Summer 2016 UFM Community Learning Center

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

OR CURRENT RESIDENT

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

Summer 2016 Catalog

UFM

Catalog

Scan here to visit our mobile registration site

CONNECT WITH UFM ON Facebook.COM/UFMCLC
AND TWITTER @ UFMCLC

Connect with UFM on

www.scottbeanphoto.com

Manhattan, KS 66502
1221 Thurston St
UFM Community Learning Center

www.tryufm.org • 785.539.8763 • info@tryufm.org
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>AQUATICS</td>
</tr>
<tr>
<td>9</td>
<td>CAREER &amp; FINANCE</td>
</tr>
<tr>
<td>10</td>
<td>CREATIVE FREE TIME</td>
</tr>
<tr>
<td>12</td>
<td>EARTH &amp; NATURE</td>
</tr>
<tr>
<td>13</td>
<td>FUN FOODS</td>
</tr>
<tr>
<td>14</td>
<td>ONLINE LEARNING</td>
</tr>
<tr>
<td>17</td>
<td>HEALTH &amp; WELLNESS</td>
</tr>
<tr>
<td>21</td>
<td>LANGUAGE</td>
</tr>
<tr>
<td>23</td>
<td>MARTIAL ARTS</td>
</tr>
<tr>
<td>22</td>
<td>PERSONAL INTEREST</td>
</tr>
<tr>
<td>25</td>
<td>RECREATION &amp; FITNESS</td>
</tr>
<tr>
<td>27</td>
<td>YOUTH</td>
</tr>
<tr>
<td>30</td>
<td>OSHER LIFELONG LEARNING</td>
</tr>
<tr>
<td>31</td>
<td>KSU CREDIT COURSES</td>
</tr>
<tr>
<td>32</td>
<td>REGISTRATION FORM</td>
</tr>
</tbody>
</table>

---

**Cover photograph courtesy of Scott Bean**

The featured photo on the cover is a creation of notable landscape photographer Scott Bean (scottbeanphoto.com). It was taken at the Konza Prairie Biological Station, just outside of Manhattan. The Konza Prairie is jointly owned by The Nature Conservancy and Kansas State University and is operated as a field research station. While the primary purpose of the Konza Prairie is for research, the landowners have provided hiking trails that are open and available to the public from dawn to dusk, as weather and trail conditions permit. Continued access to the Konza Prairie is dependent on the cooperation of visitors following the rules set forth below. Please follow the rules so that the public may continue to enjoy the Konza Prairie.

- Remain on designated roads and trails at all times.
- Dogs, horses, and other pets are not permitted on-site.
- Our trails are for hiking only. Bicycles, motorcycles, and any all-terrain vehicles are not permitted.
- Camping or overnight parking is prohibited.
- Collection or removal of flowers, rocks, feathers, or other materials from the area is prohibited.
- Smoking, or any open flame, is prohibited.
- Pack it in, pack it out. Disposal receptacles and picnic areas are not available on the trail.
- The trails and parking area are closed within 1-hour after sunset. Vehicles remaining after this time are subject to being towed at the vehicle owner’s expense.
- This area is patrolled by K-State Police.
- Contact K-State Police at 785-532-6412 or use the “Silent Witness” site (https://www.k-state.edu/police/silent/) to report any suspicious behavior.
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 Kaylo at 785-539-8763.

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

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

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

NONDISCRIMINATION POLICY
UFM Community Learning Center is committed to nondiscrimination on the basis of race, gender, national origin, disability, religion, age, sexual orientation, political beliefs or other non-merit reasons, in admissions, educational programs or activities and employment (including employment of disabled veterans and veterans of the Vietnam Era) as required by applicable laws and regulations. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions or may require instructor permission. Please call (785) 539-8763 to make arrangements for classroom accessibility.

KSU CREDIT COURSES
CREDIT CLASS ENROLLMENT
K-State students enroll through 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/summer2016/information/deadlines.html

DROP POLICY
All drop deadlines are calculated based on the number of calendar days in the class. The following policies apply: a student may drop a class prior to 33% of the class duration without a grade being recorded on the student’s transcript; if a student drops after 33% but before 62% of the class duration, a grade of W will be issued; and no drops will be accepted after 62% of the course duration. Failure to drop a class may result in a failing grade. For more information visit http://courses.k-state.edu/summer2016/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.

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

LIABILITY STATEMENT
Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage or injury that may be sustained while using KSU or UFM facilities or participating in programs. 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 Thursten St, Manhattan, KS 66502.

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

UFM SUMMER 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.

Voices For All, LLC
Kate Grier
Ginny Barnard
Dolly Gudder
Scott Bean
Jenny Guilford
Lorissa Ridley
Megan Hartford
Erin Bishop
Palm D. Brown
Betsy Blaser (Blazer)
Brandon Irwin
Charlene Brownson
Confucius Institute
Kate Cashman
Kyoshi Pamela Johansen
Kelly Cashman
Milo Kelley
Kelly Cook
Scott Kohl
Randi Dale
Tom Korte
Bill Dorsett
Brian Lorenz
Ana Franklin
Samantha Lovitt
John Garetson
Kumiko Nakamura
Leslie Graves
Debbie Newton
Brian Niehoff
Kelly Reed-Harkness
Mandy Ridder
Ruth Rosenblatt
Ryan Semmel
Linda Teener
Abby Thrash
Amy Trujillo
Kellie Weeks
Thomas Weeks
Paul Weihaas
Amy (Nashid) Werner
Stan Wilson

Sponsor the catalog or a class! Call 785.539.8763

INFO 3
LEARN TO SWIM CLASSES

UFM proudly offers the American Red Cross Swim Lessons Levels 1 - 6, Parent and Child, and Tot Transition.

Water safety is reinforced with tips and practice each class. The first day of class, each student is evaluated to ensure 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.
AQUATICS

BEGINNING & ENDING DATES:
Levels I-VI & Lap Swimming
Session A: Monday - Thursday, June 6 - June 16
Session B: Monday - Thursday, June 20 - June 30
Session C: Monday - Thursday, *July 5 - July 14
(*NO class Monday 7/4, makeup Friday 7/8)
Session D: Monday - Thursday, July 18 - July 28

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, non-credit course descriptions.
Fee:  $57.00 per session (8 lessons/45 min)

Session A:
16BAQ01A1 9:50 AM to 10:35 AM
16BAQ01A2 10:40 AM to 11:25 AM
16BAQ01A3 5:30 PM to 6:15 PM
16BAQ01A4 6:30 PM to 7:15 PM

Session B:
16BAQ01B1 9:50 AM to 10:35 AM
16BAQ01B2 10:40 AM to 11:25 AM
16BAQ01B3 5:30 PM to 6:15 PM
16BAQ01B4 6:30 PM to 7:15 PM

Session C:
16BAQ01C1 9:50 AM to 10:35 AM
16BAQ01C2 10:40 AM to 11:25 AM
16BAQ01C3 5:30 PM to 6:15 PM
16BAQ01C4 6:30 PM to 7:15 PM

Session D:
16BAQ01D1 9:50 AM to 10:35 AM
16BAQ01D2 10:40 AM to 11:25 AM
16BAQ01D3 5:30 PM to 6:15 PM
16BAQ01D4 6:30 PM to 7:15 PM

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, non-credit course descriptions.
Fee:  $57.00 per session (8 lessons/45 min)

Session A:
16BAQ02A1 9:50 AM to 10:35 AM
16BAQ02A2 10:40 AM to 11:25 AM
16BAQ02A3 5:30 PM to 6:15 PM
16BAQ02A4 6:30 PM to 7:15 PM

Session B:
16BAQ02B1 9:50 AM to 10:35 AM
16BAQ02B2 10:40 AM to 11:25 AM
16BAQ02B3 5:30 PM to 6:15 PM
16BAQ02B4 6:30 PM to 7:15 PM

Session C:
16BAQ02C1 9:50 AM to 10:35 AM
16BAQ02C2 10:40 AM to 11:25 AM
16BAQ02C3 5:30 PM to 6:15 PM
16BAQ02C4 6:30 PM to 7:15 PM

Session D:
16BAQ02D1 9:50 AM to 10:35 AM
16BAQ02D2 10:40 AM to 11:25 AM
16BAQ02D3 5:30 PM to 6:15 PM
16BAQ02D4 6:30 PM to 7:15 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, non-credit course descriptions.
Fee:  $57.00 per session (8 lessons/45 min)

Session A:
16BAQ03A1 9:50 AM to 10:35 AM
16BAQ03A2 10:40 AM to 11:25 AM
16BAQ03A3 5:30 PM to 6:15 PM
16BAQ03A4 6:30 PM to 7:15 PM

Session B:
16BAQ03B1 9:50 AM to 10:35 AM
16BAQ03B2 10:40 AM to 11:25 AM
16BAQ03B3 5:30 PM to 6:15 PM
16BAQ03B4 6:30 PM to 7:15 PM

Session C:
16BAQ03C1 9:50 AM to 10:35 AM
16BAQ03C2 10:40 AM to 11:25 AM
16BAQ03C3 5:30 PM to 6:15 PM
16BAQ03C4 6:30 PM to 7:15 PM

Session D:
16BAQ03D1 9:50 AM to 10:35 AM
16BAQ03D2 10:40 AM to 11:25 AM
16BAQ03D3 5:30 PM to 6:15 PM
16BAQ03D4 6:30 PM to 7:15 PM

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

Manhattan Marlins
Swim Team
Children, teenagers and Master level swimmers. Primary emphasis is on positive self-image, physical conditioning and development to each person’s fullest potential.
Ages: 5 years through adult
www.manhattanmarlins.org
For more information contact:
Coach Rob Putnam at 303.819.8861

