



a look
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UFM SPRING 2022 COURSE CATALOG



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UFM SPRING 2022 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.

Leslie Allen	City of Manhattan Risk
Ayumi Amama	Reduction
Diane Barker	Madison Mann
Matt Barley	Pedro Marquez
Carol Barta	Sabine Martin
Joanne Bauman	Doug Meloan
Roy Bird	Barry Michie
Lucas Boland	David Moore
Dan Boyle	Joel Moots
Henry Brown	Noah Moots
Charlene Brownson	Jayne Morris-Hardeman
Stacy Cam	Chris Nelson
Conrad Candelaria	Debbie Newton
Cary Chappell	Terry Olson
Melissa Copp	KelLee Parr
Rachelle DeCoud	Georgia Nonte Perez
Wilbur Dodderidge	Amelia Richter
Bill Dorsett	Gustavo Roa
Pat Embers	Cheney Rutherford
Aaron Estabrook	Mandy Ryan
Gregg Eyestone	Hilary Santana
Body First	Donna Schenck-Hamlin
Beth Fischer	David Seamon
Ana Franklin	Scott Seel
Jeff Freeborn	Lucas Shivers
R. Todd Gabbard	Glenn Sixbury
Jason Gazaway	Joan Smith
Susanne Glymour	Robert Smith
Vanessa Hager	Chris Sorensen
Dave Hoover	LERN Staff
Lindsey Hulbert	Eric Stahl
Paul Hunt	Christina Stratman
Kyoshi Pamela Johansen	Linda Teener
David Jones	Aaron Thornton
Lee Jorgensen	David Townsend
Kansas Legal Services	Lena Townsend
Tom Korte	Topeka VA
Austin Kruse	Hilary Wahlen
Katie Larson	Sara Wallace
Katherine Linder	Nicholas Weis
Manhattan Housing	Flint Hills Wisdom Keepers
Authority	Kelly Yarbrough
Sue Maes	Voices For All, LLC
Safia Malallah	

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Catalog layout & design by Samantha Lovitt

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CREATIVE FREETIME

Japanese Calligraphy Art

22ACF322

We will learn basic history and strokes of Japanese calligraphy, and practice by writing Japanese Hiragana, Katakana and Kanji. We will complete the class by making a piece of calligraphy with optional watercolor designs. Instructor: Ayumi Amama, Ayumi has taken calligraphy lessons in Japan for about eight years and is trained in architectural design. She enjoys sharing Japanese culture.

SEC	DATE	TIME	FEE
A	01/29 (Sa)	4:30 - 6:30 PM	\$24
B	02/20 (Su)	4:30 - 6:30 PM	\$24
C	03/05 (Sa)	4:30 - 6:30 PM	\$24
D	03/20 (Su)	4:30 - 6:30 PM	\$24

* Enrollment deadlines: A - 01/28, B - 02/18, C - 03/04, D - 03/18.

Location: UFM Solar Addition, 1221 Thurston St



Japanese Calligraphy Art.

Beginning Machine Sewing

22ACF329

Use the sewing machine in your closet to make a couple of easy projects. This class will focus on basic sewing skills with emphasis on using a sewing machine. In the first class we will explore your machine, any special features, and practice sewing some stitch samples. In the second class we will make a fancy pillowcase, and in the third class we will create a simple zippered bag. For each class, students are required to provide their own sewing machine as well as a basic sewing kit including scissors, hand sewing needles, sewing machine needles, pins, a pin cushion or pin holder of some kind, thread, a small ruler, and a seam ripper. Other supplies will be specified for each class. For the first class, bring 1/4 yard of a solid, light colored cotton fabric and a spool of contrasting thread.

Instructor: Linda Teener, linda@tryufm.org

Linda has been sewing since she was six years old and has used a variety of sewing machines. She enjoys sewing everything from garments to home decor and quilting projects.

DATE	TIME	FEE
02/22 - 03/08 (T)	6:30 - 8:00 PM	\$29

Location: UFM Multipurpose Room, 1221 Thurston St

Ojo de Dios - God's Eyes

22ACF333

In our class, we will make several God's Eyes to take home. This art form dates to pre-colonization times. We will discuss history of the God's Eyes as we make them. Traditionally, the God's Eyes were gifted to someone for protection and often today are used for decoration. Georgia wishes to honor Victoria Gonzales' mother who taught her this folk art. This class is sponsored by Flint Hills Wisdom Keepers Foundation (fhwisdomkeepers.org). Ages 18+ (13+ welcome with parent).

Instructor: Georgia Nonte Perez

Georgia has taught folk arts, learned from her grandmother, at Dixon Mounds Museum, Kaw Mission, Shawnee Mission, Parks & Recreation, Weavers Guild, KSU UPC, and UFM to mention a few. She started at age 3.

DATE	TIME	FEE
03/26 (Sa)	9:30 AM - 1:00 PM	\$25

*Enrollment deadline 03/22

Location: UFM Solar Addition, 1221 Thurston St

Follow UFM



Get Ready to Knot

NEW!

22ACF335

Macramé has been used for centuries by Arab weavers, 17th century Queen Mary's ladies-in-waiting, sailors, and many others. Macramé gained popularity in the 1970s and recently there has been a resurged interest for making macramé wall hangings, plant hangers, jewelry, and more. At this UFM class you will learn a few basic macramé knots while creating your own 10-inch macramé shelf. All supplies will be provided and is included in the class fee.

Charlene Brownson started making macramé items in the early 1970s. She enjoys exploring a variety of arts & crafts and likes to share her knowledge with others.
Instructor: Charlene Brownson, cmb@ksu.edu

DATE	TIME	FEE
02/25 (F)	3:00 - 5:00 PM	\$17

Location: UFM Solar Addition, 1221 Thurston St

Prairie Flower Pressing

NEW!

22AEN186

Explore the beauty of the tallgrass prairie in spring through the art of pressing flowers. Learn how to press flowers alongside fun biology facts about the flora of Kansas through hands-on projects.

Instructor: Amelia Richter
Kansan, K-State biology student, and Konza Prairie field technician with a love for all things outdoors.

DATE	TIME	FEE
04/06 - 04/27 (W)	6:00 - 7:30 PM	\$20

Location: ECM - 904 Sunset Avenue



Pressed flowers.



Macramé shelf project from the Get Ready to Knot class.

Left to Write:

NEW!

Guide to Publishing Yourself **22ACF336**

Have you ever wanted to be a published author? Now is the time to publish your own fiction and non-fiction. Learn how to get your book ready for publication and sell it after it's published. The class includes information on writing, editing, copy editing, typesetting for both print and electronic versions, effective cover design, front matter, back matter, ISBNs, barcodes for print versions, advertising, marketing, self-promotion, and much more.

Instructor: Glenn Sixbury
Glenn Sixbury has been writing and selling fiction and non-fiction since 1985. His fiction credits include science fiction, fantasy, horror, western, humor, and children's stories published in magazines and national/international hardcover and paperback anthologies. His novels include Legacy and High Plains Moon. He's also released the "Write a Great Novel" series of books on writing.

DATE	TIME	FEE
02/21 - 02/28 (M)	7:30 - 9:30 PM	\$19

Location: UFM Multipurpose Room, 1221 Thurston St



Audition Prep 101

NEW!

22ACF337

Got an audition coming up? Have no idea how to prepare a piece, perform a cold read, or feel even slightly confident about yourself? This is the class for you! You will learn how to overcome your fear, successfully prepare, and absolutely nail an audition with the help of a fellow thespian and Theatre Educator, Christina!

Instructor: Christina Stratman, christina@tryufm.org
Christina has a Bachelor of Arts in Theatre/Speech Education. She has a passion for the arts and their place in our community.

SEC	DATE	TIME	FEE
A	01/18 - 02/22 (T)	6:30 - 7:30 PM	\$25
B	03/01 - 04/12 (T)	6:30 - 7:30 PM	\$25

*Enrollment deadlines: A - 01/17, B - 02/28

Location: UFM Banquet Room, 1221 Thurston St



Dungeons and Dragons game.

Introduction to Being a Dungeon Master (Dungeons and Dragons) **22ACF328**

Running a game of Dungeons and Dragons can be tough when you're left to figure it out on your own. With Cheney's course, you will learn the basics of becoming a Dungeon Master in three different editions of the game (3.5, 5E, and Pathfinder). How do you build a story that will keep your players interested while planning for the unknown? How do you honor successes and failures? With a combination of mechanics, creative writing, and improvisation skills, you'll be able to take your fantasy world by storm and create an experience that you and your players will never forget.

Instructor: Cheney Rutherford, rutherfordch@yahoo.com
Hi intrepid heroes! Cheney has been playing Dungeons and Dragons for 8 years now. She absolutely adores fantasy and is excited to help people learn this amazing game.

SEC	DATE	TIME	FEE
A	01/24 - 02/28 (M)	6:00 - 8:00 PM	\$50
B	01/26 - 03/02 (W)	6:00 - 8:00 PM	\$50
C	03/21 - 04/25 (M)	6:00 - 8:00 PM	\$50
D	03/23 - 04/27 (W)	6:00 - 8:00 PM	\$50

Locations: Sections A & B: In-person, UFM Fireplace Room, 1221 Thurston St. **Sections C & D:** Virtually via Google Meet



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www.ahamanhattan.com





Introduction to Photography NEW! **22ACF338**

This three-session course will teach participants the fundamentals of photography. The first session will discuss how cameras work, an overview of camera options, navigating settings, and understanding the basics of an exposure: aperture, shutter speed and ISO. The second class session will discuss composing an image – technical and philosophical aspects, like finding textures and shaping moods with contrast. The third session will be entirely at the Konza Prairie or a more suitable location to apply all that we've learned. Students will take photos at every class and must provide their own camera.

Instructor: Lucas Boland, lucasbolandphoto@gmail.com

DATE	TIME	FEE
01/16 - 01/30 (Su)	3:00 - 4:00 PM	\$50

Location: UFM Solar Addition, 1221 Thurston St

Introduction to Voiceovers **22ACF129**

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more: <http://www.voicesforall.com/ooo> Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

Requirements: Students must have internet access and video chatting capabilities using a method such as Zoom or Skype (for PC/Mac users) or iChat/FaceTime (for Mac users).

Instructor: Voices For All, LLC, info@voicesforall.com
 Voices For All Voice Coaches/Producers/Instructors are known for their fun and informative presenting methods. Our coaches have many years of experience in the voiceover industry and are masters at teaching all of the information pertinent to making it in voice acting. Whether it be speaking, presenting, writing, producing, or announcing, Voices For All has it covered. With hundreds of regional and national commercials, and public service announcements under their belts, our instructors not only deliver the highest quality education and coaching to their students, but their unique enthusiasm and expertise bring an element of fun and excitement to the virtual classroom as well.

DATE	TIME	FEE
01/18 - 05/13 (T)	TBD	\$49

Location: One on One Video Chat



Photography student on a class field trip.

Introduction to Juggling NEW! **22ACF339**

Juggling improves hand-eye coordination, reflexes, spatial awareness, and according to some research, brain function. Come learn the basics, starting with the normal 3-ball cascade and continuing at a comfortable rate. Though learning to juggle (or learning a new pattern if you already know how) can be frustrating if you just jump right in, we will break it down into progressively challenging exercises, and before long, you'll be doing it! Ages 8 and up welcome!

Instructors: Joel Moots, jammoots@gmail.com & Noah Moots

Joel Moots is a KSU math grad who has known the 3-ball cascade most of his life but did not expand on his juggling skills till stumbling on the KC Juggling Club, which showed him how much more there is to it, and how fun and social it can be. Noah Moots is a MHS student who attends the KC juggling club weekly. After picking up the 3-ball cascade, he quickly moved on to more difficult patterns, and now even takes time to teach his dad some of them. He has a pretty decent 5-ball cascade, can qualify 6-balls, is solid on 4-clubs, can pass 7-clubs with a partner, and is an avid unicyclist (sometimes while juggling).

DATE	TIME	FEE
03/24 - 05/05 (Th)	5:30 - 6:30 PM	\$18

Location: UFM Solar Addition, 1221 Thurston St



EARTH & NATURE

Prairie Flower Pressing

NEW!

22AEN186

Explore the beauty of the tallgrass prairie in spring through the art of pressing flowers. Learn how to press flowers alongside fun biology facts about the flora of Kansas through hands-on projects.

Instructor: Amelia Richter

Kansan, K-State biology student, and Konza Prairie field technician with a love for all things outdoors.

DATE	TIME	FEE
04/06 - 04/27 (W)	6:00 - 7:30 PM	\$20

Location: ECM - 904 Sunset Avenue

Stargazing

22AEN155

Join Dr. Sorensen online for a lecture and presentation on how to find stars and constellations, how the sky moves, how to find planets, and simple observation tips.

Instructor: Chris Sorensen, sor@phys.ksu.edu

DATE	TIME	FEE
02/23 (W)	7:00 - 8:00 PM	\$12

Location: Online - LIVE

Solar Electricity Nuts & Bolts: Appraising Your Home's Solar Potential

22AEN142

Today, wind and solar energy is less expensive than the cost of operating large coal and nuclear power plants. We simply need to demonstrate that rooftop solar is within the skill levels of most "Do-It-Yourselfers." In this class, we're not going into the "WHY do it" questions; we are cutting right to HOW to do it. We will cover the mechanics of installing. Sponsored by the Flint Hills Renewable Energy & Efficiency Cooperative, Inc. www.fhreec.org

A: 02/06 - Appraising Your Home's Solar Potential

B: 02/20 - What It's Going to Cost & Choosing the Hardware

C: 03/06 - Doing the Paperwork & Installing Your System

Instructor: FHREEC, Bill Dorsett, wm.c.dorsett@gmail.com

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

SEC	DATE	TIME	FEE
A	02/06 (Su)	1:00 - 2:30 PM	\$5
B	02/20 (Su)	1:00 - 2:30 PM	\$5
C	03/06 (Su)	1:00 - 2:30 PM	\$5

Location: Online - LIVE



Interested in teaching a class for UFM?
 Summer 2022 submission deadline is March 11, 2022.
 For more information please email christina@tryufm.org.



