These little “Wolfies” are amazing! There is no fee for this class, though donations are accepted for Cat Tails, the local no-kill cat rescue.
Instructors: Dom & Wendy Barnes
Date: 03/19/2016 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Happy Pets  16API149
We spend most of our time working, taking care of children or others, and doing chores, leaving even less time with our animals. In this class, you’ll learn easy ways to deepen the bonds of communication with your pets, help create ease during stressful transitions, and receive tasty dog treat recipes. As an intuitive guide and pet consultant, Palma Holden helps people and animals to reduce stress and feel better about life. People’s Grocery and UFM have collaborated to bring you this class.
Instructor: Palma Holden, (785) 341-9072
palma@brightlifeconsulting.com
Date: 03/22/2016 to 04/19/2016 (T)
Time: 4:00 PM to 5:30 PM
Fee: $9.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Life Reimagined: Facilitating the Transition for the Next Great Adventure  16API95
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: 03/22/2016 to 04/19/2016 (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.
Fred Newton, served as Director of Counseling and Professor of Education during the past 34 years at KSU.
Dan Wilcox is on the faculty for Special Education, Counseling and Student Affairs and Counseling in KSU College of Education.
Introduction to Golf  16ARF04A
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

Date: 04/14/2016 to 04/28/2016 (Th)
Time: 6:00 PM to 7:00 PM
Fee: $41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Introduction to Golf  16ARF04B
Instructor: Brian Lorenz

Date: 05/12/2016 to 05/26/2016 (Th)
Time: 6:00 PM to 7:00 PM
Fee: $41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Introduction to Golf  16ARF04C
Instructor: Brian Lorenz

Date: 06/16/2016 to 06/30/2016 (Th)
Time: 6:00 PM to 7:00 PM
Fee: $41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Introduction to Country Swing Dancing  16ARF117A
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 easy 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. * Soft-sole, non-marking tennis shoes are required. No boots allowed. *
Instructor: Thomas Weeks & Kellie Weeks

Date: 02/05/2016 to 02/26/2016 (F)
Time: 7:00 PM to 8:00 PM
Fee: $58.00 - Individual
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Introduction to Country Swing Dancing  16ARF117B
Instructor: Thomas Weeks & Kellie Weeks

Date: 03/04/2016 to 04/01/2016 (F)
Time: 7:00 PM to 8:00 PM
Fee: $58.00 - Individual
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Introduction to Country Swing Dancing  16ARF117C
Instructor: Thomas Weeks & Kellie Weeks

Date: 04/08/2016 to 04/29/2016 (F)
Time: 7:00 PM to 8:00 PM
Fee: $58.00 - Individual
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Bollywood Dance  16ARF125
India’s largest film industry is popularly known as Bollywood. Famous for its masala’ or spicy mixture films including love stories, exotic locations, vibrant costumes, and most importantly, joyful dancing. Bollywood is a dance that draws on styles like Jazz, Hip-hop, Indian classical, and folk traditions. The joyous dances have distinct rhythms and vigorous beats, and are popular worldwide. In this class we will learn various moves put together in choreographies on the lively Bollywood music. Age 13+
Instructor: Jui Mhatre, (806) 543-9853
confidance78@gmail.com

Date: 03/25/2016 to 04/29/2016 (F)
Time: 5:30 PM to 6:20 PM
Fee: $60.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Jui Mhatre has been practicing and teaching a range of Indian dances for more than fifteen years, with the specialization in classical dance Bharata Natyam. She received her formal training in dance in Mumbai, India, and has performed in the United States, United Kingdom, and Canada. Jui has a B.F.A. in Fine Art and M.A. in Performance and Creative Research. She enjoys creating and sharing movement-based communal experiences through teaching and performing.

The top five reasons for taking a UFM Class!

The top five reasons for taking a UFM Class!

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Salsa Dance 101 16ARF171

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.