View instructor bios at www.tryufm.org
AQUATICS

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 scissor 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, non-credit course descriptions.
Fee: $57.00 per session (8 lessons/45 min)

<table>
<thead>
<tr>
<th>Session A: Monday - Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>16BAQ04A1  9:50 AM to 10:35 AM</td>
</tr>
<tr>
<td>16BAQ04A2  10:40 AM to 11:25 AM</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session B: Monday - Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>16BAQ04B1  9:50 AM to 10:35 AM</td>
</tr>
<tr>
<td>16BAQ04B2  10:40 AM to 11:25 AM</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session C: Monday - Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>16BAQ04C1  9:50 AM to 10:35 AM</td>
</tr>
<tr>
<td>16BAQ04C2  10:40 AM to 11:25 AM</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session D: Monday - Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>16BAQ04D1  9:50 AM to 10:35 AM</td>
</tr>
<tr>
<td>16BAQ04D2  10:40 AM to 11:25 AM</td>
</tr>
</tbody>
</table>

Level V: Stroke Refinement
Youth lessons. The objectives of this level are coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced. *Levels 5 and 6 are combined classes. For the list of skills to be learned in class visit www.tryufm.org, non-credit course descriptions.
Fee: $57.00 per session (8 lessons/45 min)

<table>
<thead>
<tr>
<th>Session A: Monday - Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>16BAQ05A1  9:50 AM to 10:35 AM</td>
</tr>
<tr>
<td>16BAQ05A2  10:40 AM to 11:25 AM</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session B: Monday - Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>16BAQ05B1  9:50 AM to 10:35 AM</td>
</tr>
<tr>
<td>16BAQ05B2  10:40 AM to 11:25 AM</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session C: Monday - Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>16BAQ05C1  9:50 AM to 10:35 AM</td>
</tr>
<tr>
<td>16BAQ05C2  10:40 AM to 11:25 AM</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session D: Monday - Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>16BAQ05D1  9:50 AM to 10:35 AM</td>
</tr>
<tr>
<td>16BAQ05D2  10:40 AM to 11:25 AM</td>
</tr>
</tbody>
</table>

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 aquatic activities, such as competitive swimming or diving. *Levels 5 and 6 are combined classes. For the list of skills to be learned in class visit www.tryufm.org, non-credit course descriptions.
Fee: $57.00 per session (8 lessons/45 min)

<table>
<thead>
<tr>
<th>Session A: Monday - Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>16BAQ06A1  9:50 AM to 10:35 AM</td>
</tr>
<tr>
<td>16BAQ06A2  10:40 AM to 11:25 AM</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session B: Monday - Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>16BAQ06B1  9:50 AM to 10:35 AM</td>
</tr>
<tr>
<td>16BAQ06B2  10:40 AM to 11:25 AM</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session C: Monday - Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>16BAQ06C1  9:50 AM to 10:35 AM</td>
</tr>
<tr>
<td>16BAQ06C2  10:40 AM to 11:25 AM</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session D: Monday - Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>16BAQ06D1  9:50 AM to 10:35 AM</td>
</tr>
<tr>
<td>16BAQ06D2  10:40 AM to 11:25 AM</td>
</tr>
</tbody>
</table>

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.
AQUATICS

Private Swim Lessons 16BAQ103
Private lessons provide one-on-one instruction for any level of swimmer. Sessions include four 35-minute lessons and occur M-Th. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. Due to time constraints, THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS. Class is held during group lessons and other aquatic classes.

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

Beginning and Ending Dates for Morning Private Lessons:

16BAQ103A1: Mon. - Thur., June 6 - June 9
16BAQ103A2: Mon. - Thur., June 13 - June 16
16BAQ103B1: Mon. - Thur., June 20 - June 23
16BAQ103B2: Mon. - Thur., June 27 - June 30
16BAQ103C1: Tues. - Fri., July 5 - July 8
16BAQ103C2: Mon. - Thur., July 11 - July 14
16BAQ103D1: Mon. - Thur., July 18 - July 21
16BAQ103D2: Mon. - Thur., July 25 - July 28

Time for morning classes:
9:10 AM to 9:45 AM

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

Lap Swimming: Ages 13+
Lap Swimming is for individual work-out. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40-minute block of time during the scheduled times below.

Fee: $19.00 per session (8 times)

<table>
<thead>
<tr>
<th>Session A</th>
<th>Mon - Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>16BAQLSA1</td>
<td>9:10 AM to 11:25 AM</td>
</tr>
<tr>
<td>16BAQLSA3</td>
<td>5:30 PM to 7:30 PM</td>
</tr>
<tr>
<td>Session B</td>
<td>Mon - Thursday</td>
</tr>
<tr>
<td>16BAQLSB1</td>
<td>9:10 AM to 11:25 AM</td>
</tr>
<tr>
<td>16BAQLSB3</td>
<td>5:30 PM to 7:30 PM</td>
</tr>
<tr>
<td>Session C</td>
<td>Mon - Thursday</td>
</tr>
<tr>
<td>16BAQLSC1</td>
<td>9:10 AM to 11:25 AM</td>
</tr>
<tr>
<td>16BAQLSC3</td>
<td>5:30 PM to 7:30 PM</td>
</tr>
<tr>
<td>Session D</td>
<td>Mon - Thursday</td>
</tr>
<tr>
<td>16BAQLSD1</td>
<td>9:10 AM to 11:25 AM</td>
</tr>
<tr>
<td>16BAQLSD3</td>
<td>5:30 PM to 7:30 PM</td>
</tr>
</tbody>
</table>

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 (8 times)

<table>
<thead>
<tr>
<th>Session A</th>
<th>Mon - Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>16BAQLPA1</td>
<td>9:10 AM to 11:25 AM</td>
</tr>
<tr>
<td>16BAQLPA3</td>
<td>5:30 PM to 7:30 PM</td>
</tr>
<tr>
<td>Session B</td>
<td>Mon - Thursday</td>
</tr>
<tr>
<td>16BAQLPB1</td>
<td>9:10 AM to 11:25 AM</td>
</tr>
<tr>
<td>16BAQLPB3</td>
<td>5:30 PM to 7:30 PM</td>
</tr>
<tr>
<td>Session C</td>
<td>Mon - Thursday</td>
</tr>
<tr>
<td>16BAQLPC1</td>
<td>9:10 AM to 11:25 AM</td>
</tr>
<tr>
<td>16BAQLPC3</td>
<td>5:30 PM to 7:30 PM</td>
</tr>
<tr>
<td>Session D</td>
<td>Mon - Thursday</td>
</tr>
<tr>
<td>16BAQLPD1</td>
<td>9:10 AM to 11:25 AM</td>
</tr>
<tr>
<td>16BAQLPD3</td>
<td>5:30 PM to 7:30 PM</td>
</tr>
</tbody>
</table>
Shallow/Deep Water Exercise 16BAQSHD

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 their name, the number of enrolled classes and will be distributed the first day of class. Cards are valid only to the registered participant.**

Blended Learning: Lifeguard Training 16BAQ07

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 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.**

The purpose of the Water Safety Instructor course is to train instructor candidates to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim and water safety courses and presentations. Water Safety Instructor candidates must be at least 16 years old on or before the last scheduled day of the Water Safety Instructor course. Please note: The WSI course is NOT designed to teach you the required strokes/skills. Paired practice, coaching and drills are used to refine skills. Be prepared for swimming, reading and homework.

Enrollment and prerequisites for this class are listed at www.tryufm.org.

Instructor: Abby Thrash, abbythrash@gmail.com

**Prerequisites:**

1) Be 16 years old on or before the last scheduled day of class;
2) Filled out all paperwork for certification;
3) Passed required skills/safety tests with a minimum of 80% on every test.

**Cost:**

$190.00 refundable deposit.

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

Have an idea for a class?
email Kayla at kayla@tryufm.org

Follow us on Facebook for information and updates on classes and events.

UFM Community Learning Center

Facebook.com/UFMCLC

Instructor: Kelly Cook

Date: 05/25/2016 to 05/26/2016 (W/Th)

Time: 4:00 PM to 10:00 PM

Fee: $165.00

Location: Natatorium, K-State campus

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 05/31/2016 – 06/01/2016 (Tu/W)

Time: 8:00 AM to 7:00 PM

Fee: $190.00

Location: Natatorium, K-State campus

Teach a class! Email info@tryufm.org
Financial Literacy: The Talk About Money 16BFC156
While being rich may not be possible for many of us, becoming wealthy is possible for all of us. This class will explain why being wealthy is preferred to being rich and explores why many of us fail to see or understand how wealth is created. It will introduce the Market of Money and how understanding it, everyone whether bobbing around the poverty line or well inside the middle class has the ability to create and build wealth. Highlights include how money comes to us, how we use that money, and how that money can create wealth. It also provides insight into the emotional connections to money and why that adds road blocks to wealth creation. Teens, young adults, parents, and anyone interested in wealth should join this class. Participants are encouraged to share ideas.
Instructor: Milo Kelley
Date: 07/14/2016 to 08/04/2016 (Th)
Time: 6:30 PM to 8:00 PM
Fee: $18.00
Location: UFM Conference Room
1221 Thurston St.