Flint Hills Solar Co-op

Neighbors helping Neighbors

Flint Hills Renewable Energy & Efficiency Cooperative Inc. (FHREEC) is a nonprofit group of volunteers dedicated to efficient, clean, and home-grown energy.

fhreec.org
mail@fhreec.org



Home Landscape Design

22AEN08

This class will help you organize your outdoor living space to meet your needs and desires. As a bonus, homes that have good landscaping average an extra 10-15% in the real estate market! Learn the basics of landscaping your home and create your own design on paper to get just the look you want! Single homeowners or couples are encouraged to enroll.

Instructor: Gregg Eyestone, geyeston@ksu.edu
Gregg has been instructing others on gardening practices for 30+ years through K-State Research and Extension. A native of Manhattan, he has been gardening his whole life. His orchard contains just about one of everything.

DATE	TIME	FEE
02/10 - 02/24 (Th)	6:30 - 8:30 PM	\$21 - Individual \$30 - Couple

Location: Riley County Extension Office,
110 Courthouse Plaza, 2nd Floor Meeting Room

Great Gardening: A Month-by-Month Guide to Kansas Vegetable Gardens 22AEN174

Never garden alone! Our month-by-month class is the perfect companion to take the guesswork out of gardening. We'll cover what to do each month to have great vegetable gardening success all year. We'll tailor the sessions to issues that affect your garden the most and find practical ways to support your success! Open to all ages.

Instructor: Lucas Shivers, lshivers@hotmail.com
Growing up with huge farm gardens in rural Kansas, Lucas has been an avid gardener since his days in 4-H and FFA.

DATE	TIME	FEE
02/07 - 02/28 (M)	5:30 - 6:30 PM	\$45

Location: 9th & Riley Lane, Manhattan Community Gardens

New Gardeners

& Returning Gardeners adding plots:

Signups at UFM:

February 5th (Sat.), 9:30 – 10:30 am

February 23rd (Wed.), 5:30 – 6:30 pm

March 7th (Mon.), 5:30 – 6:30 pm

NEW!

Healthy Soils - Healthy Plants 22AEN181

Healthy soils are the basis for healthy plants. They support plant growth, nutrient cycling, and regulate water and air supply to and around plant roots. There are quite a few things you can do to improve your soil, so you end up with a beautiful and productive garden. There are, however, quite a few things you can do to make things worse. Learn what to do and what to avoid so you end up with healthy soils for healthy plants.

Instructor: Sabine Martin
Sabine Martin has gardened for 20+ years in the challenging conditions created by Kansas weather. She is a Riley County Extension Master Gardener.

DATE	TIME	FEE
01/25 (T)	7:00 - 8:00 PM	\$22

Location: Online - LIVE

NEW!

Growing Herbs 22AEN183

Herbs are a simple way to add edible plants to your garden. They are easy to grow and add fragrance, color and texture. Herbs can also be grown in containers outdoors or indoors. They are very versatile and can be used for cooking, medicinal purposes, and as fragrant accents in items like potpourri and soap. Learn about different types of herbs, how to grow, harvest, use, store, and propagate them.

Instructor: Sabine Martin

DATE	TIME	FEE
02/15 (T)	7:00 - 8:00 PM	\$22

Location: Online - LIVE



Save Money: Efficient Ways to Water Your Garden

22AEN182

Watering is a must here in Kansas, especially during the hot and dry summer months. By July you may wish you never planted a garden. But it doesn't have to get to this point. In this class you will learn when, where, how much and how often to water so your plants remain healthy and productive, and what you can do to conserve water in the garden so you don't dread looking at your water bill.

Instructor: Sabine Martin

DATE	TIME	FEE
04/12 (T)	7:00 - 8:00 PM	\$22

Location: Online - LIVE

Ecology and Permaculture NEW! **22AEN187**

Bill Mollison, the founder of Permaculture, said: "The aim of Permaculture is to create systems that are ecologically sound and economically viable, which provide for their own needs, do not exploit or pollute and are therefore sustainable in the long term" We will explore the application of his ideas in our own backyard. Over the course of the semester, we will cover the first 5 components of the Permaculture Design Certificate. Class meets on the last Monday of the month January through April.

- 01/31 - Food Security and Energy Depletion
- 02/28 - Permaculture Principles and Ethics
- 03/28 - Climate and Ecology
- 04/25 - Landscape and Earthworks

Instructor: Carol Barta, snowsage54@hotmail.com
Carol is a certified Permaculture Educator with the Kansas Permaculture Institute.

DATE	TIME	FEE
01/31 - 04/25 (M)	6:30 - 8:30 PM	\$98

Location: UFM Solar Addition, 1221 Thurston St



Example of floral design project.

Floral Arrangements 101 NEW! **22AEN188**

Once every month, we will spend time learning the basic concepts of floral design. You will get to imagine, create, and take home a fresh cut flower arrangement every class session. No experience needed. Each month, we will create a completely new and unique design. If you love flowers, meeting new people, and trying new things, we would love for you to join. Hope to see you in the spring! If you would like to take all 4 of the design sessions (one class per month), please call our office for a discounted rate.

Instructor: Madison Mann, mbmann@ksu.edu
Madison is an undergraduate student at KSU studying Entrepreneurship with an emphasis in Non-Profit studies. Passionate about the floral industry, with both a background and years of work experience, Madison is eager to learn from those around her and share her knowledge with others.

SEC	DATE	TIME	FEE
A	02/10 (Th)	5:00 - 6:30 PM	\$37
B	02/10 (Th)	7:30 - 9:00 PM	\$37
C	03/10 (Th)	5:00 - 6:30 PM	\$37
D	03/10 (Th)	7:30 - 9:00 PM	\$37
E	04/14 (Th)	5:00 - 6:30 PM	\$37
F	04/14 (Th)	7:30 - 9:00 PM	\$37
G	05/12 (Th)	5:00 - 6:30 PM	\$37
H	05/12 (Th)	7:30 - 9:00 PM	\$37

* Enrollment deadlines are one week before the class starts.

Location: UFM Solar Addition, 1221 Thurston St



CAREER & TEST PREP

MCAT Prep Course

22AFC158

This class will serve to prepare students for the Medical College Admissions Test. Science, psychology, and sociology concepts and MCAT-specific skills and strategies for each section will be discussed and practiced in class. Class time will be spent reviewing relevant content, solving practice passages and questions, and discussing section strategies as a group. Frequent timed practice sections and full-length practice tests are incorporated into the course and will be reviewed in class. Students should also be prepared to spend extensive time practicing with the material outside of class. Additional information regarding applications, personal statements, and letters of recommendation will be provided throughout the duration of the course. All practice material will be provided and is covered in the course fee if enrolling before January 10.

****Partial refunds may be given for cancellation requests AT LEAST 48 hours before class begins. Materials fees are NONREFUNDABLE after January 23.**

The list of included class materials can be found online in the class description.

For additional information please contact Nicholas Weis (nwweis@ksu.edu) or Sara Wallace (Smwallace@ksu.edu) with any questions.

Class meets January 25 - May 8 on Tuesday, Thursday and Sunday.

Class times:

Tuesdays 5:00-6:30pm

Thursdays 5:00-6:30pm

Sundays 2:00-5:00pm

****If registering after 1/10, the materials will need to be ordered on your own and you will be responsible for ensuring you have access to the required materials:**

AAMC MCAT Official Prep Online-Only Bundle <http://offers.aamc.org/mcat-study-materials-1>

Instructor: Nicholas Weis, nwweis@ksu.edu and Sara Wallace, Smwallace@ksu.edu

DATE	TIME	**FEE
01/25 - 05/08 (T/Th/Su)	6:00 - 7:00 PM	\$549
No class 3/16, 3/18 or 4/04		

* Registration deadline for class minimum is 12/20

Location: TBD

LSAT Prep Course

22AFC24

The LSAT is arguably the most important component of one's law school application and is required for admission into most law schools. An increase in just a couple points on the LSAT can translate into thousands of dollars of additional scholarships. Designed for any individual interested in studying for the LSAT, this 10-week course will prepare students to take the LSAT and provide them with practice exams and strategies to help students improve their score. The course will use previously-administered LSAT exams followed by personalized instruction and will focus on all three sections of the test. This class is perfect for those who would benefit from a structured study regimen and experienced advice before taking the LSAT.

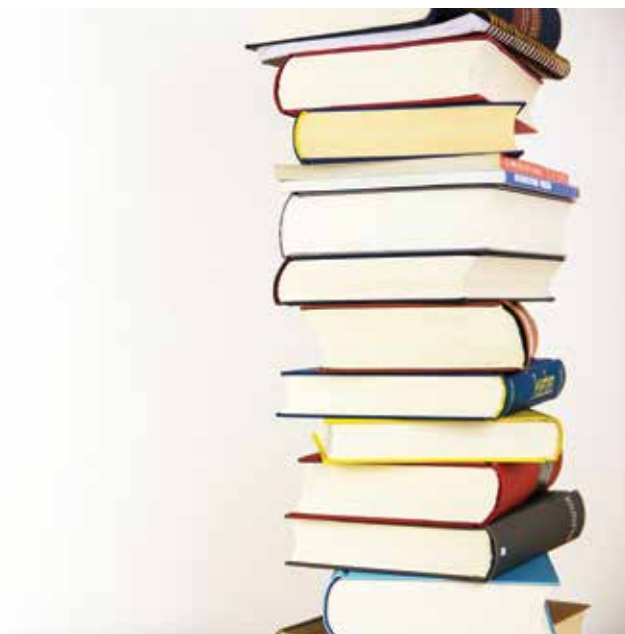
*REQUIRED class material NOT included in the class fee: Lawhub LSAT Prep Plus Subscription for \$99 (available for purchase through the LSAC website). Students are responsible for purchasing their own subscriptions.

Instructor: Austin Kruse

Austin is a junior at K-State studying political science and philosophy. He has previously taken the LSAT and will apply to law schools in the fall.

DATE	TIME	*FEE
01/31 - 04/13 (M/W)	7:15 - 9:15 PM	\$166
(No class 02/14, 03/14, 03/16, 04/04)		(Subscription not included)

Location: TBD



College and Career Exploration **22AFC170**

This class will help participants discover careers that are the best fit for them and create a plan to achieve career success. Through an active and thoughtful process, participants will go through a series of assessments and reflective modules that will unveil their career potential. At the end of the class, students will have a comprehensive plan to achieve their educational goals and move toward a successful and satisfying career path.

Classes are set up in a series of four weekly online modules via Google Classroom. Each class is conducted through instructional materials, such as videos, PowerPoints, assignments, assessments, and private classroom group discussions. This class does not meet at a set time - students may participate at their own pace.

Instructor: Rachelle DeCoud, racheledecoud@gmail.com
Rachelle is a college consultant with a master's in academic advising. She also volunteers for a national non-profit organization as a college coach where she helps first-generation students plan and apply to college.

SEC	DATE	TIME	FEE
A	01/18 - 02/15 (T)	TBD	\$40
B	02/22 - 03/22 (T)	TBD	\$40
C	03/22 - 04/19 (T)	TBD	\$40

Location: Online - Asynchronous

Grant Writing

22AFC171

This class is an introduction to grant writing and is designed to strengthen one's ability to write competitive proposals. Participants will learn the fundamental practices of proposal development with an emphasis on writing for non-profit organizations. This course is applicable to college students and all professions. Participants will create a mock proposal that will be reviewed at the end of the class.

Classes are set up in a series of four weekly online modules via Google Classroom. Each class is conducted through instructional materials, such as videos, PowerPoints, assignments, assessments, and private classroom group discussions. This class does not meet at a set time - students may participate at their own pace.

Instructor: Rachelle DeCoud, racheledecoud@gmail.com
Rachelle is a college consultant with a master's degree in academic advising. She has worked as a grant writer securing funding for multiple non-profit organizations over the past 5 years.

SEC	DATE	TIME	FEE
A	01/18 - 02/15 (T)	TBD	\$40
B	02/22 - 03/22 (T)	TBD	\$40
C	03/22 - 04/19 (T)	TBD	\$40

Location: Online - Asynchronous

Find the fake class & get \$5 off your registration!

Your Family Tree Guy. ISA Certified Arborist.
[Justin Williams]

TWOBIGFEET
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FUN FOODS

OBENTO /o-ben-toh/:

NEW!

Japanese Lunch Box

22AFF194

We will learn how to make triangle rice balls with seaweed, sesame and sea salt, and with roasted salmon and scallion. We will also make Japanese style rolled omelet, and octopus-shaped sausage: Tako-wieners, and decorative vegetables. We will pack everything nicely in a lunch box that is naturally disposable or bring your choice of lunch box.