Instructor: Isaac Falcon

Date: 01/27/2016 to 03/09/2016 (W)
Time: 6:45 PM to 7:45 PM
Fee: $50.00
Location: College Heights St., 3rd floor

Intermediate-Advanced Salsa & Bachata 16ARF172

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: 01/27/2016 to 03/09/2016 (W)
Time: 8:00 PM to 9:00 PM
Fee: $70.00
Location: K-State Ahearn Room 301 College Heights St., 3rd floor

Introduction to Dance for Teens and Adults 16ARF181

This class will introduce Ballet, Praise Dance and Tap without tap shoes styles of dance. Both beginners and those that have danced before are welcome. No special dance attire is needed. Bare feet or tennis shoes are suggested. Students can continue. Call Randi Dale for more information at (785) 539-5767.

Instructor: Randi Dale

Date: 02/02/2016 to 02/09/2016 (T)
Time: 6:00 PM to 6:30 PM
Fee: $14.00
Location: UFM Fireplace Room, 1221 Thurston St.

Ballet Barre Conditioning 16ARF126A

It may look like ballet, but it’s not. Barre fitness classes are simply ballet-inspired, incorporating a ballet barre and maybe some plies and pirouettes here and there into the workout. Essentially, barre classes mix elements of Pilates, dance, yoga and functional training. In each energizing and targeted workout, you’ll use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body. No Experience Required.

* Class meets 2 times - 1st and 3rd Saturday of the month *

Instructor: Kate Grier, katiashae@yahoo.com

Date: 02/06/2016 to 02/20/2016 (Sa)
(No class 2/13)
Time: 6:00 PM to 7:00 PM
Fee: $29.00
Location: K-State Ahearn Room 304 College Heights St., 3rd floor

Ballet Barre Conditioning 16ARF126B

Instructor: Kate Grier, katiashae@yahoo.com

Date: 03/05/2016 to 03/19/2016 (Sa)
(No class 3/12)
Time: 6:00 PM to 7:00 PM
Fee: $29.00
Location: K-State Ahearn Room 304 College Heights St., 3rd floor

Ballet Barre Conditioning 16ARF126C

Instructor: Kate Grier, katiashae@yahoo.com

Date: 04/02/2016 to 04/16/2016 (Sa)
(No class 4/09)
Time: 6:00 PM to 7:00 PM
Fee: $29.00
Location: K-State Ahearn Room 304 College Heights St., 3rd floor
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 costuming, as they apply to the dance. Please wear comfortable clothing that allows for ease of movement.
Instructor: Amy (Nashid) Werner
Date: 02/04/2016 to 03/10/2016 (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  16ARF161
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 before taking Level II. **
Instructor: Kathryn Harth
Date: 02/08/2016 to 03/28/2016 (M)
(No class 3/14)
Time: 6:45 PM to 7:45 PM
Fee: $64.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

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

Level III: Advanced Belly Dance  15ARF11
In this class, we will not only learn advanced moves, but will also delve into more specialized areas of Belly Dance. Topics may include: Drum solos, advanced zills, double veil, sword balancing, and oh so much more! Be prepared to challenge yourself as we explore the many sides of Belly Dance! Students must have completed both Level I and II courses.
Instructor: Amy (Nashid) Werner
Date: 02/03/2016 to 03/09/2016 (W)
Time: 5:30 PM to 6:30 PM
Fee: $52.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Professional Dance Troupe  16ARF152
This is a rehearsal time for the Eyes of Bastet Belly Dance Troupe. We will review choreographies in order to prepare for upcoming performances. Students must complete Level I before taking Level II. Students must contact instructor to receive permission to enroll for this course.
Instructor: Amy (Nashid) Werner
Date: 02/03/2016 to 03/09/2016 (W)
Time: 5:30 PM to 6:30 PM
Fee: $52.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Level III: Advanced Belly Dance  15ARF11
In this class, we will not only learn advanced moves, but will also delve into more specialized areas of Belly Dance. Topics may include: Drum solos, advanced zills, double veil, sword balancing, and oh so much more! Be prepared to challenge yourself as we explore the many sides of Belly Dance! Students must have completed both Level I and II courses.
Instructor: Amy (Nashid) Werner
Date: 02/03/2016 to 03/09/2016 (W)
Time: 5:30 PM to 6:30 PM
Fee: $52.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Professional Dance Troupe  16ARF152
This is a rehearsal time for the Eyes of Bastet Belly Dance Troupe. We will review choreographies in order to prepare for upcoming performances. Students must have completed both Level I and II courses.
Instructor: Amy (Nashid) Werner
Date: 02/03/2016 to 03/09/2016 (W)
Time: 5:30 PM to 6:30 PM
Fee: $52.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Beginning Tennis  16ARF164AZ
The focus of this beginning tennis class will be to introduce 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: 02/09/2016 to 04/26/2016 (T)
(No class 3/15)
Time: 1:00 PM to 2:30 PM
Fee: $99.00
Location: Body First Wellness & Recreation Center
3615 Claflin R
(785) 776-6060