Digital Storytelling with ELLs 16BFC152
Digital storytelling is an excellent way for students still learning English to communicate their understanding of the content with their class, school, and the rest of the world. Course participants will be able to practice with digital storytelling tools, like VoiceThread, Glogster, ShadowPuppet Edu, Toontastic, ExplainEverything, and Voice Notes. Examples of student work will be shared as well as tips on how to use the programs and how it links to the standards. Class discussions will take place in Google Hangouts, Twitter, as well as in email. Participants are encouraged to have an iPad or tablet. Deadline to enroll is June 14.
**Must have a valid email address. All course items and optional projects will be on Edmodo**
Instructor: Amy Trujillo, amyellen@me.com
Date: 06/19/2016 to 07/03/2016
*Enrollment deadline is June 14
Time: Online
Fee: $25.00
Location: Online

STEM Lessons for Beginners 16BFC154
Participants will learn how to find STEM lessons, have the chance to practice some of the selected lessons, and learn the difference between the engineering process and the scientific method. All lessons and materials lists will be available for download so participants can take what they learned and use it in the classroom or with their own children. This is an introductory course and does not require any knowledge of STEM or the engineering process. This course is perfect for education students, home school parents, and classroom teachers. The course will be taught online through Google Hangouts, email, Twitter, and Skype. Participants may just use the course for discussion with others or they may participate in the scheduled online class sessions where the lessons will be demonstrated. Deadline to enroll is June 28.
**Must have a valid email address. All course items and optional projects will be on Edmodo**
Instructor: Amy Trujillo, amyellen@me.com
Date: 07/03/2016 to 07/17/2016
*Enrollment deadline is June 28
Time: Online
Fee: $25.00
Location: Online

BrainPOP for the Classroom 16BFC151
BrainPOP has a myriad of new features that can continue the learning for students and provide a glimpse into the student’s mind and if they are understanding the content. Some of the features that will be discussed and practiced are FYI, Make-A-Map, GameUp, Primary Sources, Class Accounts, and BrainPOP Educators. BrainPOP can be used to differentiate from and meet the needs of a wide range of students. This online course will go over the features through videos, online chats through Google Hangouts and Skype, and individual assignments that will be submitted online through BrainPOP. Participants in this course are strongly encouraged to have a BrainPOP account. Deadline to enroll is May 31st.
**Must have a valid email address. All course items and optional projects will be on Edmodo**
Instructor: Amy Trujillo, amyellen@me.com
Date: 06/05/2016 to 06/19/2016
*Registration Deadline May 31
Time: Online
Fee: $25.00
Location: Online

Meeting the Needs of Gifted Students 16BFC155
The new student already knows everything in your textbook and it is only September. What do you do now? This course offers practical advice on how to differentiate, resources for digging deeper, things to avoid with gifted learners, and how to keep the student engaged and learning content in your classroom. Course participants will receive links to articles, gifted identification, research, organizations, and conferences for gifted learners and their families. Participants will also be able to ask parents of gifted children, as well as gifted children, questions so they can better help the next gifted student that is in their classroom. Class discussions will take place in Google Hangouts, Twitter, as well as email. Deadline to enroll is July 12.
**Must have a valid email address. All course items and optional projects will be on Edmodo**
Instructor: Amy Trujillo, amyellen@me.com
Date: 07/17/2016 to 07/31/2016
*Enrollment deadline is July 12
Time: Online
Fee: $25.00
Location: Online
CREATIVE FREE TIME

Playing Blues Harmonica  16BCF249
This is a beginner’s class on the blues harmonica or harp. The sessions will provide an introduction to the harmonica, from the basics (how to hold, playing notes, techniques) to playing in the blues style (bending notes, warbles, and tone), as well as learning some simple tunes. The class will also learn about some of the key blues harp musicians in history. It is not necessary that learners have any musical knowledge or background for this class.

*Learners are expected to bring their own harmonica in the key of A to the class. Harmonicas can be purchased locally at Glenn’s Music or Rick’s Music Shop, or online at www.musiciansfriend.com.

Instructor: Brian Niehoff, (785) 770-7532
niehoff@ksu.edu

Date: 06/13/2016 to 07/18/2016 (M)
No class July 4
Time: 7:00 PM to 8:00 PM
Fee: $19.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Dr. Brian Niehoff has been playing blues harp for about 10 years. A lifelong guitar player, he started learning the harp through lessons offered free on YouTube, then studied different styles under Dr. Wayne Goins for a year or so. He occasionally plays with a few local bands. In his day job, he is the associate provost for institutional effectiveness at Kansas State University and a professor of management in the College of Business Administration.

Get Hooked Together!  16BCF243
Crochet enthusiasts, from beginners to experts, can participate in these skill building and sharing sessions. Explore stitches and see what others are creating. Bring a project you are working on or teach us a new technique you have learned. Beginners are welcome! This group is a continuation of the spring get togethers and may continue beyond the scheduled dates for those interested. Bring a hook (size H, I or J), some light colored worsted weight (Size 4) yarn for practice, a project you are working on, and any creations you want to share.

Instructor: Linda Teener

Date: 06/08/2016 to 07/27/2016 (W)
*Class meets 6/08, 6/29, 7/13, 7/20, and 7/27
No class 6/15, 6/22, & 7/06
Time: 5:30 PM to 7:00 PM
Fee: $15.00
Location: UFM
1221 Thurston St.

Broomstick Lace  16BCF234
Take your crochet projects beyond the basics. Learn broomstick lace while making an infinity scarf. This is a crochet skill that creates an open, lace-like fabric. Participants need to be comfortable with the basic crochet skills of chain, single and double crochet. Bring a size I crochet hook. The yarn and “broomstick” are included in the class fee. (Class fee of $31 includes most materials.)

Instructor: Linda Teener

Date: 06/15/2016 to 06/22/2016 (W)
Time: 5:30 PM to 7:00 PM
Fee: $31.00 - Class fee + materials
Location: UFM
1221 Thurston St.

NEW!

CREATIVE FREE TIME
CREATIVE FREE TIME

Painted Pet Rocks  

Join us to have fun creating your own pet rocks! Our first project will be to paint ten small rocks that will be used to create your own tic-tac-toe board game. The second project will be to use a larger rock to create another painted art work. Wear your paint clothes. All materials will be provided, however you may bring your own rocks. Smaller smooth rocks should be 1/2 inch to fit the board, the larger smooth rock could be 4-6 inches. Ages 5 years and up.

Instructors: Charlene Brownson & Samantha Lovitt

Date: 06/22/2016 (W)
Time: 3:30 PM to 4:30 PM
Fee: $12.00
Location: UFM Solar Addition
1221 Thurston St.

Introduction to Digital Photography: The Basics

This class will focus on the basic concepts of photography and using your camera. To get the most from the class, participants should have a digital camera that users can set the f-stop and shutter speed for (DSLR's and most advanced compact cameras will have a manual, aperture priority or shutter priority mode that will work for this). If you aren’t sure if your camera will work for the class, don’t hesitate to ask. Topics that will be covered in the class are how f-stop, shutter speed, and ISO work together to determine a photograph’s exposure, how these settings can influence the look of your photo, how to take control of your camera and set the f-stop and shutter speed, how to use ISO, what white balance is, and how in-camera processing settings can impact the color of your photographs. The class will also cover controlling your exposure, using your histogram, bracketing exposures and working with light. The last part of the class will introduce some basic concepts about composition and creating the photograph you want. The class will include 4 classroom meetings (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.

Instructor: Scott Bean, (785) 341-1047
scott@scottbeanphoto.com

Date: 06/02/2016 to 06/23/2016 (Th/Sa)
Time: 7:00 PM to 9:00 PM
Fee: $68.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Dynamic T-Shirt Quilt Class

T-shirt quilts come in many different shapes and styles. Come find out how you can dazzle with different settings, sashings and multiple t-shirts in various arrangements. We will discuss the various ways you can assemble your t-shirt quilt and then design and create your t-shirt quilt. Students will have several variations of quilt designs to choose from so it will be a unique design. Students will need to have basic sewing skills and a sewing machine to bring to class. Students who have taken Mandy’s previous t-shirt quilts classes will excel in this class, although students do not need to have taken the previous class to enroll in this class. The June 29th class will be an informational meeting to go over supplies for the two Saturday classes.

Class dates:
* Wednesday, June 29 - 6:30p-7:30p
* Saturday, July 9 and 16 - 8:00a - 4:00p
Instructor: Mandy Ridder, (785) 341-2687, number10mandy@gmail.com

Date: 06/29/2016 to 07/16/2016 (W/Sa)
Time: 6:30 PM to 7:30 PM
Fee: $50.00
Location: TBD

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.

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

Become UFM's fan on Facebook!
Herb Walk 16BEN134
Late spring is a beautiful time to take a stroll at the Collin’s Lane community garden. We will explore the culinary and medicinal values of 10 different herb plants at Ruth’s garden plot. Samples and handouts will be provided. Bring your cameras, if you’d like, and join us for an hour of fragrant delight!
Instructor: Ruth Rosenblatt
Date: 05/21/2016 (Sa)
Time: 10:00 AM to 2:00 PM
Fee: No charge
Location: Collins Lane Garden
1435 Collins Lane
Manhattan, KS

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.