Instructor: Ayumi Amama

SEC	DATE	TIME	FEE
A	01/27 (Th)	4:30 - 6:30 PM	\$32
B	02/17 (Th)	4:30 - 6:30 PM	\$32
C	03/06 (Su)	4:30 - 6:30 PM	\$32
D	03/24 (Th)	4:30 - 6:30 PM	\$32

* Enrollment deadlines: A - 01/26, B - 02/16, C - 03/04, & D - 03/23

Location: UFM Banquet/Kitchen, 1221 Thurston St

Kansas Craft Beer Sampling

NEW!

22AFF195

In 1880, Kansas entered the Dark Ages that was Prohibition. In 1989, after working to get State laws changed to allow microbreweries, Chuck Magrel opened Free State Brewery in Lawrence, the first in Kansas. There are now about 40 brewpubs and microbreweries in the State. Thanks, Chuck! In this class, after a discussion of how beers and ales are made, and about the styles and types of beer, we will sample 6 different types of beers, all brewed in Kansas.

Instructors: Eric Stahl & Lee Jorgensen

Eric and Lee are retired guys who really love beer, and they have traveled to the ends of the Earth (at least the Kansas part) to find many fine, fresh beers to share and enjoy.

DATE	TIME	FEE
02/15 (T)	7:00 - 8:00 PM	\$18

Location: UFM Fireplace Room, 1221 Thurston St



Featured
Instructor

Ayumi
Amama

Ayumi Amama is an instructor at UFM who teaches Japanese cooking and calligraphy, which she has been practicing and enjoying since she was 6-7 years old. She is also an instructor at the Division of Retention, Diversity, and Inclusion in the college of engineering at K-State. The team is developing a new curriculum that would equip engineering students with intercultural competence in more diverse and equitable ways. She has a Master of Engineering degree in Architectural and Environmental Design from Yokohama National University, Japan, and worked as a project manager assistant in Tokyo. In the past two years, she taught Japanese language and culture courses (100-500 level) in the Department of Modern Languages at K-State. Amama is passionate about sharing Japanese culture and encouraging people to embrace different cultures and values through active learning.

Interested in
teaching
a class for UFM?



Summer 2022
submission
deadline is
March 11, 2022



For more
information email
christina@tryufm.org



This Is How You Brew It!

22AFF139

This class will demystify the beer brewing process. Learn how to make beer with malted barley extracts and how to add tasty and colorful specialty grains. Discover the exciting world of yeast and enjoy the pleasant aromas of hops. Your life will never be the same. Must be 21 to participate.

Session A class meets on 03/06 and 03/27.

Session B class meets on 04/03 and 04/24.

Instructor: Aaron Thornton, brewbroshs@gmail.com

SEC	DATE	TIME	FEE
A	03/06 - 03/27 (Su)	5:00 - 9:00 PM	\$35
B	04/03 - 04/24 (Su)	5:00 - 9:00 PM	\$35

Location: Brew Bros Hops & Sprockets,
1110 Laramie St, MHK

Edible Wild Plants

22AFF151

You'll be amazed at how many native plants and "weeds" can be incorporated into your culinary adventures! Whether you're completely new to local foraging or a seasoned pro, there's always more to learn. Spring edibles will include nettles, wild parsley, garlic mustard, dock, and dozens more. Hosted with Prairiewood Retreat & Preserve, this class will meet on site at Prairiewood's Blue Sage Barn. Formal instruction from Terry Olson, Sue Maes, and Kelly Yarborough will be followed by a plant identification walk on Prairiewood's trails, and several edible snacks to enjoy. Come prepared for some easy prairie hiking with long pants, closed toed shoes, bug spray and water.

Upon retirement as owner of Westside and Eastside markets Terry has endeavored to learn all of the local wild plants along with numerous recipes to accompany. Sue has taught this class off and on over 40 years and learns each and every day. Kelly has spent the last several years hosting groups and hikes at Prairiewood.

Instructors: Sue Maes, Terry Olson, & Kelly Yarborough, kellyy@capstone3d.com

DATE	TIME	FEE
05/10 (T)	5:30 - 7:30 PM	\$10

Location: Prairiewood Retreat and Preserve
(Blue Sage Barn), 1484 Wildcat Creek Road, Manhattan



Beer brewing process.

Herbal Tea Blending

NEW!

22AHW266

A tea or tisane is a simple and tasty herbal remedy. Teas can nourish, comfort, relax, and pamper us to spend a bit of time on ourselves. Aromas and flavors can have a direct effect on the body organs and systems. Discussion includes blending for taste and specific issues, preparation methods, what kinds of plants are best used in tea form, benefits, and energetics of various herbs, and growing or purchasing your own tea herbs.

Instructor: Joanne Bauman

DATE	TIME	FEE
01/13 (Th)	7:00 - 8:30 PM	\$30

Location: Online - LIVE

Kitchen Cabinet Healing: Herbs/Spices

NEW!

22AHW302

Add zest to your life! Culinary herbs and spices (cinnamon, cardamom, ginger, etc.) enhance the flavor of our meals, but also help build health and mend imbalances. Join us as we explore the medicinal qualities and uses of at least 15 spices you just might have in your kitchen cabinet right now.

Instructor: Joanne Bauman

DATE	TIME	FEE
02/10 (Th)	7:00 - 8:30 PM	\$30

Location: Online - LIVE



Professional Development

Start learning something new today! UFM is partnering with LERN to expand our educational offerings. These classes offer online, self-paced learning opportunities for professional development or to earn CEUs or a certificate. A number of courses and certificates are offered in categories such as Business, Business Communication, Data Science, Human Resources, Leadership, Management, New Media Marketing, Personal Development, Social Media for Business, Technology Skills, Training and Education, and Training for K12 Teachers. All of these courses are asynchronous (self-paced). There are no live components for these classes. All of the course units are posted from the beginning of the course with a unit designated for each week. Each course has a defined start and end date, but students can finish the class at their own pace between those dates. We are offering these courses to enhance and expand learning opportunities available in and around the Manhattan community.

Refund Policy: Students can transfer to a future LERN professional development offering. We will provide a full refund if a class is canceled by UFM. If a student withdraws from a class 48 hours or more before the class begins, a full refund may be given, except for any published non-refundable fees. No refunds will be given once a class has started.



Enroll at tryufm.org



Certificates [online]

Certificate In Data Analysis

22AGC20

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio and make a big difference in the success of your organization by acquiring data analysis skills. Begin with getting a basic understanding of how to analyze data in a business setting. Then, learn how many of your business decisions involve comparing groups for differences. You will know the statistics behind these group differences and relationships. Finally, you will find out how to perform inquiries that will be useful to your business or organization and have the skills necessary to communicate these results through graphs and text that your fellow employees will understand. Whether your business is home-based or a large company, this certificate will take you to the next level when important decision-making is concerned.

CEUs/ILUs: 4.8 / Length (in hours): 48

Classes Included in certificate: Introduction to Data Analysis, Intermediate Data Analysis, & Advanced Data Analysis
Instructor: LERN Staff

Bookkeeping Certificate

22AGC149

How do you manage the finances of a business? Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this Bookkeeping Certificate will provide you with the knowledge needed to measure, and manage, the financial health of your business. This program focuses on cash basis accounting. No one will care more about the financial health of your business than you! It's imperative that you understand how the process works and are able to complete the accounting cycle accurately and in a timely fashion. Even if you plan to out-source your bookkeeping needs, you should still understand how the process works. No one should be clueless when it comes to the finances of their business.

The Bookkeeping Certificate courses must be taken in the below order (the classes build off each other):

- Understanding Debits and Credits
- General Ledger and Month End Procedures
- Closing Procedures and Financial Statements

CEUs/ILUs: 4.8 / Length (in hours): 48

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/07 - 04/29	Asynchronous online	\$495
B	04/04 - 07/01	Asynchronous online	\$495

SEC	DATE	TIME	FEE
A	02/07 - 04/29	Asynchronous online	\$495
B	04/04 - 07/01	Asynchronous online	\$495

Enroll at www.tryufm.org



@ufmclc



Spring 2022

Enroll today!

For additional certificate and class options, visit tryufm.org

Certificate in Project Management 22AGC36

In today's business environment, there is a need for good project management. Project management provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholders for quick resolution, including project cancelation. Project management is one of the fastest paths to promotion by increasing your network through greater exposure. First, gain the skills, tools and templates to confidently develop and maintain a project. An overview of salaries, certification costs, education and experience requirements are provided. Then acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide. This basic information will assist you in learning the beginnings of project management, whether you are interested in project management, the project management field, or in any line of work. Finally, learn the ten Project Management Knowledge Areas and their support role and relationships to the five Project Management Processes.

CEUs/ILUs: 4.8 / Length (in hours): 48

Classes included in certificate: Introduction to Project Management, Project Management Project Processes, & Project Management Knowledge Areas

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/07 - 04/29	Asynchronous online	\$495
B	04/04 - 07/01	Asynchronous online	\$495

Supervisory and Leadership Certificate 22AGC154

Your employees are your most valuable resources. Ensuring the efficiency of your team is the key to your success and is your most important responsibility. Get practical, easy to understand, and insightful methods for new and even experienced supervisors and managers. Learn about effective delegation, performance management, and writing performance reviews. Discuss the specifics of the supervisor's role and responsibilities, and strategies for improving your overall effectiveness as a leader. Take home practical information along with tips and techniques that can be applied at your job immediately.

CEUs/ILUs: 3.2 / Length (in hours): 32

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/07 - 04/01	Asynchronous online	\$395
B	04/04 - 05/27	Asynchronous online	\$395

Certificate In Accounting And Finance For Non-financial Managers 22AGC13

Every successful person in the workplace utilizes financial information to aid effective decision making. The Certificate in Accounting and Finance for Non-Financial Managers explains the financial concepts and accounting processes used in most businesses and will provide practical techniques that will increase your effectiveness and career. First, get a foundation to understand the seven steps in the accounting cycle and use financial information in decision making. Come away with the knowledge to analyze resource allocation and evaluate financial performance. Then find out what you need to know about cash. Cash is the non-financial manager who really makes a difference in the day-to-day cash activities. Discover how to maximize cash flow, learn the importance of cash and find out your role in cash flow success. Finally, acquire advanced knowledge on the financial information that drives your organization. See how business reports are assessed and analyzed. An understanding of this information will help you make smart decisions when it comes to budgeting, setting goals, and assessing performance within your own area of influence.

CEUs/ILUs: 4.8 / Length (in hours): 48

Classes included in certificate: Accounting and Finance for Non-Financial Managers, Cash is King, & Financial Analysis and Planning for Non-Financial Managers

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/07 - 04/29	Asynchronous online	\$495
B	04/04 - 07/01	Asynchronous online	\$495



Social Media for Business Certificate 22AGC70

Get in on this exciting and growing way to communicate, market, and serve your customers and clients. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks, how these specific social networks function and their possible uses for your organization. Learn how social networks are used to develop a two-way communication and marketing strategy for your organization. Then, find out what you can be doing and create a plan to integrate social networks into your communication and marketing. Whether you are new to social networks or already involved, you will come away with both an understanding of social networks and practical, how-to techniques to integrate social networks into your organization or business. Your instructors are outstanding practitioners who also speak, write, and train others on social networks.

CEUs/ILUs: 4.8 / Length (in hours) 48

Classes included in certificate: Introduction to Social Media, Marketing Using Social Media, & Integrating Social Media in Your Organization

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/07 - 04/29	Asynchronous online	\$495
B	04/04 - 07/01	Asynchronous online	\$495

Certificate in Mastering Excel 22AGC25

A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit, and manage spreadsheets. Microsoft Excel is the most used spreadsheet tool in the world. Begin with learning how an Excel worksheet is constructed, populated with content, and edited for delivery. Discover how various menu items, commands, settings, and processes affect the look of your Excel worksheets and workbooks. Then, increase your efficiency by learning how to organize, display, and calculate your data into useful information. Identify different types of data and how data can be best visually represented or formatted by using different data tool techniques. Finally, you'll learn a variety of Excel's most powerful features to analyze data quickly and easily. This Certificate will help you discover how to attractively visualize your data into meaningful information with confidence.

CEUs/ILUs: 4.8 / Length (in hours) 48

Classes included in certificate: Mastering Microsoft Excel, Intermediate Excel, & Advanced Excel

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/07 - 04/29	Asynchronous online	\$495
B	04/04 - 07/01	Asynchronous online	\$495

PROFESSIONAL DEVELOPMENT

Digital Marketing Certificate 22AGC52

Come get a fundamental, yet advanced, introduction to eMarketing, including improving email promotions, analyzing your website traffic, doing search engine optimization, and how to successfully employ online advertising. Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions.

CEUs/ILUs: 4.8 / Length (in hours): 48

Classes included in certificate: Improving Email Promotions, Boosting Your Website Traffic, & Online Advertising

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/07 - 04/29	Asynchronous online	\$495
B	04/04 - 07/01	Asynchronous online	\$495

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Spring 2022 exhibitions:

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American Library Association summer reading exhibition

Prairie Views
Selections from the permanent collection

Gordon Parks: "Homeward to the Prairie I Come"

Doug Barrett: Find Your Voice

45 Paleolithic Handaxes from Transfigurations:
Reanimating the Past by David Lebrun

Related public events at
beach.k-state.edu/calendar

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Graphic Design

Software Essentials Certificate **22AGC59**

The Adobe software tools are the leading software for graphic design. Adobe Illustrator is the industry standard computer illustration software. Use Illustrator to draw shapes and design logos, flyers, posters, banners, business cards or any other vector graphics for print or web. Adobe InDesign is the industry standard page-layout program that works with Adobe Illustrator and Photoshop seamlessly. InDesign allows you to create simple to complex multi-page documents such as brochures, flyers, books and magazines. Use Adobe Photoshop to effectively work with selection and editing tools, layers, and masks to edit, retouch, and enhance existing images or create your own composite digital artwork. Access to the Adobe software tools required.