Intermediate Bowling  16ARF168Z
This intermediate bowling course will include lessons on the three factors of rolling the ball: ball weights and how they affect the path down the lane; how different ball surfaces affect ball reaction; and differences in ball cover stocks, counter weights, and balance holes. Students will learn how to play different lane conditions and how it affects your ability to score, and how to make lane adjustments. Advanced bowling terminology, the history of the game of bowling, and governing bodies will be discussed in class. There will be videotaping of the student bowler for review and to document progress.
Instructor: John Garetson
Date: 01/25/2016 to 05/02/2016 (M)
(No class 3/14)
Time: 2:30 PM to 3:30 PM
Fee: $80.00
Location: K-State Student Union - Bowling Alley

Beginning Tennis  16ARF164BZ
Instructor: Dave Hoover
Date: 02/10/2016 to 04/27/2016 (W)
(No class 3/14)
Time: 1:00 PM to 2:30 PM
Fee: $99.00
Location: Body First Wellness & Recreation Center
3615 Claflin R
(785) 776-6060

Intermediate Bowling  16ARF168Z
This intermediate bowling course will include lessons on the three factors of rolling the ball: ball weights and how they affect the path down the lane; how different ball surfaces affect ball reaction; and differences in ball cover stocks, counter weights, and balance holes. Students will learn how to play different lane conditions and how it affects your ability to score, and how to make lane adjustments. Advanced bowling terminology, the history of the game of bowling, and governing bodies will be discussed in class. There will be videotaping of the student bowler for review and to document progress.
Instructor: John Garetson
Date: 01/25/2016 to 05/02/2016 (M)
(No class 3/14)
Time: 2:30 PM to 3:30 PM
Fee: $80.00
Location: K-State Student Union - Bowling Alley

Beginning Tennis  16ARF164AZ
Instructor: Dave Hoover
Date: 02/09/2016 to 04/26/2016 (T)
(No class 3/15)
Time: 1:00 PM to 2:30 PM
Fee: $99.00
Location: Body First Wellness & Recreation Center
3615 Claflin R
(785) 776-6060
Half or Full Marathon Training 16ARF68
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: 03/22/2016 to 05/12/2016 (T/Th)
Time: 5:45 PM to 6:45 PM
Fee: $140.00
Location: UFM Multipurpose Room
1221 Thurston St.

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.

Run Happy! Run For Life! 16ARF72
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: 03/21/2016 to 04/29/2016 (M/W/F)
Time: 6:00 PM to 7:00 PM
Fee: $145.00
Location: K-State Ahearn Field House
Indoor Track

Archery for Adults 16ARF01DZ
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: 01/19/2016 to 05/03/2016 (T)
(No class 3/15)
Time: 8:15 PM to 9:15 PM
Fee: $101.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Archery for Adults 16ARF01AZ
Instructor: Tom Korte, (785) 494-8889
Date: 01/25/2016 to 05/02/2016 (M)
(No class 3/14)
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 16ARF01BZ
Instructor: Tom Korte, (785) 494-8889
Date: 01/25/2016 to 05/02/2016 (M)
(No class 3/14)
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 16ARF01CZ
Instructor: Tom Korte, (785) 494-8889
Date: 01/25/2016 to 05/02/2016 (M)
(No class 3/14)
Time: 8:50 PM to 9:50 PM
Fee: $101.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Full Instructor biographies are available on our website
www.tryufm.org >Noncredit > By Instructor > Instructor name
Beginning Fencing 16ARF21Z
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: R. Todd Gabbard
Date: 01/25/2015 to 05/02/2015 (M)
Time: 6:00 PM to 7:30 PM
Fee: $60.00 - Has equipment
$93.00 - use instructors
Location: K-State Ahearn Fieldhouse