Tiny House Practicum 16BEN135
The purpose of this practicum is the expose students to the building phase of tiny house construction and generate enthusiasm for the tiny house movement in Manhattan, KS. Students are free to observe, but are highly encouraged to participate in the build. Specific tasks will be assigned based on experience (some construction experience required if you want to participate in the build) and may include: framing, flooring, roofing, plumbing, or electrical. Contact Brandon Irwin with question at bcirwin@ksu.edu. To follow the project online, visit www.EarthToBrandon.com.
Instructor: Brandon Irwin
Date: 06/11/2016 to 07/09/2016 (Sa)
No class 06/18
Dates & times are subject to change
Time: 10:00 AM to 2:00 PM
Fee: No charge
Location: 2205 Grandview Drive
Manhattan, KS

Intro to Geocaching 16BEN103
Geo is a prefix for earth. Cache is a hiding place used to store items. Today there are over 2.5 million geocaches hidden around the world. They can be found deep in the woods, under water and even stuck to the underside of park benches and the containers are getting increasingly more clever. Geocaching has become a hobby for many individuals, friends and families. Has your interest been piqued? Here’s your chance to find out more. The first hour of the class will cover the terms, basic information and how-to for geocaching. After that, the class will be hands-on and geocaching will be done on the KSU campus and close to UFM. If you already have a handheld GPS unit or smart phone or tablet, bring it to the class with you. We will download one of the free apps for geocaching.
Instructor: Ryan Semmel, flinthillsgeocaching@gmail.com
Date: 07/16/2016 (Sa)
Time: 1:00 PM to 5:00 PM
Fee: $5.00 - Class fee - Family
$2.00 - Class fee - Individual
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Wildflower Walk at Tuttle Creek Lake 16BEN69B
Join members of the Kansas Native Plant Society, who also serve as Konza Prairie docents, on wildflower walks at Tuttle Creek Lake. We will identify and talk about the incredible variety of wildflowers which grace our local tall grass prairie environs. You are sure to come away with a renewed appreciation for Flint Hills flora. Please preregister so that we will know how many persons to expect.
*Rain date the following Sunday.
Instructor: Paul Weidhaas, (785) 539-8511
Date: 06/18/2016 (Sa)
Time: 10:00 AM to Noon
Fee: No Charge
Location: Tuttle Creek Lake Visitor Center
5020 Tuttle Creek Blvd

Gutter Salad for Beginners 16BEN136
Do you get tired of cleaning out your gutters? Imbedded helicopters creating tiny mohawks peeking out of your gutter guards? Are trees and seedlings sprouting naturally in your home’s gutters? Then this beginner class is for you! Gutter salads will be made from volunteer seeds and greenery from your own rain gutters. In addition to their creative composition, these salads are unique in appearance and always organic and a fun conversation starter for any meal.
Instructor: Reed Greenleaf
Date: 08/14/2016 (Su)
Time: 5:30 PM
Fee: -$1.00
Location: Your own front porch

Photovoltaics 101 16BEN114
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. Sponsedored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. www.fhreec.org
Instructors: FHRECC, Bill Dorsett, (785) 539-1956
wmdorsett@sbcglobal.net
Date: 06/11/2016 (Sa)
Time: 9:00 AM to Noon
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

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

Flashback!
Super Simple Summer Salads!  
16BFF137
Join us at People’s Grocery for a discussion of recommendations of ingredients to stock up your kitchen in anticipation of using the bounty from your garden. We will cover strategies for ‘using what you have’, with ideas for different dressings and ingredients to make healthy and hearty salads that highlight what you grow. We will prepare a few simple salads to sample. People’s Grocery and UFM have collaborated to bring you this class.
Instructor: Dolly Gudder

Date: 06/25/2016 (Sa)
Time: 2:00 PM to 4:00 PM
Fee: No Charge
Location: People’s Grocery 1620 Fort Riley Blvd

Dolly Gudder is the Deli Director at People’s Grocery Co-op

Open seven days a week: 9AM-8PM

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

Make Your Own Baby Food 16BFF138A
This class will demystify the process of making and storing your own baby food and will help stay-at-home and working moms alike feel confident in making their own food for their babies. Topics covered include simple supplies needed and the benefits, both nutritionally and economically, of making your own baby food. We will look at examples of food combinations and additional resources that you can consult on your own that have been helpful to the instructor. Finally, we will talk about how to introduce solid food to your baby and tips for getting your baby to eat a variety of foods. (In order for this to be a free class, there won’t be any hand outs, but there will be a PowerPoint from which you can take notes, so please bring some paper and a writing utensil).
Instructor: Megan Hartford, m.hartford@hotmail.com

Date: 06/06/2016 (M)
Time: 7:00 PM to 8:30 PM
Fee: No Charge
Location: UFM Conference Room 1221 Thurston St., 2nd floor

Megan Hartford started making baby food for her daughter, Beatrice, about 5 months ago. She was immediately struck by how easy it is, and how much money she saved, and wants to share what she’s learned with other moms so they, too, can give their babies a healthy start to eating, and save some money along the way. Megan is not even close to being an expert, but does want to share what she’s come to know, so far, as a first-time mama feeding her baby.

Make Your Own Baby Food 16BFF138B
Instructor: Megan Hartford, m.hartford@hotmail.com

Date: 07/07/2016 (Th)
Time: 6:00 PM to 7:30 PM
Fee: No Charge
Location: UFM Conference Room 1221 Thurston St., 2nd floor

Make Your Own Baby Food 16BFF138C
Instructor: Megan Hartford, m.hartford@hotmail.com

Date: 08/06/2016 (Sa)
Time: 10:30 AM to 12:30 AM
Fee: No Charge
Location: UFM Conference Room 1221 Thurston St., 2nd floor

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

Junior Chefs: Mac & Cheese Twisted 16BYO102
A staple of American cuisine, Junior Chefs will have fun making (and tasting) traditional macaroni and cheese and a few “twisted” recipes. BLT Mac & Cheese and Pumpkin Mac & Cheese! Children ages 6-12 years old.
Instructor: Ginny Barnard

Date: 06/11/2016 (Sa)
Time: 2:00 PM to 4:00 PM
Fee: $10.00
Location: Pottorf Hall at Cico Park Clover Room

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

Junior Chefs: Veggication 16BYO103
Discover the sights and smells of fresh produce at the local Farmers’ Market. Junior Chefs will learn how to buy, wash, and chop vegetables to make several tasty recipes. Rainbow Quesadillas, Veggie Rice Noodles, and Parmesan Roasted Broccoli. Children ages 6 to 12.
Instructor: Ginny Barnard

Date: 07/13/2016 (W)
Time: 4:00 PM to 6:30 PM
Fee: $10.00
Location: Pottorf Hall at Cico Park Clover Room

Junior Chefs: Make Your Own Baby Food 16BFF138A
Instructor: Megan Hartford, m.hartford@hotmail.com

Date: 07/07/2016 (Th)
Time: 6:00 PM to 7:30 PM
Fee: No Charge
Location: UFM Conference Room 1221 Thurston St., 2nd floor

Make Your Own Baby Food 16BFF138B
Instructor: Megan Hartford, m.hartford@hotmail.com

Date: 08/06/2016 (Sa)
Time: 10:30 AM to 12:30 AM
Fee: No Charge
Location: UFM Conference Room 1221 Thurston St., 2nd floor

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

Sponsor the catalog or a class! Call 785.539.8763
Blended Learning: First Aid/CPR/AED 16BHW70A
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: Kelly Reed-Harkness

Date: 06/11/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $64.00
* $45 non-refundable fee

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

Blended Learning: First Aid/CPR/AED 16BHW70B
Instructor: Kelly Reed-Harkness

Date: 07/23/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $64.00
* $45 non-refundable fee

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

Blended Learning: First Aid/CPR/AED 16BHW70C
Instructor: Kelly Reed-Harkness

Date: 08/27/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $64.00
* $45 non-refundable fee

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

Blended Learning: Lifeguard Training 16BAQ07
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. ONLNE 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 to10 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 w/Red Cross standards, and correctly answer at least 80% of questions on written exams.

Instructor: Kelly Cook

Date: 05/25/2016 to 05/26/2016 (W/Th)
Time: 4:00 PM to 10:00 PM
Fee: $165.00

Location: Natatorium, K-State campus

Blended Learning: WSI - Water Safety Instructor 16BAQ121
Blended Learning: WSI-Water Safety Instructor gives you the opportunity to complete part of the coursework online. You will be contacted via email with login information and directions to complete the online content. 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.

**Prerequisites: candidates must
1) Be 16 years old on or before the last scheduled day of class;
2) Be able to swim continuously for 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick;
3) Swim 200 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick;
4) Swim 100 yards of breaststroke using rhythmic breathing and a stabilizing, propellant kick;
5) Swim 200 yards of breaststroke using rhythmic breathing and a stabilizing, propellant kick;
6) Swim 200 yards of breaststroke, surface dive to a depth of 7 to10 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.

The purpose of the Water Safety Instructor course is to train instructor candidates to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim and water safety courses and presentations. Water Safety Instructor candidates must be at least 16 years old on or before the last scheduled day of the Water Safety Instructor course. Please note: The WSI course is NOT designed to teach you the required strokes/skills. Paired practice, coaching and drills are used to refine skills. Be prepared for swimming, reading and homework.

Enrollment and prerequisites for this class are listed at www.tryufm.org.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 05/31/2016 – 06/01/2016 (Tu/W)
Time: 8:00 AM to 7:00 PM
Fee: $190.00
Location: Natatorium, K-State campus

View instructor bios at www.tryufm.org.
BrainPOP for the Classroom  16BFC151
BrainPOP has a myriad of new features that can continue the learning for students and provide a glimpse into the student’s mind and if they are understanding the content. Some of the features that will be discussed and practiced are FYI, Make-A-Map, GameUp, Primary Sources, Class Accounts, and BrainPOP Educators. BrainPOP can be used to differentiate from and meet the needs of a wide range of students. This online course will go over the features through videos, online chats through Google Hangouts and Skype, and individual assignments that will be submitted online through BrainPOP. Participants in this course are strongly encouraged to have a BrainPOP account. Deadline to enroll is May 31st.
**Must have a valid email address. All course items and optional projects will be on Edmodo**
Instructor: Amy Trujillo, amyellen@me.com

Digital Storytelling with ELLs  16BFC152
Digital storytelling is an excellent way for students still learning English to communicate their understanding of the content with their class, school, and the rest of the world. Course participants will be able to practice with digital storytelling tools, like VoiceThread, Glogster, ShadowPuppet Edu, Toontastic, ExplainEverything, and Voice Notes. Examples of student work will be shared as well as tips on how to use the programs and how it links to the standards. Class discussions will take place in Google Hangouts, Twitter, as well as in email. Participants are encouraged to have an iPad or tablet. Deadline to enroll is June 14.
**Must have a valid email address. All course items and optional projects will be on Edmodo**
Instructor: Amy Trujillo, amyellen@me.com

STEM Lessons for Beginners  16BFC154
Participants will learn how to find STEM lessons, have the chance to practice some of the selected lessons, and learn the difference between the engineering process and the scientific method. All lessons and materials lists will be available for download so participants can take what they learned and use it in the classroom or with their own children. This is an introductory course and does not require any knowledge of STEM or the engineering process. This course is perfect for education students, homeschooled parents, and classroom teachers. The course will be taught online through Google Hangouts, email, Twitter, and Skype. Participants may just use the course for discussion with others or they may participate in the scheduled online class sessions where the lessons will be demonstrated. Deadline to enroll is June 28.
**Must have a valid email address. All course items and optional projects will be on Edmodo**
Instructor: Amy Trujillo, amyellen@me.com

Amy Trujillo is the Instructional Coach at Orlando Science Elementary School. She is a PBS LearningMedia Digital Innovator, a Certified BrainPOP Educator, and the FAST Area Five Director. She presents, teaches, and writes about using technology to meet the needs of the diverse student population.