CEUs/ILUs: 4.8 / Length (in hours): 48

Classes in certificate: Adobe Illustrator CC Essentials, Adobe Photoshop CC Essentials, & Adobe InDesign CC Essentials
Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/07 - 04/29	Asynchronous online	\$545
B	04/04 - 07/01	Asynchronous online	\$545

Integrated Marketing Certificate **22AGC164**

Discover advanced and new best practices in Integrated Marketing, the growing field that integrates traditional print marketing with digital marketing for even greater marketing success. Young generations are embracing print as well as online media, creating this exciting new area of marketing. Find out the keys to success in the almost forgotten but still remarkably effective area of print, including catalogs, direct mail letters and post cards. Gain advanced marketing concepts and principles such as R, F, & M analysis; AIDA, and the 3-30-3 principle, that lead directly to practical marketing success. Acquire the understanding of how digital marketing and print complement and enhance each other, and how to integrate both kinds of marketing for even greater overall effectiveness. Start any month. Come away with a new marketing expertise to make your value in the workplace even stronger.

CEUs/ILUs: 4.8 / Length (in hours): 48

Classes included in Certificate: Advanced Marketing Concepts, Successful Print Marketing, & Integrated Marketing Best Practices
Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/07 - 04/29	Asynchronous online	\$495
B	04/04 - 07/01	Asynchronous online	\$495

Power BI Certificate

22AGC66

Gain insights into your data using business intelligence software - Power Business Intelligence. Power BI is a widely used business analytics service offered by Microsoft. Power BI Desktop is a complete data analysis and report creation tool that you install for free. Discover the process of creating interactive reports. Integrate financial, marketing, or any other source data in your accounting system, Excel, or on the Web. Streamline the data using Power Query. Create charts, maps, and other visuals to see your data in real time. Delve further into Power Query to ETL (Extract, Transform, and Load) your data. Build the Data Model using relationships and DAX (Data Analysis Expressions). Utilize Time Intelligence functions to view YoY or YTD reports. Add user-friendly features to enhance your reports and analyze your results. This certificate will enhance your skills in data analysis, giving you greater insight into your organization's performance and allowing you to make more informed decisions.

CEUs/ILUs: 4.8 / Length (in hours): 48

Classes included in certificate: Introduction to Power BI, Intermediate Power BI, & Advanced Power BI
Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/07 - 04/29	Asynchronous online	\$495
B	04/04 - 07/01	Asynchronous online	\$495

Managing Remote Workers Certificate

22AGC159

Discover the keys to communicating with and managing remote workers, one of the fastest growing sectors of the workforce. Some 80% of employers are keeping some or many of their employees working from home part of the week. People working from home are 25% more productive than those who work in an office. Working from home is here to stay. Tap into the experience of a CEO who has been managing remote workers for 22 years. He has pioneered the fundamental processes and procedures you won't get anywhere else. And consulted with organizations around North America on managing remote workers. Two one-month courses.

CEUs/ILUs: 3.2 / Length (in hours): 32

Classes in Certificate: Remote Working and Communicating & Managing Remote Workers
Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/07 - 04/01	Asynchronous online	\$395
B	04/04 - 05/27	Asynchronous online	\$395



Digital Reporting

22AGC162

Explore the world of digital court reporting in courtroom and freelance settings. There is a huge need for more digital reporters, and you can work from home. Find out about court proceedings; recording components; and producing Annotations. Learn about the professional integrity; physical and emotional stamina; and terminology needed to be successful in digital reporting. Finally, get the basics about the tools of the trade, the equipment needed, maintenance and troubleshooting; and how digital reporters do research on the Internet. Digital reporting could be the new career for you.

CEUs/ILUs: 1.6 / Length (in hours): 16

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/07 - 03/04	Asynchronous online	\$195
B	04/04 - 04/29	Asynchronous online	\$195

Video Marketing

22AGC145

Sight, sound and motion are much more compelling than static words on a page. Video is very hypnotic and it quickly speeds up the “know, like and trust,” factor with your audience. In this course you will discover how to use simple online video to quickly bond with your viewer, drive traffic to your website, boost business and build brand awareness. Find out how to shoot simple, effective videos without costly fancy equipment or savvy technical skills. Discover the secrets to creating content that commands attention. Learn how to dominate Google and YouTube with your video and to strategically use YouTube to market your business 24/7 -- even while you sleep. Certificate available. For additional information please see: Mastering Video Marketing Certificate.

CEUs/ILUs: 1.6 / Length (in hours): 16

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/07 - 03/04	Asynchronous online	\$245
B	04/04 - 04/29	Asynchronous online	\$245

The Teen Brain

22AGC79

One of the most turbulent periods in brain development occurs during adolescence. The teen brain functions very differently from the adult brain. Certain kinds of thinking, such as decision-making, happen in different parts of the brain for adolescents and adults. Understanding these complex changes can help calm the rough seas of the teen years, but also provide your teen with critical support and understanding that will promote better decision-making, better mental health, and better outcomes at school. Come find out the important ways in which the teen brain is developing. Identify behaviors and attitudes that are influenced by these changes. Then learn to offer constructive strategies for establishing a better understanding of and communication with your amazing teen.

CEUs/ILUs: 1.6 / Length (in hours): 16

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/07 - 03/04	Asynchronous online	\$195
B	04/04 - 04/29	Asynchronous online	\$195

Spanish for Medical Professionals

22AGC05

Are you frustrated by the communication gap that can occur between you and your Spanish-speaking patients? If you answered yes, this Spanish class - designed specifically for healthcare professionals - will help you bridge that gap. You will practice the basic, practical language skills needed to effectively communicate with your Spanish-speaking patients and their families. You will learn the basics of the language, gain an understanding of the culture, and know-how to ask the questions crucial to quality healthcare. Whether you speak some Spanish and need a refresher, or speak no Spanish, you will complete the course with the skills you will need to effectively communicate with your Spanish-speaking patients. *NOTE: Students will also need to order an eBook for under \$15, or the paperback book version. Students will purchase (on their own) McGraw-Hill Education Complete Medical Spanish, 3rd Edition: ISBN-13: 978-0071841887. The eBook version is available at Barnesandnoble.com. You can also purchase the paperback book version if you wish, available from numerous sources including Amazon.

CEUs/ILUs: 3.2 / Length (in hours): 32

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/07 - 04/01	Asynchronous online	\$290
B	04/04 - 05/27	Asynchronous online	\$290

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Home and Housing 101 Series:

When you consider moving from one place to another, you look at housing: where will you stay, for how long, how will you pay for it? Learning what those entail is not a part of our formal education. It seems like guesswork that we seek answers for through our friends, family, the internet, or people in the business of housing. Once you are “housed” you still need to know how to maintain it and leave it in a livable condition to receive your deposit back and so that it can be sold or rented again. This series aims to fill the gaps for our community through three different classes: Renting, Buying, and Federal Housing Assistance. Local, knowledgeable speakers from Manhattan Housing Authority, Alliance Realty, Kansas Legal Services, City of Manhattan Risk Reduction and others will outline the basics needed to successfully rent, buy, maintain, or apply for assistance for the place you call home. These workshops will encourage and empower residents and landlords alike to take charge of their personal housing and reflect on the community values of the City of Manhattan.

These classes are available online via Zoom. The dates and times for each class will vary.

Please make sure to register online at tryufm.org.

Our instructors will email the Zoom link to all registered participants.



Renting (22API200A)

We will cover the topics of SAFETY (02/06), ACCESS/AFFORDABILITY (02/27), and GETTING OUT OF BAD RENTAL AGREEMENTS (03/20). Attendees will be provided with up-to-date resources.

Instructors: City of Manhattan Risk Reduction, Manhattan Housing Authority, Kansas Legal Services, & Donna Schenck-Hamlin

02/06 - 03/20 (Su) | 4:00 - 5:30 PM | No charge

Location: Online - LIVE via Zoom

Buying (22API200B)

We will focus on getting pre-approved by a lender, working with an aggressive realtor, and being ready to buy when the right house comes along. Learn the tips for home buying, the ins and outs of what to look for in a home, how to handle the lending process, home inspections and homeowners insurance.

Instructors: Scott Seel, Jason Gazaway, Chris Nelson, & Stacy Cam

02/20 - 04/03 (Su) | 6:00 - 7:30 PM | No charge

Location: Online - LIVE via Zoom

Federal Housing Assistance (22API200C)

The Housing Choice Voucher Program, also known as Section 8, is the federal government's primary program for assisting very low-income families, the elderly, and persons with disabilities to afford decent, safe, and sanitary housing in the private market. Since housing assistance is provided on behalf of the HCV tenant, participants can find their own housing, including single-family homes, townhouses, and apartments. Join us in learning more about how private landlords can benefit from this program while providing safe housing for their community members.

Instructors: Katherine Linder & Aaron Estabrook of Manhattan Housing Authority & Topeka Department of Veteran Affairs

02/13 - 02/27 (Su) | 6:00 - 7:30 PM | No charge

Location: Online - LIVE via Zoom

Thanks to the underwriting of Alliance Realty, Safe and Affordable Housing Action, and Renters Together, this series is free of charge.



**RENTERS
TOGETHER
MHK**



**ALLIANCE
REALTY**



HEALTH & WELLNESS

Mindfulness

22AHW235

Learn how to engage all the senses in the present moment, paying attention on purpose. Experiential activities designed to promote a feeling of being OK with what is without judgement.

Instructor: Mandy Ryan, lotusfirewellness@yahoo.com
Mandy is a healer, facilitator, and life-long learner. She started her path in alternative practices and healing in 2009 and enjoys facilitating higher learning for all through healthier living.

SEC	DATE	TIME	FEE
A	01/19 (W)	6:00 - 8:00 PM	\$27
B	03/14 (M)	6:00 - 8:00 PM	\$27

* Enrollment deadlines: A - 01/14, B - 03/11

Location: UFM Solar Addition, 1221 Thurston St

Introduction to Moving Meditation

NEW!

22AHW299

Introduction to Moving Meditation will be an instructional and movement class to familiarize one with the energy flows of the body. This introduction will enable one to connect on a deeper level with oneself through working with the elements and elemental vibrations contained within the body. Engage with your Warrior spirit and step into your authentic Self through self-discovery! Please wear comfortable clothing and be prepared to have some fun while learning!

Instructor: Mandy Ryan, lotusfirewellness@yahoo.com.

SEC	DATE	TIME	FEE
A	01/29 (Sa)	10:00 AM - 1:00 PM	\$52
B	04/09 (Sa)	10:00 AM - 1:00 PM	\$52

* Enrollment deadlines: A - 01/25, B - 04/05

Location: UFM Solar Addition, 1221 Thurston St

Introduction to Usui Reiki

NEW!

22AHW298

Would you like to feel balanced and more at peace with yourself? Learn how to listen to your Self and balance your needs with Reiki. Reiki is the healing aspect of universal energy, channeled to assist the body in becoming balanced and healthy. Reiki will align the body's ki (life force) to promote emotional, energetic, and spiritual balance. In this introductory class, we will learn the history and a meditation that accompanies the Usui Reiki practice and how to engage with it for healthier living. Please wear comfortable clothing and be prepared to have some fun while learning!

Instructor: Mandy Ryan, lotusfirewellness@yahoo.com

SEC	DATE	TIME	FEE
A	02/18 (F)	6:00 - 8:00 PM	\$37
B	04/29 (F)	6:00 - 8:00 PM	\$37

* Enrollment deadlines: A - 02/11, B - 04/15

Location: UFM Solar Addition, 1221 Thurston St



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Reducing Stress for a Healthier You

NEW!

22AHW297

High levels of stress have a direct impact on the health of your cells. In this class, we will examine how that occurs and what you can do to reverse the effects of stress on your body. Ages 13+.

Instructor: Jayme Morris-Hardeman, jmorrishardeman@gmail.com

Jayme has a MS degree in biochemistry and a lifelong interest in science. This presentation combines her work with CASA and Thrive with sound science on improving your cellular health!

DATE	TIME	FEE
03/24 (Th)	7:00 - 9:00 PM	No Charge

* Enrollment deadline 03/23

Location: Online - LIVE

Managing and Improving Digestive Dysfunction

22AHW205

Are you one of the millions of Americans that suffers from some sort of digestive dysfunction such as gas, bloating, reflux, pain, constipation, or 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 Allen, leslie@gracegoalsandguts.com
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

DATE	TIME	FEE
03/03 (Th)	Noon - 1:00 PM	\$27

Location: Online - LIVE

Follow UFM



Herbs and tea steeping.

Herbal Tea Blending

NEW!

22AHW266

A tea or tisane is a simple and tasty herbal remedy. Teas can nourish, comfort, relax, and pamper us to spend a bit of time on ourselves. Aromas and flavors can have a direct effect on the body organs and systems. Discussion includes blending for taste and specific issues, preparation methods, what kinds of plants are best used in tea form, benefits, and energetics of various herbs, and growing or purchasing your own tea herbs.