Intermediate Fencing 16ARF22Z
Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and parrying.
Instructor: R. Todd Gabbard
Date: 01/25/2015 to 05/02/2015 (M)
Time: 7:30 PM to 9:00 PM
Fee: $60.00 - Has equipment
$93.00 - use instructors
Location: K-State Ahearn Fieldhouse

Boxing 1 16ARF14AZ
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 learning 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.
Instructor: Lorissa Ridley, (785) 341-1708
Date: 01/19/2016 to 03/08/2016 (T/Th)
Time: 6:30 PM to 7:30 PM
Fee: $195.00
Location: K.O. Boxing
2048 Tuttle Creek Blvd.
(In the basement under Shelter Insurance)

Boxing 1 16ARF14BZ
Instructor: Lorissa Ridley, (785) 341-1708
koboxer86@gmail.com
Date: 01/19/2016 to 03/08/2016 (T/Th)
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)

Boxing 1 16ARF14CZ
Instructor: Lorissa Ridley, (785) 341-1708
koboxer86@gmail.com
Date: 01/20/2016 to 03/09/2016 (W/M)
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)

Boxing 1 16ARF14DZ
Instructor: Lorissa Ridley, (785) 341-1708
koboxer86@gmail.com
Date: 01/20/2016 to 03/09/2016 (W/M)
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)

Boxing 1 16ARF14EZ
Instructor: Lorissa Ridley, (785) 341-1708
koboxer86@gmail.com
Date: 01/20/2016 to 03/09/2016 (W/M)
Time: 6:30 PM to 7:30 PM
Fee: $195.00
Location: K.O. Boxing
2048 Tuttle Creek Blvd.
(In the basement under Shelter Insurance)

Lorissa Ridley, founder and CEO of K.O. Boxing, Inc., is a USA certified boxing coach and holds over 25 years experience coaching athletes.

Visit www.tryufm.org for additional level 1 Boxing class offering dates and times throughout the spring semester.

Have an idea for a class?
email Kayla at kayla@tryufm.org
Youth Ballet 16AYO98A
Instructor: Kate Grier, katiashae@yahoo.com
Date: 02/06/2016 to 02/20/2016 (Sa)
Time: 5:00 PM to 6:00 PM
Fee: $24.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Youth Ballet 16AYO98B
Instructor: Kate Grier, katiashae@yahoo.com
Date: 03/05/2016 to 03/19/2016 (Sa)
(No class 3/12)
Time: 5:00 PM to 6:00 PM
Fee: $24.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Youth Ballet 16AYO98C
Instructor: Kate Grier, katiashae@yahoo.com
Date: 04/02/2016 to 04/16/2016 (Sa)
(No class 4/09)
Time: 5:00 PM to 6:00 PM
Fee: $24.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Pre-School Dance 16AYO63
This class is designed for boys and girls ages 3.5-7 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. Tennis shoes can be used. Students can continue the class. Call Randi Dale for more information (785) 539-5767.
Instructor: Randi Dale
Date: 02/02/2016 to 02/09/2016 (T)
Time: 5:30 PM to 6:00 PM
Fee: $14.00
Location: UFM Fireplace Room
1221 Thurston St.

Archery for Youth 16AYO01A
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: 02/02/2016 to 02/23/2016 (T)
Time: 7:00 PM to 8:00 PM
Fee: $30.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Archery for Youth 16AYO01B
Instructor: Tom Korte, (785) 494-8889
Date: 04/05/2016 to 04/26/2016 (T)
Time: 7:00 PM to 8:00 PM
Fee: $30.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Congratulations!!
The UFM Teen Mentoring program has been recognized as the Outstanding Noncredit Program by the National Association for Continuing Higher Education!!!
Limited scholarships are available for adults & children who qualify for established income guidelines.