Check out our website for NEW classes! www.tryufm.org
Meeting the Needs of Gifted Students 16BFC155
The new student already knows everything in your textbook and it is only September. What do you do now? This course offers practical advice on how to differentiate, resources for digging deeper, things to avoid with gifted learners, and how to keep the student engaged and learning content in your classroom. Course participants will receive links to articles, gifted identification, research, organizations, and conferences for gifted learners and their families. Participants will also be able to ask parents of gifted children, as well as gifted children, questions so they can better help the next gifted student that is in their classroom. Class discussions will take place in Google Hangouts, Twitter, as well as email. Deadline to enroll is July 12.
**Must have a valid email address. All course items and optional projects will be on Edmodo**
Instructor: Amy Trujillo, amyellen@me.com

A One on One Introduction to Voiceovers 16BCF129
This fun and empowering 90 minute, one-on-one introductory workshop covers the different types of voiceovers and what tools are needed to find success. You'll be coached as you read a script, and be recorded so you can receive a professional voice evaluation later. You'll have the knowledge necessary to help you decide if this is something you'd like to pursue. Check out the video at http://www.voicesforall.com/ooo to get a better sense of how the 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 05/23/16 and 08/8/16. Once registered, or for any questions concerning the course, please contact Voices For All at info@voicesforall.com, or call 518-261-1664 or 518-261-1601.
Instructor: Voices For All, LLC

**NEW!**

The top five reasons for taking a UFM Class!
There is a class for Everyone!
Learning is Fun!
Meet New people!
Try something new!
Easy to register!
Living the Art: Jin Shin Jyutsu 16BHW08A
Jin Shin Jyutsu is an ancient harmonizing art for body, mind and spirit. During class we practice easy self-help techniques and learn ways to interpret our body's messages: as we get to know ourselves, we are better able to help ourselves. Jin Shin Jyutsu is as simple as exhaling and inhaling, and as complicated and intricate as our bodies. This class lends itself to beginners and is also appropriate for anyone who has previously taken a class. Jin Shin Jyutsu is a subtle, relaxing and profound support for our entire being. Please wear comfortable clothes and your smile.
Instructor: Kate Cashman, (785) 537-1911

Date: 06/28/2016 (T)
Time: 7:00 PM to 9:30 PM
Fee: $22.00
Location: 1421 Colorado Street
Manhattan, KS
*Cats are present at this location. Please let us know if you are allergic to cats.

Living the Art: Jin Shin Jyutsu 16BHW08B
Instructor: Kate Cashman, (785) 537-1911

Date: 07/16/2016 (Sa)
Time: 1:00 PM to 3:30 PM
Fee: $22.00
Location: 1421 Colorado Street
Manhattan, KS
*Cats are present at this location. Please let us know if you are allergic to cats.

Kate Cashman has been studying and practicing Jin Shin Jyutsu since taking a self-help class through UFM in 1998. She is a practitioner and certified self-help instructor of the art. Kate has a bodywork practice and has been in business since 1991. She loves sharing her knowledge of Jin Shin Jyutsu.

Women's Self Defense 16BHW118Z
This course takes a holistic approach to self-defense, emphasizing both physical and psychological strategies. This class is designed to improve your awareness, personal safety, and self-confidence. Each class designed to deal with a different setting such as dating issues, walking alone, car crimes and home protection. Students will learn basic martial arts skills including jujitsu. No prior martial arts experiences required. Wear comfortable clothing and athletic shoes. Available for KSU credit.
Instructor: Kyoshi Pamela Johansen
pam@midamerica-karate.com

Date: 07/09/2016 to 07/23/2016 (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 16BHW143
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: 07/27/2016 (W)
Time: 7:00 PM to 8:30 PM
Fee: $36.00
Location: UFM Solar Addition
1221 Thurston St.

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

Common Culprits Of Weight Loss Resistance 16BHW191
We’re often told that we need to lose weight to get healthy. But what if I told you that in order to lose weight you must get healthy first?! If your hormones, digestive system, adrenals, or detoxification systems are imbalanced or you have systemic inflammation, your body is working hard to survive and can’t even start to think about letting go of weight so where do you even begin? In this class we will talk about some of the common overlooked issues that make it difficult to lose weight -- even when you seem to be doing everything right.
Instructor: Leslie Graves
Date: 06/07/2016 (T)
Time: 7:00 PM to 8:30 PM
Fee: $9.00
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

Managing and Improving Digestive Dysfunction 16BHW205
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: 06/28/2016 (T)
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 16BHW70A
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: Kelly Reed-Harkness
Date: 06/11/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $64.00
*$45 non-refundable fee
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED 16BHW70B
Instructor: Kelly Reed-Harkness
Date: 07/23/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $64.00
*$45 non-refundable fee
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED 16BHW70C
Instructor: Kelly Reed-Harkness
Date: 08/27/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $64.00
*$45 non-refundable fee
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Become UFM’s fan on Facebook!
**Mommy and Baby Yoga** 16BHW212

For babies ages 6 weeks to non-crawling. This yoga experience is a special blend of yoga postures, infant developmental movement and parent/child bonding. The benefits of yoga for babies centers on the parent/child bond and the baby’s natural development of movement from birth to walking. As yoga is found to help create wellness in our lives, yoga is also found to aid in neuromuscular development, improve digestion and ease gas pain, boost immune system, and reduces stress and anxiety of babies and toddlers. Our class will center on baby massage, breathing, and gentle yoga posture work for both mother and child (father or caregiver). These classes are taught by Kristin Miller-200 E-RYT with a specialty certification in Mommy and Baby Yoga, and certified through Yoga for Young Warriors Children’s Yoga program.

Instructor: Kristin Miller

Date: 06/06/2016 to 07/25/2016 (M)
Time: 10:30 AM to 11:30 AM
Fee: $66.00
Location: Yoga For Life
211 S. Seth Child
Manhattan, KS

**Prenatal Yoga** 16BHW213

Whether you are new to yoga or already have an established yoga practice these classes will offer postures that are appropriate for pregnant women with an emphasis on breathing, relaxation and muscle toning. This class is a wonderful way for you to put time aside for you and your baby. Best of all, meet a community of pregnant women in your neighborhood! Yoga is a way to bond with your baby while he/she is in the womb. It also helps you deal with all the changes happening to your body. This yoga class will keep your body agile and help you recover more quickly after the birth. This class focuses on a gentle flow of movement to increase you overall strength and flexibility with modifications to accommodate the various stages of pregnancy. This is also a great class to get back into shape after you have your baby. This class is taught by Jana Biery, certified yoga instructor with specialty certification in Prenatal yoga.

Instructor: Jana Biery

Date: 06/06/2016 to 07/25/2016 (M) (No Class July 4)
Time: 6:45 PM to 7:45 PM
Fee: $67.00
Location: Yoga For Life
211 S. Seth Child
Manhattan, KS

**Evening Yoga** 16BHW88A

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: 06/07/2016 to 07/05/2016 (T)
Time: 5:30 PM to 7:00 PM
Fee: $29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

**Morning Yoga** 16BHW89A

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: 06/04/2016 to 07/02/2016 (Sa) (No class 7/2)
Time: 9:30 AM to 11:00 AM
Fee: $29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

**Evening Yoga** 16BHW88B

Instructor: Debbie Newton, dn72649@gmail.com

Date: 07/12/2016 to 08/09/2016 (T)
Time: 5:30 PM to 7:00 PM
Fee: $29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

**Morning Yoga** 16BHW89B

Instructor: Debbie Newton, dn72649@gmail.com

Date: 07/16/2016 to 08/13/2016 (Sa)
Time: 9:30 AM to 11:00 AM
Fee: $29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

**Restorative Yoga** 16BHW140A

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: 06/05/2016 to 07/10/2016 (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** 16BHW140B

Instructor: Debbie Newton, dn72649@gmail.com

Date: 07/17/2016 to 08/14/2016 (Su)
Time: 6:30 PM to 7:30 PM
Fee: $29.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

**Sponsor the catalog or a class! Call 785.539.8763**

HEALTH & WELLNESS
Chair Yoga  16BHW156A
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: 06/07/2016 to 07/05/2016 (T)
(No class 3/15)
Time: 12:00 PM to 1:00 PM
Fee: $29.00
Location: UFM Solar Addition
1221 Thurston St.