Instructor: Joanne Bauman

Joanne (Prairie Magic Herbs) is a Kansas wise woman herbalist, teacher, writer, herb grower and medicine-maker. Joanne teaches people how to appreciate, connect with, and collaborate with plants to empower their health. She presents at The Mother Earth News Fair and the Midwest Women's Herbal conference, and she blogs and podcasts for Mother Earth News Heirlooms & Herbs/Herbal Living. Joanne also volunteers as the Herbalists Without Borders (HWB) Community Herbal Apothecary Coordinator and Kansas Chapter Coordinator.

DATE	TIME	FEE
01/13 (Th)	7:00 - 8:30 PM	\$30

Location: Online - LIVE

Kitchen Cabinet Healing: Herbs/Spices

NEW!

22AHW302

Add zest to your life! Culinary herbs and spices (cinnamon, cardamom, ginger, etc.) enhance the flavor of our meals, but also help build health and mend imbalances. Join us as we explore the medicinal qualities and uses of at least 15 spices you just might have in your kitchen cabinet right now.

Instructor: Joanne Bauman

DATE	TIME	FEE
02/10 (Th)	7:00 - 8:30 PM	\$30

Location: Online - LIVE



NEW!

Plant a Medicinal Herb Garden 22AHW303

A medicinal plant garden provides affordable, sustainable, and indispensable herbs to remedy a variety of conditions, from prevention to times of emergency. Growing herbs to meet your needs does not have to be difficult and can be done with any garden space. You'll learn about various plants to grow, how to get started, design tips, choosing plants or seeds, and how to decide what to plant based on common issues you and your family need to remedy. Some issues could be easing tummy upset, aiding sleep, calming nerves, relieving pain, reducing bruises and sprains, easing cold/flu and fevers, easing bites or stings, disinfecting wounds, soothing burns, and more!

Instructor: Joanne Bauman

DATE	TIME	FEE
05/12 (Th)	7:00 - 8:30 PM	\$30

Location: Online - LIVE

ACHOO! Herbs for Allergy & Respiratory Support 22AHW247

Nourishing herbs can support overall health against pollen/pollutants, including spring burn smoke. Learn how you can prevent, manage, and ease your symptoms of itchy eyes, runny nose, sneezing and sinus, and lung congestion. This class will cover botanicals to support the upper respiratory and immune system and the liver's ability to help process environmental irritants. We will include allergy teas, infusions, tinctures, steams and more.

Instructor: Joanne Bauman

DATE	TIME	FEE
03/10 (Th)	7:00 - 8:30 PM	\$30

Location: Online - LIVE

Beginners Herb Basics: Simply & Safely 22AHW218

How to use herbs simply and safely. Learn ways to avoid problems with herb usage. Understand each herb has an optimal preparation for a given use: is it fresh or dried herb? tea? tincture extract? oil? capsule? and why. Know the four questions you should know about any herb, including what part of a plant is used. What is the difference between nourishing, tonifying, or stimulating plants? Meet four plant powerhouses of vitamins and minerals and other body benefits. Learn a method of self-testing that you can use to help you determine which plant is best suited to assist you with a particular concern.

Instructor: Joanne Bauman

DATE	TIME	FEE
04/14 (Th)	7:00 - 8:30 PM	\$30

Location: Online - LIVE



Various herbs.



Riley County Historical Museum
2309 Claflin Road
Tues - Fri 8:30 - 5:00
Sat. & Sun. 2:00 - 5:00

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NEW!

Intuitive Readings

NEW!

22AHW300

These sessions include information for all aspects of life including romance, finances, health, family, friends, and spirituality. Each reading will take 30 minutes. Readings are a combination of Tarot and Channeling. These sessions are for Spiritual Guidance. The goal is to help the client find their best possible path on their journey to full enlightenment.

*After registering and paying for your session the instructor will be in touch via email to schedule your session date and time. If you would like a 60-minute session, you will need to purchase two seats (two thirty-minute sessions). 60-minute sessions are limited and not guaranteed. Partial refunds will be given for any 60-minute session that cannot be scheduled in full.

**The sessions and information provided are not intended to diagnose, treat, or cure any physical or mental disease or illness. Please seek a qualified professional for medical or mental health conditions.

Instructor: Lena Townsend

Lena has studied many areas of the metaphysical world and continues to study on a daily basis as life is a constant journey of learning.

DATE	TIME	FEE
04/01 - 04/03 (F/Sa/Su)	10:00 AM - 10:00 PM	\$62

* Enrollment deadline 03/29

Location: UFM Multipurpose Room, 1221 Thurston St

Chakra Balancing Sessions

22AHW301

These 30-minute sessions are designed to allow the client to escape the mundane and experience the tranquility of the stillness within. During the session, the client will benefit from the balancing and alignment of the energy centers (Chakras) of the body. Through relaxation, guided meditation, a touch of aromatherapy, and chakra balancing techniques, our purpose is to promote the mind, body, and spirit to work in harmony with the natural energy flow of the universe.

*After registering and paying for your session the instructor will be in touch via email to schedule your session date and time. If you would like a 60-minute session, you will need to purchase two seats (two thirty-minute sessions). 60-minute sessions are limited and not guaranteed. Partial refunds will be given for any 60-minute session that cannot be scheduled in full.

**The sessions and information provided are not intended to diagnose, treat, or cure any physical or mental disease or illness. Please seek advice from a qualified professional for these conditions.

Instructor: David Townsend

David is a Reiki Master who has been operating for three years now. He works with his wife Lena and has assisted her with her business Peaceful Whispers.

DATE	TIME	FEE
04/01 - 04/03 (F/Sa/Su)	10:00 AM - 10:00 PM	\$62

* Enrollment deadline 03/29

Location: UFM Multipurpose Room, 1221 Thurston St



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Responding to Emergencies 22AHW19Z

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life, minimize pain, and reduce consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Mask included in the fee. Available for KSU credit. Ages 16+.
Instructor: Henry Brown

*DATE	TIME	FEE
03/26 - 04/09 (Sa/Su)	Noon - 6:30 PM	\$218

* Class dates: March 26, 27, April 2, 3, & 9

Location: UFM Banquet Room, 1221 Thurston St



CPR skills practice. (Masks are welcome)



Blended Learning: First Aid/CPR/AED 22AHW70

** When enrolling for this class, please use the name of the student who will be participating and become certified in the class and please do NOT use a USD email address. **

This class is offered in a blended learning format. Blended Learning is a CPR, First Aid, and AED training program which combines an online session with a hands-on skills practice and assessment session. Certification in Adult and Pediatric First Aid/CPR/AED is good for two years. You will be contacted via email by UFM staff with login information and directions. Please check your email frequently and be sure that it's in working order. Certification requirements are as follows:

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

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

Source: American Red Cross

** No textbook is required, and the date listed is for hands-on skills practice session.

*** You cannot use an email that someone else has already used to create an account through the Red Cross.

Instructor: Melissa Copp

SEC	DATE	TIME	FEE
A	01/29 (Sa)	8:30 - 10:30 AM	\$72
B	02/26 (Sa)	8:30 - 10:30 AM	\$72
C	03/23 (W)	5:30 - 7:30 PM	\$72
D	04/14 (Th)	5:30 - 7:30 PM	\$72
E	04/23 (Sa)	8:30 - 10:30 AM	\$72

Location: UFM Conference Room, 1221 Thurston St, 2nd fl





UFM PUTS THE
COMMUNITY
IN EDUCATION

Working Out But Not Losing Weight?

NEW!

22AHW304

Come on in and get an InBody Assessment. The InBody provides a look at the chemistry inside of you. It is our greatest pleasure to help show you what you are literally made of so you can make positive changes without punishing yourself. The assessment takes 2 minutes per person, and we will also hold a 30-minute class and quick discussion.

Instructor: Hilary Santana

DATE	TIME	FEE
01/08 (Sa)	5:00 - 6:00 PM	\$20

* Enrollment deadline 01/05

Location: Little Apple Pilates Co, 121 S. 4th St., Suite 106

Prenatal Pilates Reformer Class

NEW!

22AHW305

This is a special time in life for a mama. Come get off your feet, stretch your back and work on a unique arsenal of healthy movement in your specific body! Manhattan doesn't offer a ton of options for Mom, and we are here to change that. ** We will need a doctor's note notifying us that you are not experiencing a high-risk pregnancy. **

Instructor: Katie Larson

Katie Larson is certified in pre-and post-natal care.

DATE	TIME	FEE
01/22 - 02/12 (Sa)	9:30 - 10:30 AM	\$82

Location: Little Apple Pilates Co, 121 S. 4th St., Suite 106

Flexibility for Pelvic Health

NEW!

22AHW307

This is an intricate and specific class all about pelvis health including hamstrings, adductors, the glute complex, and the complex role of the iliopsoas. If you have had back pain, hip tightness, or general inflexibility this class is for you. Your pelvis is super important! We will work on mobility, stability of the SI joint and strengthening the glute medius for pelvic stability. This is a scientific approach to a healthy and happy pelvis which effects your low back and shoulders.

Instructor: Hilary Santana

DATE	TIME	FEE
01/17 - 02/21 (M)	5:30 - 6:00 PM	\$79

Location: Little Apple Pilates Co, 121 S. 4th St., Suite 106

Sound Sleep with a Furry Friend

22AHW308

Are you always doing acrobatics just to find a comfortable sleeping position when your pet is in bed with you? Sleep is key to a healthy lifestyle, and in this class we'll explore the best stretches to add to your nighttime routine so you can get in bed and avoid waking up your peaceful companion. After all, your pet will be busy playing and sleeping all day, so it's up to you to ensure they get their beauty rest at night, too!

DATE	TIME	FEE
04/26 (T)	5:30 - 6:00 PM	\$12

Location: UFM Solar Addition, 1221 Thurston St

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YOGA

Chair Yoga

22AHW156

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, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction. Participants will also learn how to develop a home practice. All levels welcome.

Instructor: Debbie Newton, dn72649@gmail.com
Debbie has been a certified yoga teacher (CYT) since 2007.

SEC	DATE	TIME	FEE
A	01/18 - 02/15 (T)	12:15 - 1:15 PM	\$29
B	02/22 - 03/22 (T)	12:15 - 1:15 PM	\$29
C	03/29 - 04/26 (T)	12:15 - 1:15 PM	\$29
D	05/03 - 05/31 (T)	12:15 - 1:15 PM	\$29

Location: UFM Solar Addition, 1221 Thurston St

Evening Yoga

22AHW88

Close your day with gentle yoga movements and breathing practices to help you relax, rejuvenate, and restore your energy! Participants will also learn how to develop a home practice. No experience necessary. Yoga is for everybody.

Instructor: Debbie Newton, dn72649@gmail.com

SEC	DATE	TIME	FEE
A	01/24 - 02/21 (M)	5:30 - 6:30 PM	\$29
B	02/28 - 03/28 (M)	5:30 - 6:30 PM	\$29
C	04/04 - 05/02 (M)	5:30 - 6:30 PM	\$29
D	05/09 - 06/06 (M)	5:30 - 6:30 PM	\$29

Location: KSU Ahearn Room 301, College Heights St, 3rd fl

Warm Goodnight Yoga

NEW!

22AHW306

This is a luxurious Sunday night warm Yoga class. The temperature will be between 70 and 80 degrees allowing you to stay warm but not hot. This allows you to relax and get more length. Vanessa will lead you through a personalized class to get you unwound from the weekend and ready for your week. The end of class will have a relaxing shavasana with an essential oils cold compress.

Instructor: Vanessa Hager
Vanessa is a Certified Yoga teacher who loves community, health, and helping people feel their best.

DATE	TIME	FEE
01/09 - 02/13 (Su)	7:00 - 8:00 PM	\$79

Location: Little Apple Pilates Co, 121 S. 4th St., Suite 106



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Gentle Yoga for All

22AHW99

This easy class will get you started on the road to your own daily personal yoga practice. We start out slow and easy and you'll learn many different exercises that can be tailored to your personal needs. This is a small and friendly class for beginners or those with experience who need to refresh their practice. Limited spaces in this class, so enroll early. Heart Space Yoga requires participants to be fully vaccinated or wear a mask to attend in-person classes. Masks should be comfortable and allow you to breathe easily during yoga.

Instructor: Ana Franklin, yogaconnection@gmail.com

SEC	DATE	TIME	FEE
A	01/18 - 02/22 (T)	4:30 - 5:45 PM	\$89
B	03/01 - 04/05 (T)	4:30 - 5:45 PM	\$89
C	04/12 - 05/17 (T)	4:30 - 5:45 PM	\$89

Location: Online - LIVE



Upward Facing Dog yoga pose (Masks are welcome).

What's Up @ UFM

Stay in touch with us and see what's up at UFM by joining our list.



Community Yoga

22AHW290

Yoga practice is a personal pursuit of the mind. Whether you're just starting yoga, or have experience, this class will help you clarify your yoga and practice in a way that most benefits you. Feel great after each class and incorporate the practice into your daily life. Class meets on the first Saturday of the month. Online only.

Instructor: Ana Franklin, yogaconnection@gmail.com

DATE	TIME	FEE
01/08 - 03/05 (Sa)	10:00 - 11:30 AM	\$34

Location: Online - LIVE

Yoga 1

22AHW15Z

This course will cover the basic fundamentals of yoga: sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises, and introduction to yoga philosophy. Students must be willing to be on screen so they may receive guidance. Available for KSU credit. Ages 16+.