**American Red Cross Babysitter's Clinic 16AYO23A**
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 & 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: 02/20/2016 (Sa)
Time: 9:00 AM to 4:00 PM
Fee: $56.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Junior Chefs: Taste of Louisiana 16AYO101**
Take a tasty trip to the bayou in Louisiana. Junior Chefs will have fun cooking up gumbo, cornbread, and some dirty rice. Bon Appetit! Ages 6 to 12 yrs.
Instructor: Ginny Barnard

Date: 02/27/2016 (Sa)
Time: 2:00 PM to 4:00 PM
Fee: $10.00
Location: Pottorf Hall, CiCo Park

**Healthy Cooking for Kids 16AYO99**
In this class, we will involve young people in the preparation of a delicious meal. First, we'll teach how to peel and grate potatoes, add spices and fry potato pancakes. We'll also practice multitasking, cooking rice and beans and then use them to form bean burgers. For dessert, we'll prepare a variation of Bananas Foster, measuring both dry and liquid ingredients and practicing slicing. Taught by People's Grocery Deli Cooks Jill and Abbi. People's Grocery and UFM have collaborated to bring you this class.
Instructors: Jill Emerson & Abbi Collins

Date: 02/26/2016 (F)
Time: 5:30 PM to 7:00 PM
Fee: No Charge
Location: UFM Banquet/Kitchen
1221 Thurston St.
Manhattan Home Life of the 1880s
*Presented by Cheryl Collins, Corina Salas De Hugo, Linda Glasgow, Allana Saenger Parker & Marla Day*
Fridays, February 19, 26 & March 4 - 2:00pm to 4:00pm
Meadowlark Hills Community Room
2121 Meadowlark Road, Manhattan
$45.00 (Discount with additional classes)

What was Manhattan like during the 1880s? What were the homes like? Furnishings? Clothing? These are the questions we'll explore during this journey back in time. We will delve into local 1880s community and home life through food, fashion, families, government, buildings and work. A special tour after the class of the Wolf House Museum will illustrate that period.

The Generals Who Became President
*Presented by Robert Smith, Ph.D.*
Tuesdays, March 29, April 5 & 12 - 6:30pm to 8:30pm
Meadowlark Hills Community Room
2121 Meadowlark Road, Manhattan
$45.00 (Discount with additional classes)

The course will focus on three of America's most significant and influential military men. First, we'll examine the life, and specifically, the military leadership of George Washington. During the second class we'll review the life and military genius of Ulysses Grant. The final session will consider the life and military acumen of Kansas' own Dwight D. Eisenhower. While not a successful battlefield commander, Eisenhower played a significant role in forging a war-winning coalition of fractious allies during the Second World War.

Worker Heritage:
*Homesteaders, Farmers, Miners and Women!*
*Presented by Greg Stephens, Tom Fleming, Debi Aaron, Dee Boyd, Bob Storer & Joan Ratliff*
Wednesdays, April 6, 13 & 20 - 6:30pm to 8:30pm
Meadowlark Hills Community Room
2121 Meadowlark Road, Manhattan
$45.00 (Discount with additional classes)

We'll discuss how the homestead era in North Central Kansas provided an environment for labor and farmer organizations. Then we'll review the forgotten Cloud County town of Minersville, a major coal mining community with a rich labor cooperative movement. Finally, we'll examine how women helped change labor in America, including stories of Mother Jones, Frances Perkins, Lucy Parsons, Susan B. Anthony and other women past and present.

Special Event:
*Underground Railroad Sites in Riley and Wabaunsee Counties*
Friday, April 8 – 9:00am to 2:00pm
9:00a.m. - Coach picks up Meadowlark Hills residents
9:15a.m. - Coach departs Town Center parking lot west of Dillard's.
$75.00 (includes transportation, admission & lunch)

During the Civil War, the Underground Railroad was a life-line for slaves yearning to be free, even in Kansas, the Free State. On this journey, we'll visit significant Underground Railroad sites with author and historian Richard Pitts and learn about the people who played important roles during this period. We'll explore the famous Beecher Bible and Rifle Church and the Strong Farm and meet Captain Mitchell, Reverend Blood and others who helped to make Kansas a free state! Tour guide Richard Pitts.

William Shakespeare’s As You Like It
*Presented by Sally Bailey, MFA, MSW*
Tuesdays, Feb. 16, 23 & Mar. 1 - 6:00pm to 8:00pm
Beach Museum of Art
701 Beach Road, K-State
$45.00 (Discount with additional classes)

This course is just in time for Kansas State’s spring production of the Shakespeare classic, As You Like It. Prior to the performance, we'll read selected scenes, discuss artistic and historical issues involved in the play, and learn how Shakespeare’s plays were produced in the Globe Theatre in London. During one session we will visit the Beach Museum’s exhibit of a rare 400-year-old “First Folio” of the William Shakespeare’s plays. First assembled by two actors in 1623, the folio is an original printing of the first collected edition of Shakespeare’s plays. Of 800 original copies, it’s estimated between 200 and 300 remain.