Gentle Yoga for All  16BHW99A
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: 05/31/2016 to 07/05/2016 (T)
(no class 5/17, makeup class 5/24)
Time: 5:30 PM to 6:45 PM
Fee: $79.00
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

Gentle Yoga for All  16BHW99B
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.”
Instructor: Ana Franklin, 785) 537-8224, yogaconnection@gmail.com
Date: 07/12/2016 to 08/16/2016 (T)
Time: 5:30 PM to 6:45 PM
Fee: $79.00
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

Full Instructor biographies are available on our website www.tryufm.org
Getting Started with Conversational Japanese 16BLA38A
This class is for people with no or very little background of Japanese language. The class provides a functional introduction to the Japanese language. The objectives of the class is to learn the oral and aural skills needed to understand basic everyday conversation and express oneself in a variety of daily situations without formally studying grammar. The class also provides cultural and sociolinguistic information useful for novice-level Japanese language learners.
Instructor: Kumiko Nakamura

Date: 05/23/2016 to 06/15/2016 (M/W)  
(No class 5/30)
Time: 5:30 PM to 6:30 PM
Fee: $94.00
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

Level I: Chinese Language for Adults 16BLA67B
Instructor: Confucius Institute

Date: 06/20/2016 to 07/20/2016 (M/W)  
(No Class 7/04)
Time: 10:30 AM to 12 N
Fee: $100.00
Location: Confucius Institute  
1800 Claflin Rd, Suite 205  
Manhattan, KS 66502

Chinese Language Classes for Adults and Children
The Confucius Institute offers practical and fun Mandarin Chinese classes for children and adults. Both beginners and experienced learners are welcome. We also have parent and child classes in which one or both parents/caregivers and their children learn the language together. Each course lasts for 5 weeks (10 sessions). Start time is negotiable. Additional sections may be added based on demand. Confucius Institute contact information:
www.ksu.edu/confucius, confucius@ksu.edu,  
785-532-3413

Level I: Chinese Language for Children 16BLA65A  
Instructor: Confucius Institute

Date: 06/06/2016 to 07/06/2016 (M/W)  
(No class 7/04)
Time: 8:30 AM to 10:00 AM
Fee: $100.00
Location: Confucius Institute  
1800 Claflin Rd, Suite 205  
Manhattan, KS 66502

Level II: Chinese Language for Children 16BLA66A  
Instructor: Confucius Institute

Date: 06/07/2016 to 07/07/2016 (T/Th)
Time: 10:30 AM to Noon
Fee: $100.00
Location: Confucius Institute  
1800 Claflin Rd, Suite 205  
Manhattan, KS 66502

Level II: Chinese Language for Adults 16BLA68B
Instructor: Confucius Institute

Date: 06/21/2016 to 07/21/2016 (T/Th)
Time: 8:30 AM to 10:00 AM
Fee: $100.00
Location: Confucius Institute  
1800 Claflin Rd, Suite 205  
Manhattan, KS 66502

Parent & Child Chinese Language 16BLA69
Instructor: Confucius Institute

Date: TBD  
*Class time and date will be determined with parents
Time: TBD
Fee: $100.00
Location: Confucius Institute  
1800 Claflin Rd, Suite 205  
Manhattan, KS 66502

Visit www.tryufm.org for additional Chinese Language Classes for Adults and Children class offering dates and times throughout the summer semester.


View instructor bios at www.tryufm.org
White Phoenix (Pai Lum) Kung Fu 16BMA21
White Phoenix Kung Fu is a style that combines hard, soft and internal methods in one system. The class will include “bows”, stances, blocks, punches, kicks, strikes, and one step sparring. Stan Wilson has an eight degree black sash in Kanasa Pai Lum and a first degree black sash in 18 Taoist Palms Kung Fu. He has been practicing martial arts since 1970. Instructor: Stan Wilson, (785) 313-5488 stan3804@att.net
Date: 06/06/2016 to 08/08/2016 (M)
Time: 7:00 PM to 8:00 PM
Fee: $54.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Women’s Self Defense 16BHW118Z
This course takes a holistic approach to self-defense, emphasizing both physical and psychological strategies. This class is designed to improve your awareness, personal safety, and self-confidence. Each class designed to deal with a different setting such as dating issues, walking alone, car crimes and home protection. Students will learn basic martial arts skills including jujitsu. No prior martial arts experiences required. Wear comfortable clothing and athletic shoes. Available for KSU credit. Instructor: Kyoshi Pamela Johansen pam@midamerica-karate.com
Date: 07/09/2016 to 07/23/2016 (Sa/Su)
Time: 1:00 PM to 4:00 PM
Fee: $70.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Stan Wilson has studied martial arts since 1970 and has a black belt in Hakkoryu Jujutsu and a black sash in Pai Lum Kung Fu.
Experience grape growing in Kansas, right here locally! Manhattan and the surrounding area is home to several local grape vineyards whose crops are grown for the process of winemaking throughout the state of Kansas. Highland Community College in Wamego is leading the charge by teaching viticulture (growing grapes) and enology (winemaking). HCC also makes industry training accessible through their unique degree programs, teaching participants the complete process of winemaking. This summer, HCC and UFM have partnered again to offer a special series of classes, From the Vine to Glass. These classes will allow participants the opportunity to tour a few of the local vineyards as well as taste local wines. The classes will include discussion of the Kansas grape and wine industry, a tour of the vineyard, followed by tasting wine made from grapes grown at that vineyard. Participants will have the opportunity to see the various growth stages of the grapes. The HCC Vineyard and Winery class will include a tour of the winemaking facility in Wamego.

Location: Participants will meet at UFM for the Prairie Fire Winery and Sierra Vista Vineyard classes for the lecture portion of class before driving to the vineyard. The HCC Vineyard and Winery class will meet at Wamego at 6:30pm. MUST BE 21 TO PARTICIPATE IN TASTING.

### From the Vine to the Glass - Prairie Fire Winery 16BPI131A

**Instructor:** Scott Kohl

**Date:** 06/22/2016 (W)

**Time:** 6:00 PM to 9:00 PM

**Fee:** $35.00

**Location:**

1221 Thurston St
Manhattan, KS

### From the Vine to the Glass - Sierra Vista Vineyard 16BPI131B

**Instructor:** Scott Kohl

**Date:** 05/25/2016 (W)

**Time:** 6:00 PM to 9:00 PM

**Fee:** $35.00

**Location:** UFM

1221 Thurston St
Manhattan, KS

### From the Vine to the Glass - HCC Vineyard and Winery 16BPI131C

**Instructor:** Scott Kohl

**Date:** 07/27/2016 (Th)

**Time:** 6:00 PM to 9:00 PM

**Fee:** $35.00

**Location:**

Highland Community College
500 Miller Dr
Wamego, KS 66547

---

Scott is the director of the Viticulture and Enology program at Highland Community College in Wamego, the only one in the state since 2010. He is the Vice-Chair of the Kansas Department of Agriculture Grape and Wine Industry Advisory Council and helps to coordinate workshops and educational activities with the Kansas Grape Growers and Winemakers Association. Scott is a mentor to state coordinators in the VESTA National Center of Excellence while continuing to oversee activities at HCC’s three vineyards and college winery.
Pet Intuitive Consulting 16BPI158
Is pet intuitive consulting right for me? Come find out how intuitive guidance can help you help your animals – from the adoption phase through behavior and wellness issues, to the late stages of life. Palma will share stories of how she has helped people and their pets move through various life issues with greater ease, confidence and compassion.
Instructor: Palma Holden, M.S., (785) 341-9072 palma@brightlifeconsulting.com
Date: 07/14/2016 (Th)
Time: 7:00 PM to 8:30 PM
Fee: $36.00
Location: UFM Solar Addition
1221 Thurston St.

Wood Turning for Beginners 16BPI151B
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: 06/25/2016 (Sa)
Time: 9:00 AM to 5:00 PM
Fee: $85.00
Location: Red Oak Hollow Lathe Works
4025 Walnut Creek Drive
Wamego, KS 66547

Tiny House Practicum 16BEN135
The purpose of this practicum is to expose students to the building phase of tiny house construction and generate enthusiasm for the tiny house movement in Manhattan, KS. Students are free to observe, but are highly encouraged to participate in the build. Specific tasks will be assigned based on experience (some construction experience required if you want to participate in the build) and may include: framing, flooring, roofing, plumbing, or electrical. To follow the project online, visit www.EarthToBrandon.com.
Instructor: Brandon Irwin, bciirwin@ksu.edu
Date: 06/11/2016 to 07/09/2016 (Sa)
No class 06/18
Dates & times are subject to change
Time: 10:00 AM to 2:00 PM
Fee: No charge
Location: 2205 Grandview Drive
Manhattan, KS

Bon Voyage! 16BPI159
Traveling abroad can be exciting and also overwhelming. Explore a variety of topics including paperwork, health and safety, money, transport, communication and culture. Pack your digital suitcase with hands-on tools and apps to assist in planning your affordable dream trip!
Instructor: Erin Bishop
Date: 05/24/2016 (Tu)
Time: 6:30 PM to 8:30 PM
Fee: $12.00
Location: UFM Conference Room
1221 Thurston St.

Enroll anytime at www.tryufm.org
Introduction to Golf 16BRF04A
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, PGA Instructor

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 Golf 16BRF04B
Instructor: Brian Lorenz, PGA Instructor

Date: 07/14/2016 to 07/28/2016 (Th)
Time: 6:00 PM to 7:00 PM
Fee: $41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Introduction to Golf 16BRF04C
Instructor: Brian Lorenz, PGA Instructor

Date: 08/11/2016 to 08/25/2016 (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 16BRF117A
The class will cover the basic two step as well as swing dance transitions, spins and dips. Students will be able to dance at social events and local dancing establishments with ease at the conclusion of the class. It will be a very relaxed setting with lots of one on one instruction. Partners are required for the class. Singles allowed only with special instructor permission. * Soft-sole, non-marking tennis shoes are required. No boots allowed. *
Instructor: Thomas Weeks & Kellie Weeks

Date: 08/11/2016 to 08/25/2016 (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 16BRF117B
Instructor: Thomas Weeks & Kellie Weeks

Date: 09/15/2016 to 09/29/2016 (Th)
Time: 6:00 PM to 7:00 PM
Fee: $41.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.