Instructor: Ana Franklin, yogaconnection@gmail.com

SEC	DATE	TIME	FEE
A	01/19 - 03/09 (M/W)	9:20 - 10:20 AM	\$99
B	01/19 - 03/09 (M/W)	10:30 - 11:30 AM	\$99
C	03/21 - 05/11 (M/W) (No class 03/14, 3/16)	9:20 - 10:20 AM	\$99
D	03/21 - 05/09 (M/W) (No class 03/14, 03/16)	10:30 - 11:30 AM	\$99

Location: Online - LIVE



LANGUAGE

Basic Spanish with Duolingo

22ALA71

This course will introduce participants to fun ways of learning Spanish. The class will cover basic topics like introductions, common phrases, travel, groceries, family, school, and more. In each section, we will discuss one subject and assign it on Duolingo that week to practice. This course aims to provide different tools to the participant to continue learning a language after the class. Learning a new language does not need to be complicated or tedious. Join us, have fun, and learn Spanish. Requirements: Students will need to have access to a device with internet access at home (smartphone, tablet, laptop, etc.). For class, bring a notebook and a writing utensil.

Instructor: Gustavo Roa, groa@ksu.edu

Gustavo Roa is from Paraguay and received a B.S. in Agronomy from EARTH University in Costa Rica. He is currently a Ph.D. Agronomy student at Kansas State University. Gustavo speaks Guarani, Spanish, Portuguese, and English.

DATE	TIME	FEE
02/05 - 03/26 (Sa)	9:30 - 11:00 AM	\$26

Location: UFM Banquet Room, 1221 Thurston St, 2nd fl

Beginning Conversational Spanish 22AGC80

Designed for beginners, we will have you speaking and reading Spanish in no time. You will practice the basic building blocks of the language and common idiomatic expressions. You will know enough vocabulary and grammar for simple conversations, and you will learn how to ask and answer questions. Whether you speak some Spanish and need a refresher or no Spanish, you will complete the course with the skills to communicate in Spanish.

CEUs/ILUs: 3.2 / Length (in hours): 32

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/07 - 04/01	Asynchronous online	\$290
B	04/04 - 05/27	Asynchronous online	\$290

What's in a Word?

NEW!

The Power of Mindful Language

22ALA72

In this course, we will discuss many of the common phrases we hear today and how to use our power of speech to create a positive impact in our lives and those around us. Many times, we use a turn of phrase without considering the words first, and without realizing that the words themselves carry hidden meanings and truths. We will have a demonstration to show how words can change our physical posture and learn how they also affect our emotional and mental health.

Instructor: Mandy Ryan, lotusfirewellness@yahoo.com

Mandy is a healer, facilitator, and lifelong learner. She started her path in alternative practices and healing in 2009 and loves working with others to encourage growth for all.

SEC	DATE	TIME	FEE
A	03/26 (Sa)	2:00 - 5:00 PM	\$52
B	05/07 (Sa)	10:00 AM - 1:00 PM	\$52

* Enrollment deadlines: A - 03/22, B - 05/03

Locations: A & B - UFM Solar Addition, 1221 Thurston St

Community ESL for Adults

NEW!

22ALA73

This small-group ESL (English as a Second Language) course is aimed at adults from the community who are interested in learning and improving their English skills! We will focus on topical readings and engage in informal discussion to improve our abilities. We will also offer coaching on vocabulary and pronunciation.

Instructor: Cary Chappell, caryc@ksu.edu

Cary has been in the English Language program for 10 years at K-State.

DATE	TIME	FEE
01/31 - 04/04 (M)	7:30 - 8:30 PM	\$25

Location: UFM Conference Room, 1221 Thurston St, 2nd fl

CURIOSITY ABOUT LIFE

IN ALL OF ITS ASPECTS, I THINK, IS STILL THE

SECRET OF GREAT CREATIVE PEOPLE. —LEO BURNETT

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S & N  DESIGN



LIFETIME LEARNING

Lifetime learning classes provide life-enrichment opportunities where learning never stops. UFM's Lifetime Learning program's mission is to offer educational programming and activities for learners age 50+ to enrich their social, cultural, and intellectual learning opportunities. All ages are welcome.

Jazz History:

Revisiting the Big Bands

NEW!

22ALL52

The Big Band Era of American music is most often remembered as "THE" pop music of the 1930s and 40s. Band leaders such as Bennie Goodman, Duke Ellington, Glenn Miller, and Tommy Dorsey were the pop music stars of the day. However, that era is linked to the history and development of jazz. This 3-session class will examine the predecessors of the genre, present some of the highlighted ensembles, and explore what happened to genre of big band music after the 1940s.

***Meadowlark Hills residents** see message below.

Instructor: Paul Hunt

Dr. Paul Hunt is Professor of Music at Kansas State University where he teaches trombone and world music. He is the Music Director for the musicals presented annually by the KSU School of Music, Theatre, and Dance, and has also been music director and conductor for the KSU opera program in recent years. He has also taught jazz history and jazz improvisation and has led big bands and vocal jazz groups on more than one occasion. He is a member of the KSU Faculty Brass Quintet and Faculty Jazz-tet.

DATE	TIME	FEE
04/11 - 04/25 (M)	3:00 - 4:30 PM	\$30

Location: Prairie Star's Event Center at Meadowlark, 2121 Meadowlark Rd



*** Meadowlark Hills residents:** to register for this class, please call UFM at 785-539-8763 and leave a message or email info@tryufm.org. All others may register online at tryufm.org or by calling UFM.

The Fabulous Fifties

NEW!

22ALL51

The decade that followed the Second World War was a period of American prosperity, technological advances, and tranquility. The class will consist of three lectures with the first focusing on America assuming the mantle of leading the free world. America witnessed the movement of the middle class to the suburbs, the birth of rock and roll and television, the space race, and a baby boom. The second class examines the rebuilding of Europe and the continents division into two spheres of influence—the free west and the Soviet dominated east. The third, and last class focuses on the end of colonialism in the Far East, the reemergence of Japan, and the rise of unaligned Third World.

***Meadowlark Hills residents** see message below.

Instructor: Robert Smith

Dr. Robert Smith is the Director of the Fort Riley Museums complex. He has a doctorate in history from K- State and has published numerous articles on military history.

DATE	TIME	FEE
02/23 - 03/09 (W)	6:30 - 8:00 PM	\$30

Location: Meadowlark Hills Community Room, 2121 Meadowlark Road



Starting Your

Family History Journey Series

22ALL33

Starting Your Family History Journey will start with a class on Getting Started which will cover the basics about various databases and how to use Ancestry.com, FamilySearch.org, and Find a Grave. The second class will explore ideas to organize your family stories by identifying what you want to tell and the best way to tell your stories. The last class will cover ideas on how to write your family stories. This series is a collaboration with UFM and Riley County Genealogical Society (RCGS).

Instructor: Barry Michie, Joan Smith, KelLee Parr, & Charlene Brownson, cmb@ksu.edu

Barry Michie and Charlene Brownson are the President and Vice President of Riley County Genealogical Society. Joan has been active in genealogy most of her life, starting before the age of ten listening to family stories and helping her mother in research libraries. KelLee Parr is the author of *My Little Valentine*, *Mansion on a Hill*, and *More Voices of the Willows*.

DATE	TIME	FEE
04/04 - 04/18 (M)	10:00 - 11:30 AM	\$16

Location: Riley Co. Genealogy Library, 2005 Claflin Rd

Understanding Medicare:

Introduction to the Basics

22ALL27

Medicare presents a surprisingly complicated and often confusing set of decisions with significant financial consequences for those turning 65, retiring after 65, disabled or otherwise eligible for this health insurance program that covers over 60 million Americans. Learn about the basic parts of Medicare, what Medicare Supplement plans are and how they can help cover the gaps in Medicare, what services are covered by Medicare and what options exist to gain protection for services not covered. Also, gain knowledge of how and when to enroll in Medicare to maximize your benefits and avoid penalties.

Instructor: David Jones, david@medicareadvisor4you.com
David is a licensed agent specializing in senior insurance market, Medicare Advisor 4You.

SEC	DATE	TIME	FEE
A	02/02 - 02/16 (W)	6:00 - 7:00 PM	No Charge
B	04/06 - 04/20 (W)	6:00 - 7:00 PM	No Charge

Location: Online - LIVE

For the Lunch & Learn classes, bring your own lunch or arrive early and purchase one of the restaurant favorites from Meadowlark's Prairie Star Restaurant. Review the menu at www.meadowlark.org/prairie-star-restaurant.

Lunch & Learn:

NEW!

Cowboys and Cowtowns of Kansas 22ALL53

Over 150 years ago the first trail herd from Texas arrived on the Chisholm Trail in Abilene. The Texas longhorns had been driven earlier to places from which they could be delivered to markets. For two decades, trail herds continued to come to Abilene and other Kansas cowtowns.

*Meadowlark Hills residents see message on page 30.

Instructor: Roy Bird

Roy Bird is known as a librarian, historian, college professor, and author. Roy is also a writer, a musician, and singer.

DATE	TIME	FEE
03/22 (T)	11:30 AM - 12:30 PM	\$10

Location: Prairie Star's Event Center at Meadowlark, 2121 Meadowlark Rd

Lunch & Learn:

NEW!

The History of Murals in Kansas 22ALL54

With all of the new public art murals popping up across Kansas, and the rest of the country, you may have wondered: "Why now?" Or maybe, "There have always been murals, but have they always caused controversy among the citizens?" This presentation will explain the history of murals in Kansas, how and why mural art was introduced to the public, and the changes in the process and impact on the public that have happened over time.

*Meadowlark Hills residents see message on page 30.

Instructor: Hilary Wahlen

Hilary Wahlen is a local artist who received her BFA in Sculpture at KSU. She started her art career in 1989 as a sign painter/maker (and muralist on billboards) under the tutelage of local business owner, Blaine Thomas, who entertained her greatly with stories of "Old" Manhattan.

DATE	TIME	FEE
03/29 (T)	11:30 AM - 12:30 PM	\$10

Location: Prairie Star's Event Center at Meadowlark, 2121 Meadowlark Rd

Find the fake class & get \$5 off your registration!



Lunch & Learn:

NEW!

The Midwest Dream Car Museum 22ALL55

The first class will be a classroom Lunch & Learn presentation at Meadowlark Hills Event Center to learn about the history and information about the museum. You will learn about the behind the scenes of running the Museum, how it got started, and prepare you for a tour at the Car Museum on April 19. The second meeting will be at the Midwest Dream Car Collection for you tour. You will get to see the cars and learn more about the history of this amazing car collection.

***Meadowlark Hills residents** see message on page 30.

Class locations:

* April 5th - Prairie Star's Event Center at Meadowlark, 2121 Meadowlark Rd., Manhattan

* April 19th - The Midwest Dream Car Museum, 3007 Anderson Ave., Manhattan

Instructor: Doug Meloan

Doug Meloan, Director of Vehicle Operations/Curator will talk about The Midwest Dream Car Museum.

DATE	TIME	FEE
04/05 & 04/19 (T)	11:30 AM - 12:30 PM	TBD

Location: See Class Description

For the Lunch & Learn classes, bring your own lunch or arrive early and purchase one of the restaurant favorites from Meadowlark's Prairie Star Restaurant.



Review the menu at www.meadowlark.org/prairie-star-restaurant.

Lunch & Learn: The '51 Flood 22ALL56

NEW!

Seven decades ago, an environmental disaster occurred in Kansas effected the entire state not only then but also continues to impact the entire state to this day. Even into the future, the flood of 1951 has effects, but can it ever happen again?

***Meadowlark Hills residents** see message on page 30.

Instructor: Roy Bird

DATE	TIME	FEE
04/26 (T)	11:30 AM - 12:30 PM	\$10

Location: Prairie Star's Event Center at Meadowlark, 2121 Meadowlark Rd

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SELF-DEFENSE

Tae Kwon Do I

22AMA01Z

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

Instructor: David Moore

DATE	TIME	FEE
01/25 - 05/05 (T/Th) (No classes 3/15, 3/17)	5:30 - 6:30 PM	\$72

Location: Sun Yi Academy, 1125 Laramie Plaza, Suite H

Judo I

22AMA08Z

Judo I is an introduction to the Olympic sport of Judo. Students will learn the fundamentals of mat etiquette, falling techniques, throwing techniques, and the principles of dynamic physical movement. Judo I introduces foundational skills that help increase understanding of the principles of body leverage, strength, balance, momentum, and mental conditioning. Learning how these principles relate and work together provides a physical advantage over an opponent. Students will be introduced to varied standing and ground techniques that are aligned with a basic introduction to the Art of Judo. Available for KSU credit. Open to ages 16+.

Instructor: Conrad Candelaria,
conrad.candelaria@hotmail.com

Encompassing 34 years of martial arts training as a Judoka and professional law enforcement service to his community, Conrad has endeavored to gain greater knowledge to impart to his students. He has certifications as a black belt from USA Judo and has also achieved professional certifications in the following: Defensive Tactics Instructor, Mental Preparation for Armed Confrontation, Ground Control Instructor, Intermediate Force Instructor, and Tactical Baton Instructor.

DATE	TIME	FEE
01/22 - 04/30 (Sa) (No Class 3/12, 3/19)	10:00 - 11:30 AM	\$84

Location: KSU Ahearn Room 301, College Heights St, 3rd fl

Adult Beginner Boxing

NEW!

22AMA26

Boxing is a great way to get in shape, learn a form of self-defense, and make exercise FUN! K.O. teaches individuals of all ages & backgrounds the sweet science that is boxing. You are never too young to start and never too old to learn. See you at K.O.! Ages 12+ may participate.