Special Event:
*Bus Tour of Historic Fort Riley*
Friday, April 15 – 9:00am to 3:00pm
9:00am – Coach picks up Meadowlark Hills residents
9:15am – Coach departs Town Center parking lot west of Dillard’s.
$65.00 (includes transportation, admission & lunch)

Our visit to the historic Main Post will consist of a guided tour of the U.S. Cavalry Museum, which chronicles the history of the horse-mounted branch of the service from 1775 to 1950; a guided tour of the 1st Infantry Division Museum, the Army’s oldest and most storied Division; and a tour of the historic Custer House restored to its original 1870s look. We’ll also take a walking tour of the Main Post featuring landmarks such as St. Mary’s Chapel, the old trolley station, the historic Cavalry Parade Field, and the gravesite of “Chief,” the last cavalry horse of the Army. We’ll even stop for lunch on post. Tour guide Robert Smith, Ph.D.

In As You Like It, the heroine Rosalind flees persecution in her uncle’s court accompanied by her cousin Celia to find safety and eventually love in the Forest of Arden. They encounter a number of memorable characters, including the court fool, Touchstone and the melancholy Jacques. Featuring some of Shakespeare’s most famous and oft-quoted phrases, “All the world’s a stage” and “A fool! A fool! I met a fool in the forest...,” this play remains a favorite romantic comedy among audiences around the world. This production is part of a semester-long series of campus and community events honoring the 400th anniversary of Shakespeare’s death. As You Like It is sponsored by the KSU School of Music, Theatre and Dance and directed by David Mackay.
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<tr>
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<td>High-Intensity Training</td>
<td>5:30-6:30PM</td>
<td>1/19/2016 to 3/8/2016 (T/Th)</td>
<td>$337.90</td>
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<td>16986</td>
<td>Fitness Swim</td>
<td>6:00-7:30PM</td>
<td>1/19/2016 to 3/8/2016 (T/Th)</td>
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<td>2/9/2016 to 4/26/2016 (T)</td>
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<td>Tae Kwon Do</td>
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<td>6:00-10:00PM</td>
<td>1/25/2016 to 2/9/2016 (M)</td>
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<td>1:00-4:00PM</td>
<td>1/23/2016 to 2/6/2016 (Sat/Sun)</td>
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**RRES 200 (continued)**

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<tr>
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<th>Dates</th>
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<td>Fundamentals of Canoeing</td>
<td>8:30AM-4:30PM</td>
<td>4/2/2016 to 4/3/2016 (Sat/Sun)</td>
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<td>3/25/2016 to 4/10/2016 (F/Sat/Sun)</td>
<td>$417.80</td>
<td>UFM</td>
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</tbody>
</table>

**Addresses:**

Ahearn 301 and 304, Ahearn Complex, 3rd floor, Gymnasium door entry, College Heights Rd
Body First Wellness & Recreation Center, 3615 Claflin Rd
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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UFM Class Registrations
1221 Thurston St.
Manhattan, KS 66502.

Class registration confirmations will be sent via email.

Stop by the UFM House at 1221 Thurston between 8:30-Noon & 1:00-5:00 PM (M - F).
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UFM REGISTRATION FORM
1221 Thurston St | Manhattan KS 66502
785.539.8763 | (F) 785.539.9460 | www.tryufm.org | info@tryufm.org

Student Name ____________________________________________
Address ____________________________________________
City __________________ State _______ Zip _______

Day Phone ( ___ ) Evening Phone ( ___ ) Email ________________________________
Parent’s name if student is under age 18 __________________________ Age if under 18 _______
Participant Statistics: K-State Student _______ K-State Faculty/Staff _______ Fort Riley _______ Other _______
Age Group: 18-24 _______ 25-59 _______ 60+ _______

Course Code     Session     Course Name                    Fee $ __________

Example: 16AEN124 A  Introduction to Beekeeping 20.00

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 __________

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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 a 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.