Beginning Bowling 16BRF123Z
This course will cover the basic fundamentals of bowling: how to choose a ball, stance, four-step approach, aim, spot bowling, proper release, and spare conversion system. Score keeping, tournament play, rules, and tips will also be taught.
Instructor: John Garetson, Asst Recreation Manager

Date: 06/16/2016 to 06/30/2016 (T/Th)
Time: 2:30 PM to 3:20 PM
Fee: $80.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

FREE admission and parking - 14th & Anderson
785.532.7718 | beach.k-state.edu | Tues. - Wed., Fri. - Sat. 10-5 | Thurs. 10-8 | Sun. 12-5

Interested in teaching a class for UFM?
Fall 2016 submission deadline is June 10, 2016.
For more information email kayla@tryufm.org

Thomas has been dancing in the Manhattan area for the last three years. He’s been involved with the K-State Two step and swing club during his time at K-State. He is now the team captain for the Swingin Spurs here in Manhattan.
Archery for Adults 16BRF01A
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: 06/02/2016 to 06/23/2016 (Th)
Time: 7:00 PM to 8:30 PM
Fee: $35.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Archery for Adults 16BRF01B
Instructor: Tom Korte, (785) 494-8889
Date: 07/07/2016 to 07/28/2016 (Th)
Time: 7:00 PM to 8:30 PM
Fee: $35.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Teen & Adult Ballet 16BRF182
This class is open to all teens and adults who want to dance! Class time will be spent performing barre, center, and corner work with combinations adjusted for different levels of ability as needed. We will start with the very basics of ballet focusing on proper placement and positioning. Time will be spent on building strength, flexibility, musicality, and balance. Ballet class also doubles as a great workout. Contemporary ballet and lyrical technique will also be incorporated in this class. No experience needed.
* Class meets every other Saturday, starting May 7 *
* Class dates: May 7th and 21st, June 4th and 18th, July 2nd, 16th, and 30th.
Instructor: Kate Grier, katiashae@yahoo.com
Date: 05/07/2016 to 07/30/2016 (Sa)
Time: 6:00 PM to 7:00 PM
Fee: $39.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Boxing 1 16BRF14AZ
Learn the “Sweet Science”. Get in the best shape of your life and stay there! This 8 week introductory course will introduce students to the sport of USA Olympic Style Boxing in a safe and comfortable environment. This course is for both men and women of all shapes and sizes that have the desire to learn how to box. Whether you are interested in losing weight, getting in great shape, stress relief, self-protection, gaining boxing knowledge, and even wish to become an amateur boxer and compete with Manhattan’s Boxing Team, this is where your training begins. No sparring during this course. See video here: https://youtu.be/5313wNkE6GY. Ages 13+. Available for KSU credit. Email for questions koboxer86@gmail.com.
BOXING101 Package Pricing - see www.tryufm.org for complete fee details.
Barenuckles - $275
Rental package - $300
Basic package - $335
Champion package - $360
Instructor: Coach Lorissa Belcher, (785) 341-1708 koboxer86@gmail.com
Date: 06/06/2016 to 07/27/2016 (M/W)
Time: 4:20 PM to 5:20 PM
Fee: See class description
Location: K.O. Boxing
2048 Tuttle Creek Blvd.
(In the basement under Shelter Insurance)

Boxing 1 16BRF14BZ
Instructor: Coach Lorissa Belcher, (785) 341-1708 koboxer86@gmail.com
Date: 06/06/2016 to 07/27/2016 (M/W)
Time: 6:30 PM to 7:30 PM
Fee: See class description
Location: K.O. Boxing
2048 Tuttle Creek Blvd.
(In the basement under Shelter Insurance)

Boxing 1 16BRF14CZ
Instructor: Coach Lorissa Belcher, (785) 341-1708 koboxer86@gmail.com
Date: 06/07/2016 to 07/26/2016 (T/Th)
Time: 6:30 PM to 7:30 PM
Fee: See class description
Location: K.O. Boxing
2048 Tuttle Creek Blvd.
(In the basement under Shelter Insurance)

Coach Lorissa Belcher, founder and CEO of K.O. Boxing, Inc., is a USA certified boxing coach and holds over 25 years experience coaching athletes.
Junior Chefs: Mac & Cheese Twisted  
A staple of American cuisine, Junior Chefs will have fun making (and tasting) traditional macaroni and cheese and a few “twisted” recipes: BLT Mac & Cheese and Pumpkin Mac & Cheese! Children ages 6-12 years old.
Instructor: Ginny Barnard

Date: 06/11/2016 (Sa)
Time: 2:00 PM to 4:00 PM
Fee: $10.00
Location: Pottorf Hall at Cico Park
Clover Room

Junior Chefs: Veggication  
Discover the sights and smells of fresh produce at the local Farmers’ Market. Junior Chefs will learn how to buy, wash, and chop vegetables to make several tasty recipes: Rainbow Quesadillas, Veggie Rice Noodles, and Parmesan Roasted Broccoli. Children ages 6 to 12.
Instructor: Ginny Barnard

Date: 07/13/2016 (W)
Time: 4:00 PM to 6:30 PM
Fee: $10.00
Location: Pottorf Hall at Cico Park
Clover Room

Archery for Youth
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

Archery for Youth
Instructor: Tom Korte, (785) 494-8889

Date: 06/02/2016 to 06/23/2016 (Th)
Time: 6:00 PM to 7:00 PM
Fee: $35.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Date: 07/07/2016 to 07/28/2016 (Th)
Time: 6:00 PM to 7:00 PM
Fee: $35.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Teen Mentoring!

Wednesdays
June 8 - July 27
3:00pm to 5:00pm
Field trips ~ Games ~ Creative Arts ~ Recreation

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

Everyone can teach, everyone can learn!

Become UFM’s fan on Facebook!
Little Yogis  16BYO106A
For children 18 months to 3 years old AND their parent/caregiver. If you’ve been looking for a fun and loving way to help your children learn and improve their development, look no further. There’s no better way to engage your child than through the simple practice of yoga. Yoga can help your 18-month to three-year-old child have: fewer tantrums, better and longer sleep, increased motor coordination, improved listening and ability to follow directions, better self-expression and higher self-esteem.
This class will be led by Jana Biery, certified yoga instructor and mother of a “Little Yogi”. She is excited to share the importance and benefits of yoga with you and your child.
Instructor: Jana Biery
Date: 06/07/2016 to 06/28/2016 (T)
Time: 10:30 AM to 11:15 AM
Fee: $32.00
Location: Yoga For Life
211 S. Seth Child
Manhattan, KS 66502

Little Yogis  16BYO106B
Date: 07/05/2016 to 07/26/2016 (T)
Time: 10:30 AM to 11:15 AM
Fee: $32.00
Location: Yoga For Life
211 S. Seth Child
Manhattan, KS 66502

Yoga FitKIDS  16BYO105
Ages 3-5 (parents are welcome to attend). This class has stories, active movement and nursery rhyme activities. Benefits of kids yoga: increases self-awareness and self confidence, improves motor skill and physical fitness, builds social skills, improves concentration, focus and attention. Learn to relax opening up to a peaceful state of mind and body. This class will be taught by Emma Miller, certified Yoga instructor, she has been teaching pre-K yoga for the last year and is studying elementary education at KSU. She will also have assistants in the classroom with her.
Instructor: Emma Miller
Date: 06/20/2016 to 06/24/2016 (M-F)
Time: 2:00 PM to 2:45 PM
Fee: $40.00
Location: Yoga For Life
211 S. Seth Child
Manhattan, KS 66502

Lil’ Wiggers Yoga  16BYO107
Crawlers - 18 months. Designed for the active, mobile baby, mommy and baby will breathe, sing, move, sit, crawl, hop, jump, and relax. The playful, interactive practice offers baby an invaluable foundation for physical development and pre-verbal communication that assists in baby’s discovery of the world. These classes are taught by Kristin Miller-200 E-RYT with a specialty certification in Mommy and Baby Yoga, and certified through Yoga for Young Warriors Children’s Yoga program.
Instructor: Kristin Miller
Date: 06/02/2016 to 07/21/2016 (Th)
Time: 9:15 AM to 10:15 AM
Location: Yoga For Life
11 S. Seth Child
Manhattan, KS 66502

Peace Out Yoga  16BYO104
For Tweens 9-13 years old. Help them keep cool this summer while finding balance, building strength, and having fun. This class is designed to introduce yoga concepts, including breath work, postures, and meditation. Peace Out Yoga will help foster confidence in an upbeat setting.
Instructor: Ginny Barnard
Date: 06/06/2016 to 06/22/2016 (M/W)
Time: 3:00 PM to 4:00 PM
Fee: $48.00
Location: Yoga For Life
211 S. Seth Child
Manhattan, KS 66502

Youth Ballet  16BYO98
An introduction to ballet with beginning development of ballet concepts including turn out, coordination, spatial awareness and a specific focus on class etiquette. Students will begin positions of the feet, and introductory movement vocabulary.
* Class meets every other Saturday, starting May 7 *
Class dates: May 7th and 21st, June 4th and 18th, July 2nd, 16th, and 30th.
Instructor: Kate Grier, katiashae@yahoo.com
Date: 05/07/2016 to 07/30/2016 (Sa)
Time: 9:15 AM to 10:15 AM
Fee: $39.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Painted Pet Rocks  16BYO108
Join us to have fun creating your own pet rocks! Our first project will be to paint ten small rocks that will be used to create your own tic-tac-toe board game. The second project will be to use a larger rock to create another painted art work. Wear your paint clothes. All materials will be provided, however you may bring your own rocks. Smaller smooth rocks should be 1/2 inch to fit the board, the larger smooth rock could be 4-6 inches. Ages 5 years and up.
Instructors: Charlene Brownson & Samantha Lovitt
Date: 06/22/2016 (W)
Time: 3:30 PM to 4:30 PM
Fee: $12.00
Location: UFM Solar Addition
1221 Thurston St.