Instructor: Pedro Marquez, koboxingusa@gmail.com
Pedro is a Golden Gloves winner, has a Bachelor's Degree in Kinesiology, and 10+ years boxing/coaching experience.

SEC	DATE	TIME	FEE
A	01/03 - 01/26 (M/W)	6:30 - 7:30 PM	\$60
B	01/04 - 01/27 (T/Th)	6:30 - 7:30 PM	\$60
C	02/01 - 02/24 (T/Th)	6:30 - 7:30 PM	\$60
D	02/02 - 02/28 (M/W)	6:30 - 7:30 PM	\$60
E	03/01 - 03/31 (T/Th)	6:30 - 7:30 PM	\$60
F	03/02 - 03/30 (M/W)	6:30 - 7:30 PM	\$60

Location: K.O. Boxing, 2048 Tuttle Creek Blvd.
(In the basement under Shelter Insurance)

Youth Beginner Boxing

NEW!

22AYO149

See page 41 for class details.

Women's Self-Defense

22AHW118Z

This course takes a holistic approach to self-defense, emphasizing both physical and psychological strategies. This class is designed to improve your awareness, personal safety, and self-confidence. Each class is designed to deal with a different setting such as dating issues, walking alone, car crimes, and home protection. Students will learn basic martial arts skills including jujitsu. No prior martial arts experiences required. Wear comfortable clothing and athletic shoes. Available for KSU credit. Ages 16+.

Instructor: Kyoshi Pamela Johansen,
pam@midamerica-karate.com
Kyoshi Pam Johansen, master level instructor, has taught for more than 40 years. She has competed and placed nationally. She was inducted into the Black Belt Hall of Fame in 2004. She has held her own Martial Arts Tournaments since 1983.

SEC	DATE	TIME	FEE
A	02/12 - 02/26 (Sa/Su)	1:00 - 4:00 PM	\$199
B	03/26 - 04/09 (Sa/Su)	1:00 - 4:00 PM	\$199

Location: KSU Ahearn Room 301, College Heights St, 3rd fl



PERSONAL INTEREST

Philosophy of

Gurdjieff & Ouspensky

22API136

Explore the psychological system of the two Russian philosophers and teachers: Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs by emphasizing a system of self-development grounded in verification through personal exercises, discussion, and reading aloud from Ouspensky's "A Psychology of Man's Possible Evolution."

Instructor: David Seamon

David Seamon has been active with Gurdjieff's work since the early 1980s. He has studied with J.G. Bennet, a pupil of both Gurdjieff and Ouspensky.

DATE	TIME	FEE
01/26 - 03/02 (W)	7:30 - 9:00 PM	\$22

Location: UFM Solar Addition, 1221 Thurston St

Flint Hills Wisdom Keepers

Informational Meeting

22API139

Join Flint Hills Wisdom Keepers Foundation board members and past attendees to learn what to expect at the annual FHWK Gathering. Invited Native American elders from across the US comprise a forum where they share their cultural wisdom. The next annual Gathering is at White Memorial Camp near Council Grove, Kansas, on April 22-24, 2022. This Feb. 26th FHWK Informational Meeting will cover: a brief history of the FHWK 501(c)3 educational foundation and its mission; and bios of past invited Native elders and topics they presented. A brief talking circle exercise in consensus decision-making will be led by Diane Barker, FHWK president.

Instructors: Flint Hills Wisdom Keepers. Pat Embers, & Diane Barker

DATE	TIME	FEE
02/26 (Sa)	3:00 - 4:30 PM	No Charge

* Enrollment deadline 02/25

Location: UFM Conference Room, 1221 Thurston St, 2nd fl

UFM Book Discussion:

Let's read, discuss, and learn together! Participants should obtain their own copies of the book and complete the reading prior to the discussion meeting. The book is available at the Manhattan Public Library and most major online book sellers.

Session A will discuss the book *Between the World and Me* by Ta-Nehisi Coates.

Session B will discuss the book *Freedom is a Constant Struggle: Ferguson, Palestine, and the Foundations of a Movement* by Angela Y. Davis.

Instructor: Susanne Glymour, sglymour@gmail.com

Susanne Glymour is a lifelong reading enthusiast, believing that minds and hearts grow through reading, especially in groups.

Between the World & Me

NEW!

22API196

SEC	DATE	TIME	FEE
A	02/28 (M)	7:00 - 8:30 PM	\$5

Location: Online - LIVE

Freedom Is a Constant Struggle

NEW!

22API196

SEC	DATE	TIME	FEE
B	03/24 (Th)	7:00 - 8:30 PM	\$5

Location: Online - LIVE

Follow UFM



Flint Hills Wisdom Keepers Gathering

Native American culture discussed & traditional ways

demonstrated by indigenous elders and presenters from around the USA.

Gathering date: April 22-24, 2022, in-person. See Zoom and video "Seed Events" on website

www.fhwisdomkeepers.org ~ fhwisdomkeepers@gmail.com ~ FHWK Foundation, 501(c)3

Call Diane Barker at 785-477-9306, president of Flint Hills Wisdom Keepers Foundation



Peaceful Communication

22API133

This class introduces students to the key components of peaceful communication. Participants learn specific practical skills that enhance their ability to speak with clear authenticity and enable them to hear others' intended messages more easily and fully. Tools learned improve one's ability to engage in difficult conversations without the heat or fear in typical conflicts. Peaceful Communication skills are applicable across life spaces and relationships.

Section A is live and in-person. Expect fun, lively discussion and lots of personal self-reflection.

Section B is online and asynchronous. Enrollment will remain open through the duration of the semester. Class is set up in a series of online modules via Google Classroom including instructional materials - videos, power points, worksheets, and exercises. Students work at their own pace. Individual consultation with the instructor is available.

Susanne Glymour is a former social worker and is dedicated to the pursuit of safe, authentic, connecting, and effective interpersonal communication. Susanne is the director of the Manhattan Nonviolence Initiative.

Instructor: Susanne Glymour, sglymour@gmail.com

SEC	DATE	TIME	FEE
A	02/15 - 03/08 (T)	7:30 - 9:00 PM	\$48
B	TBD	TBD	\$48

Location: A: UFM Conference Room, 1221 Thurston St

B: Online - Asynchronous

PERSONAL INTEREST

Peaceful Parenting

22API199

The primary goal of peaceful parenting is to create, nurture and preserve healthy relationships with your children (or children in your care). In healthy relationships, conflict is productive, and members feel safe, valued, and respected even during conflict. In this class, we will focus on positive communication and engagement strategies that reduce conflict and enhance cooperation and connection with the children and youth in your care.

Instructor: Susanne Glymour, sglymour@gmail.com

DATE	TIME	FEE
03/22 - 04/12 (T)	7:30 - 9:00 PM	\$48

Location: UFM Conference Room, 1221 Thurston St, 2nd fl

Myths, Monsters, and Heroes NEW! 22API201

The stories of Greco-Roman myths, monsters, and legends from the Minotaur to Achilles and Patroclus. Deep dive into some of the most popular myths; did Athena really turn Medusa into a Gorgon? Learn new knowledge and get excited about ancient history!

Instructor: Wilbur Dodderidge, mddodder@ksu.edu

Wilbur is a history major at KSU minoring in classical studies. He's been studying Greek and Roman myths since he was young and hopes to be a classical history professor!

SEC	DATE	TIME	FEE
A	02/02 - 03/09 (W)	3:30 - 4:15 PM	\$60
B	04/06 - 05/11 (W)	3:30 - 4:15 PM	\$60

Location: UFM Solar Addition, 1221 Thurston St

Valley View Memorial Park and Monuments

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RECREATION & FITNESS

Ninja Warrior Training

NEW!

22ARF229

One of the biggest growth factors in life is learning how to get back up after you fall, and we instill it! We will introduce athletes to stretching properly, hand eye coordination, muscle isolation, balance, and body functionality while utilizing our ninja course.

Instructor: Matt Barley, paragoncoachmatt@gmail.com

SEC	DATE	TIME	FEE
A	01/24 - 02/28 (M)	11:10 AM - Noon	\$75
B	01/28 - 03/04 (F)	11:10 AM - Noon	\$75
C	03/21 - 04/25 (M)	11:10 AM - Noon	\$75
D	03/25 - 04/29 (F)	11:10 AM - Noon	\$75

Location: Paragon Performance Sports, 4701 Stagg Hill Rd

Run Happy! Run For Life!

22ARF72

If you have ever wanted to start running but didn't know how to begin, this is the class for you! This training program is designed for people who have never run before, those who may have tried to run and then stopped, and those who used to run and want to begin again. The program starts with walking/running workouts with a goal to run continuously for 30 minutes or 5 km by the end of the 6-week program. The overall objective of this course is to provide a running environment where you are encouraged and inspired, and where you learn how to incorporate a running program into your lifestyle. You must have the physical ability to begin a program based on walking and running.

Instructor: Dan Boyle, dboyle@ksu.edu

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach. Since becoming a Masters Runner (40 yrs and older), he has been ranked as one of the best distance runners in the US and since 1992 has completed over 20 marathons. He has helped numerous athletes from around the US achieve their goals at distances from 2 miles up to the marathon distance.

DATE	TIME	FEE
03/28 - 05/06 (M/W/F)	5:30 - 6:30 PM	\$145

Location: Southwest end of Memorial Stadium, KSU

Find the fake class & get
\$5 off your registration!

Reformer 101:

NEW!

Back and Core Health

22ARF231

In this class you will be using Pilates Reformers. These machines are incredibly adaptive and supportive to meet your fitness needs. We will coach you to help you feel strong, pain free, and have great posture!

Instructor: Hilary Santana

SEC	DATE	TIME	FEE
A	01/02 - 01/23 (Su)	4:00 - 4:30 PM	\$82
B	01/03 - 01/24 (M)	5:00 - 5:30 PM	\$82

Location: Little Apple Pilates Co, 121 S. 4th St., Suite 106

Burlesque Chair Class

NEW!

22ARF230

This is a fun and zero-pressure class to slip into your femininity. We have an important and exhaustive list of day to day duties and this takes you away for just 45 minutes a week to be a woman. We will tap into your divine, fun self. This is not a twerk class, but a class for women by women.

Instructor: Hilary Santana

SEC	DATE	TIME	FEE
A	02/21 - 03/28 (M)	6:30 - 7:15 PM	\$79
B	02/23 - 03/30 (W)	6:30 - 7:15 PM	\$79

* Enrollment deadlines: A & B - 02/14

Location: Little Apple Pilates Co, 121 S. 4th St., Suite 106



Burlesque Chair (Photo by Kay Gomez)



ZUMBA Dance 22ARF08Z

ZUMBA is a dance and fitness class that improves cardiovascular health and mental well-being. This course is designed for all dance and fitness levels. Each session includes a high cardiovascular dance routine that incorporates the basic Latin music steps (e.g., cumbia, salsa, merengue, reggaeton) with other types of dance moves (e.g., hip hop, belly dance, bollywood, K-pop, soca). In addition, students can gain expertise and appreciation of diverse music, language, and culture from around the globe! Available for KSU credit. Ages 16+.

Instructor: Lindsey Hulbert
 Lindsey was born and raised in the Southwest desert. Her family moved to the Little Apple 8 years ago when she started her official career in the Department of Animal Sciences and Industry at K-State. Zumba, Aqua Zumba, and Latin Dance are her side-hustles because of nostalgia and the desire to share and celebrate the enriching music of Latin, Hispanic, and other international artists in an amazing format for getting fit.

SEC	DATE	TIME	FEE
A	01/19 - 03/11 (W/F)	6:00 - 6:50 PM	\$82
B	03/23 - 05/13 (W/F)	6:00 - 6:50 PM	\$82

Location: KSU Ahearn Room 301, College Heights St, 3rd fl



Zumba (Masks are welcome)

Archery for Adults 22ARF01Z

This course provides instruction in target-style archery. Emphasis is on the archery form currently used in Olympic sports. Participants will learn safety rules, scoring, stance, release of arrow, and execution of follow through. Information on basic equipment selection and set-up will also be taught. All equipment will be provided by the instructor. Techniques will be tailored to fit individual levels of advancement. Available for KSU credit. Ages 16+
 Instructor: Tom Korte, (785) 494-8889

SEC	DATE	TIME	FEE
A	01/18 - 05/03 (T) (No class 3/15)	8:15 - 9:15 PM	\$101
B	01/24 - 05/02 (M) (No class 3/14)	6:30 - 7:30 PM	\$101
C	01/24 - 05/02 (M) (No class 3/14)	7:40 - 8:40 PM	\$101

Location: KSU Ahearn Room 304, College Heights St, 3rd fl

Intermediate Archery 22ARF132Z

This class is designed for students who have archery experience and have completed the RRES 200 Beginning Archery course or are competent archers. In this class, students will advance to the next level, which includes learning how to instruct a beginning archery class. This curriculum will include goal setting and a detailed study of the forms and methods of current Olympic style archery. Testing and practicum for grading will include coursework outside of the classroom. Option for certification through USA Archery is available with additional expense for instructor materials and the requirement to join one of three organizations for proper certification. The level one certification is appropriate for instructors who will be working at camps or with recreational programs. Demonstration of proficiency is a prerequisite and will be evaluated at the first class. Total expenses for instructor materials and membership in one of three organizations for certification is approximately \$70. Available for KSU credit. Ages 16+
 Instructor: Tom Korte, (785) 494-8889

DATE	TIME	FEE
01/24 - 05/02 (M) (No class 3/14)	7:40 - 8:40 PM	\$101

Location: KSU Ahearn Room 304, College Heights St, 3rd fl

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UFM PUTS THE
COMMUNITY
IN EDUCATION

Beginning Tennis 22ARF164AZ

The focus of this beginning tennis class is to introduce students to proper techniques of each tennis stroke. Scoring, rules, single and doubles formations, shot selection, and match play will also be covered. Come enjoy the "sport of a lifetime." All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Students must provide their own tennis rackets. Available for KSU credit. Ages 16+

Instructor: Dave Hoover

SEC	DATE	TIME	FEE
A	02/14 - 05/02 (M)	1:00 - 2:30 PM	\$99
B	02/15 - 05/03 (T)	1:00 - 2:30 PM	\$99

Location: Body First 3615 Claflin Rd

Beginning Fencing 22ARF21Z

Beginning fencing is an introduction to the fundamentals of modern sport fencing. Of the three weapon types (foil, epee, sabre) sanctioned in international competitions, only foil is taught in beginning fencing. Fencing entails progressive conditioning of the shoulders, lower torso, and legs, along with fine motor enhancement of the fingers and wrists. Understanding fencing has wide application off the strip -- integrating diplomacy, aggression, speed, and skill. Available for KSU credit. Ages 16+.