Pre-School Dance  16BYO63
This class is designed for boys and girls ages 3.5-6 years. Basic dance movements like marching, hopping, skipping, leaping and ballet, peppy music and pre-tap techniques. Dance games and creative dance will make this class fun and exciting. No dance attire is needed. Call Randi Dale for more information 785.539.5767.
Instructor: Randi Dale
Date: 06/07/2016 to 06/14/2016 (T)
Time: 5:30 PM to 6:00 PM
Fee: $14.00
Location: UFM Fireplace Room
1221 Thurston St.

Randi Dale has taught dance for many years as well as being a public school teacher. Her dance choir toured the Midwest and Europe. She is a certified teacher for K-12 with a Master’s degree in Education.
Stagg Hill Golf Club is offering a junior golf program that is dedicated to developing the junior golfers of the Manhattan area, not only for the year at hand but for the years to come. This program is designed to help all juniors of any age and skill level. The program is based around instruction led by PGA Golf Professional, Brian Lorenz. This camp is designed to cover all the basics to get your junior interested in the game of golf. We will be covering rules and etiquette, putting, chipping, and the basic fundamentals of the golf swing. Students are encouraged to bring their own equipment if they have golf clubs, if not they will be provided to the student.

Instructor: Brian Lorenz, PGA Instructor

Date: 06/14/2016 to 06/16/2016 (T/W/Th)
Time: 8:00 AM to 11:00 AM
Fee: $40.00
Location: Stagg Hill Golf Club
4441 Fort Riley Blvd.


UFM is proud to announce that we are the recipient of the 2016 Non-Profit Service Award, presented on March 28, by the Greater Manhattan Community Foundation. We are honored to be recognized for the services we provide the community!

Interested in teaching a class for UFM?
Fall 2016 submission deadline is June 10, 2016.
For more information email kayla@tryufm.org

Enroll anytime at www.tryufm.org
Japanese-American Internment Camps in the U.S.A, 1942-1945

Presented by Russ Hutchins

Tuesdays, June 7, 14 & 21 - 6:00pm to 8:00pm

Beach Museum of Art
701 Beach Rd., Manhattan
$40.00 (Discount with additional classes)

After Pearl Harbor, there was a backlash against Japanese-Americans, resulting in FDR’s order to intern these citizens. We’ll explore the camps, incorporating the artwork of Dr. Roger Shimomura of Lawrence currently on display at the Beach Museum. It depicts his memories as a child and writings from his grandmother’s diary. We’ll discuss living conditions of the camps; the attitudes of the guards; and the four Supreme Court decisions that upheld the internments. We’ll also salute the heroism of the Japanese-Americans soldiers during WW2 and their liberation of the Dachau Concentration Camp. Finally, we will review the 1970s investigation of the internment and the Reparations Act to compensate the Japanese-Americans for their losses.

Black Settlements in America:
Nicodemus preserves its heritage

Presented by La Barbara James Wigfall

Thursdays, June 16, 23 & 30 - 2:00pm to 4:00pm

Meadowlark Hills Community Room
2121 Meadowlark Road, Manhattan
$40.00 (Discount with additional classes)

This course will focus on methods of documenting obscure landscapes and historic sites, using Nicodemus, Kan., and other ethnic settlements around the country as precedents. We’ll reference town sites, villages, and urban neighborhoods established between 1865 and 1920. We’ll examine important local and national historical events that shaped these obscure places; identify pertinent archival resources that support the historical narrative of a place; and reconstruct a familiar community history.

Potawatomi Ghost Towns of the Oregon Trail in Kansas

Presented by Tom Ellis

Wednesdays, July 13, 20 & 27 - 6:30pm to 8:30pm

Meadowlark Hills Community Room
2121 Meadowlark Rd., Manhattan
$40.00 (Discount with additional classes)

Uniontown, Kan., is a ghost town on the Oregon-California Trail near Topeka. Little trace of the town exists today, but this course will illuminate the enigmatic history of this ill-fated community founded in 1848. The precursors to the Uniontown story reflect the influence of Kansa Indians, French traders, and ardent missionaries. Uniontown was also the federal government’s last effort to unify separate bands of the Potawatomi people into a single community at a commercially essential location on the Oregon-California Trail. Here cholera, corruption, and economic predators plagued the tribe. As Indian policy and commercial activity on the Oregon-California Trail changed, Uniontown withered.

See the complete Osher catalog and register at
www.osher.ku.edu or 877-404-5823

Special Event:
Exploring the Wonders of Kansas: A Visit to Council Grove

Friday, July 15 - 9:00 a.m. – Coach picks up Meadowlark Hills residents, 9:15 a.m. - Coach departs Town Center parking lot west of Dillard’s in Manhattan
4:00 p.m. – Approximate return to Manhattan

$90.00 includes transportation, museum admissions and fried chicken dinner at the Hays House. Refund must be requested by July 8, minus a $15 administrative fee.

In 1825, in a grove along the Neosho River, the Osage Indians and the U.S. Government signed a treaty authorizing a right-of-way for the Santa Fe Trail, a portion of which became the main street in Council Grove. The site was a staging area for travelers on the Trail. In 1847, Seth Hays, the great grandson of Daniel Boone, became the first white settler in the area. The Kaw Mission was built in 1851 as a school for boys from the Kaw Indian Tribe, and in 1858 Council Grove was incorporated. We’ll visit the Kaw Mission and the Last Chance Store; also the federal government’s last effort to unify separate bands of the Potawatomi people into a single community at a commercially essential location on the Oregon-California Trail. Here cholera, corruption, and economic predators plagued the tribe. As Indian policy and commercial activity on the Oregon-California Trail changed, Uniontown withered.
These Recreation, Dance, and Fitness Credit courses are offered for KSU credit through the K-STATE GLOBAL CAMPUS with the cooperation of various Kansas State University departments.

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

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

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

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

<table>
<thead>
<tr>
<th>Reference # - TITLE</th>
<th>TIME</th>
<th>DATE</th>
<th>FEE</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>RRES 200</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11687</td>
<td>- Beginning Bowling</td>
<td>2:30-3:20PM</td>
<td>6/07/2016 to 7/28/2016 (T/Th)</td>
<td>$337.90</td>
</tr>
<tr>
<td>11691</td>
<td>- Boxing 1</td>
<td>4:20-5:20PM</td>
<td>6/06/2016 to 7/27/2016 (M/W)</td>
<td>$447.80</td>
</tr>
<tr>
<td>11689</td>
<td>- Boxing 1</td>
<td>6:30-7:30PM</td>
<td>6/06/2016 to 7/27/2016 (M/W)</td>
<td>$447.80</td>
</tr>
<tr>
<td>11690</td>
<td>- Boxing 1</td>
<td>6:30-7:30PM</td>
<td>6/07/2016 to 7/26/2016 (T/Th)</td>
<td>$447.80</td>
</tr>
<tr>
<td>11688</td>
<td>- Boxing 2</td>
<td>5:30-6:30PM</td>
<td>6/08/2016 to 7/27/2016 (W/Th)</td>
<td>$447.80</td>
</tr>
<tr>
<td>11679</td>
<td>- Boxing 3</td>
<td>5:30-6:30PM</td>
<td>6/06/2016 to 7/26/2016 (M/T)</td>
<td>$447.80</td>
</tr>
<tr>
<td>11680</td>
<td>- Boxing 4</td>
<td>7:30-8:30PM</td>
<td>6/06/2016 to 7/27/2016 (T/Th)</td>
<td>$447.80</td>
</tr>
<tr>
<td>11686</td>
<td>- First Aid/CPR/AED</td>
<td>Noon-7:30PM</td>
<td>7/23/2016 and 7/24/2016 (Sat/Sun)</td>
<td>$417.80</td>
</tr>
<tr>
<td>11685</td>
<td>- Women’s Self Defense</td>
<td>1:00-4:00PM</td>
<td>7/09/2016 to 7/23/2016 (Sat/Sun)</td>
<td>$337.90</td>
</tr>
</tbody>
</table>

**Locations:**
UFM Building, 1221 Thurston Street
K-State Student Union Bowling Alley, Basement
Ahearn 301

K.O. Boxing, 2048 Tuttle Creek Blvd.
(In the basement under Shelter Insurance)
### UFM REGISTRATION FORM

**Address:** 1221 Thurston St | Manhattan KS 66502  
**Phone:** 785.539.8763 | **Fax:** 785.539.9460  
**Website:** www.tryufm.org | **Email:** 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+

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Session</th>
<th>Course Name</th>
<th>Fee $</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: 18BY0106A</td>
<td>Little Yogs</td>
<td>32.00</td>
<td></td>
</tr>
</tbody>
</table>

**Course Code:**

**Session:**

**Course Name:**

**Fee $**

**Tax Deductible Donation $**

**Total $**

**Method of Payment (All fees must be paid at the time of registration):**

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

**I hereby authorize the use of my Visa**

**Mastercard**

**Discover**

**Card number**

**Exp. Date** / 

**Name on card (please print):**

**Where did you obtain your catalog?**

**A class I would like offered:**

**UFM Liability Participant Statement**

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

**Signature (Signature of Parent or Guardian required for minors):**

**Date**

**UFM Refund and Cancellation Policies**

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