Instructor: R. Todd Gabbard

DATE	TIME	FEE
01/24 - 05/02 (M) (No class 3/14)	6:30 - 8:00 PM	\$60 - has equipment \$93 - use instructor's

Location: KSU Ahearn Fieldhouse

Intermediate Fencing 22ARF22Z

Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouting. Available for KSU credit. Ages 16+.

Instructor: R. Todd Gabbard

DATE	TIME	FEE
01/24 - 05/02 (M) (No class 3/14)	8:00 - 9:30 PM	\$60 - has equipment \$93 - use instructor's

Location: KSU Ahearn Fieldhouse

Scuba Diving 22AAQ105Z

Prepare for the NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$100 will be assessed at the time of check out dives. However, neither UFM nor K-State are responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels, which will be available for purchase at the first session; equipment ranges from \$100-\$175. Required textbook for class: "NAUI Scuba Diver", ISBN 0-9679903-0-0. Available on the first day of class for \$38 or students can purchase or borrow the book on their own. Available for KSU credit.

Instructor: Jeff Freeborn

SEC	**DATE	TIME	*FEE
A	01/24 - 03/06 (M/Su)	Times vary	\$257
B	03/21 - 05/01 (M/Su)	Times vary	\$257

* Non-refundable material fee of \$50 for withdrawing from the class after the first day.

** See tryufm.org for full class schedule.

Location: Online - Live and In-person at the JC YMCA

Beginner Tumbling 22ARF228 NEW!

Learn how to do standing tumbling both forwards and backwards. This class will have an emphasis on handstands, backbends, cartwheels, roundoffs, dive rolls, backward rolls, walkovers, and limbers.

Instructor: Matt Barley, paragoncoachmatt@gmail.com

SEC	DATE	TIME	FEE
A	01/24 - 02/28 (M)	1:00 - 1:50 PM	\$75
B	01/26 - 03/02 (W)	2:00 - 2:50 PM	\$75
C	03/21 - 04/25 (M)	1:00 - 1:50 PM	\$75
D	03/23 - 04/27 (W)	2:00 - 2:50 PM	\$75

Location: Paragon Performance Sports, 4701 Stagg Hill Rd



Working Out

But Not Losing Weight?

NEW!

22AHW304

Come on in and get an InBody Assessment. The InBody provides a look at the chemistry inside of you. It is our greatest pleasure to help show you what you are literally made of so you can make positive changes without punishing yourself. The assessment takes 2 minutes per person, and we will also hold a 30-minute class and quick discussion.

Instructor: Hilary Santana

DATE	TIME	FEE
01/08 (Sa)	5:00 - 6:00 PM	\$20

* Enrollment deadline 01/05

Location: Little Apple Pilates Co, 121 S. 4th St., Suite 106

NEW!

Prenatal Pilates Reformer Class

22AHW305

This is a special time in life for a mama. Come get off your feet, stretch your back and work on a unique arsenal of healthy movement in your specific body! Manhattan doesn't offer a ton of options for Mom, and we are here to change that. ** We will need a doctor's note notifying us that you are not experiencing a high-risk pregnancy. **

Instructor: Katie Larson

Katie Larson is certified in pre and post natal care.

DATE	TIME	FEE
01/22 - 02/12 (Sa)	9:30 - 10:30 AM	\$82

Location: Little Apple Pilates Co, 121 S. 4th St., Suite 106

NEW!

Flexibility for Pelvic Health

22AHW307

This is an intricate and specific class all about pelvis health including hamstrings, adductors, the glute complex, and the complex role of the iliopsoas. If you have had back pain, hip tightness, or general inflexibility this class is for you. Your pelvis is super important! We will work on mobility, stability of the SI joint and strengthening the glute medius for pelvic stability. This is a scientific approach to a healthy and happy pelvis which effects your low back and shoulders.

Instructor: Hilary Santana

DATE	TIME	FEE
01/17 - 02/21 (M)	5:30 - 6:00 PM	\$79

Location: Little Apple Pilates Co, 121 S. 4th St., Suite 106

Find the fake class & get \$5 off your registration!

Introduction to Juggling

NEW!

22ACF339

Juggling improves hand-eye coordination, reflexes, spatial awareness, and according to some research, brain function. Come learn the basics, starting with the normal 3-ball cascade and continuing at a comfortable rate. Though learning to juggle (or learning a new pattern if you already know how) can be frustrating if you just jump right in, we will break it down into progressively challenging exercises, and before long, you'll be doing it! Ages 8 and up welcome!

Instructors: Joel Moots, jammoots@gmail.com & Noah Moots

DATE	TIME	FEE
03/24 - 05/05 (Th)	5:30 - 6:30 PM	\$18

Location: UFM Solar Addition, 1221 Thurston St

Pickleball 101

22ARF226

6-Week Class dedicated to introducing pickleball skills to beginners or refreshing the fundamentals to the skills of recreational players. Equipment will be provided.

Instructor: Beth Fischer

Beth is a lifelong Manhattanite, tennis player, and as of 2020, a USAPA (United States Pickleball Association) Ambassador! She is excited to share her passion for this game with a crazy name!

SEC	DATE	TIME	FEE
A	02/22 - 03/29 (T)	6:30 - 7:30 PM	\$60
B	04/05 - 05/10 (T)	6:30 - 7:30 PM	\$60

Location: Anthony Recreation Center, 2415 Browning Ave



Pickleball 101



YOUTH

Archery for Youth

22AYO01

The main focus of this course will be to introduce youth to Olympic-style archery and to 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

SEC	DATE	TIME	FEE
A	02/01 - 02/22 (T)	7:00 - 8:00 PM	\$35
B	04/05 - 04/26 (T)	7:00 - 8:00 PM	\$35

Location: KSU Ahearn Room 304, College Heights St, 3rd fl

Japanese Calligraphy Art

22ACF322

We will learn basic history and strokes of Japanese calligraphy, and practice by writing Japanese Hiragana, Katakana and Kanji. We will complete the class by making a piece of final calligraphy with optional watercolor designs.

Instructor: Ayumi Amama, Ayumi has taken calligraphy lessons in Japan for about eight years and is trained in architectural design. She enjoys sharing Japanese culture.

SEC	DATE	TIME	FEE
A	01/29 (Sa)	4:30 - 6:30 PM	\$24
B	02/20 (Su)	4:30 - 6:30 PM	\$24
C	03/05 (Sa)	4:30 - 6:30 PM	\$24
D	03/20 (Su)	4:30 - 6:30 PM	\$24

* Enrollment deadlines: A - 01/28, B - 02/18, C - 03/04, & D - 03/18.

Location: UFM Solar Addition, 1221 Thurston St



Japanese Calligraphy Art (Masks are welcome)



Juggling (Masks are welcome)

Introduction to Juggling

NEW!

22ACF339

Juggling improves hand-eye coordination, reflexes, spatial awareness, and according to some research, brain function. Come learn the basics, starting with the normal 3-ball cascade and continuing at a comfortable rate. Though learning to juggle (or learning a new pattern if you already know how) can be frustrating if you just jump right in, we will break it down into progressively challenging exercises, and before long, you'll be doing it! Adults and youth ages 8 and up welcome!

Instructors: Noah Moots & Joel Moots, jammoots@gmail.com

Noah Moots is a MHS student who attends the KC juggling club weekly. After picking up the 3-ball cascade, he quickly moved on to more difficult patterns, and now even takes time to teach his dad some of them. He has a pretty decent 5-ball cascade, can qualify 6-balls, is solid on 4-clubs, can pass 7-clubs with a partner, and is an avid unicyclist (sometimes while juggling). Joel Moots is a KSU math grad who has known the 3-ball cascade most of his life but did not expand on his juggling skills till stumbling on the KC Juggling Club, which showed him how much more there is to it, and how fun and social it can be.

DATE	TIME	FEE
03/24 - 05/05 (Th)	5:30 - 6:30 PM	\$18

Location: UFM Solar Addition, 1221 Thurston St



Babysitter's Clinic

22AYO23

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

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

Materials are included in the class fee.

Instructor: Melissa Copp

DATE	*TIME	FEE
03/05 - 03/06 (Sa/Su)	See below	\$74

* 03/05 (Sa) 9:00am-12:30pm AND 03/6 (Su) 1:00-4:30pm

Location: UFM Conference Room, 1221 Thurston St, 2nd fl

Youth Beginner Boxing

NEW!

22AYO149

Boxing is a great way to get in shape, learn a form of self-defense, and make exercise fun! K.O. teaches individuals of all ages & backgrounds the sweet science that is boxing. You are never too young to start and never too old to learn. See you at K.O.! Ages 5 - 12.

Instructor: Pedro Marquez, koboxingusa@gmail.com
Pedro is a Golden Gloves winner, has a bachelor's degree in Kinesiology, and 10+ years boxing/coaching experience.

SEC	DATE	TIME	FEE
A	01/04 - 01/27 (T/Th)	4:30 - 5:30 PM	\$60
B	02/01 - 02/24 (T/Th)	4:30 - 5:30 PM	\$60
C	03/01 - 03/24 (T/Th)	4:30 - 5:30 PM	\$60

Location: K.O. Boxing, 2048 Tuttle Creek Blvd. (In the basement under Shelter Insurance)

Find the fake class & get \$5 off your registration!



Kids Aerial Class. (Photo by Kay Gomez)

Kids Aerial Class

NEW!

22AYO150

This is a super fun and athletic aerial hammocks class. Children will learn to safely invert, learn circus shapes, and choreograph a mini routine. Ages 7-10.

Instructor: Hilary Santana

SEC	DATE	TIME	FEE
A	01/15 - 02/19 (Sa)	1:15 - 1:45 PM	\$79
B	03/05 - 04/09 (Sa)	1:15 - 1:45 PM	\$79

Location: Little Apple Pilates Co, 121 S. 4th St., Suite 106

YOUTH SCHOLARSHIPS AVAILABLE

Contact UFM for more information and an application at info@tryufm.org or 785.539.8763





Coding and Folding

NEW!

22AYO151

In our STEM class, your child will engage in an art-based coding course that lightens their creativity to create little animal-origami-robots. The class will go over different animals like worm, cat, butterfly, and frog. Your child will learn how to fold origami and make it move using block-programing. They will learn how to program the little animals to maneuver the world around them. This course will be the key that opens the doors to the incredible world of coding. This class is for beginners ages 6-10 (older children can join, but it might be too basic for them).

Required: Students, please bring a laptop to each class.

Instructor: Safia Malallah

Safia Malallah's background is in computer science. She worked as a computer analyst and graphic designer for ten years and has a master's and bachelor's degrees in Computer Science. Currently, Safia is a graduate teaching assistant and Ph.D. candidate at Kansas State University, researching computational thinking in early childhood development. She holds a passion for developing methods of teaching young children, ages four-to-seven, computational thinking by modeling playground environments. She expands her experience by facilitating STEM workshops. She's also volunteered and helped in facilitating many STEM workshops.

SEC	DATE	TIME	FEE
A	02/05 - 02/26 (Sa)	10:00 AM - Noon	\$118
B	02/05 - 02/26 (Sa)	1:00 - 3:00 PM	\$118
C	03/05 - 03/26 (Sa)	10:00 AM - Noon	\$118
D	03/05 - 03/26 (Sa)	1:00 - 3:00 PM	\$118

Location: UFM Multipurpose Room, 1221 Thurston St

Follow UFM



Coding Around with Makey Makey **22AYO152**

NEW!

The goal of this STEM class is to widen your children's knowledge in coding, electricity, art, and music. Your child will make musical instruments using different things, such as bananas, recycled materials, and even the human body. We will teach them to code a banana to play music once touched. Children will use an electronic invention kit called Makey Makey and the Scratch app. This course will be the key that opens the doors to the incredible world of coding. This class is tailored for beginners, ages 6-10, (older children can join, but it might be too basic for them).

Required: Students, please bring a laptop to each class.

Instructor: Safia Malallah

SEC	DATE	TIME	FEE
A	02/06 - 02/27 (Su)	10:00 AM - Noon	\$118
B	02/06 - 02/27 (Su)	1:00 - 3:00 PM	\$118
C	03/06 - 03/27 (Su)	10:00 AM - Noon	\$118
D	03/06 - 03/27 (Su)	1:00 - 3:00 PM	\$118

Location: UFM Multipurpose Room, 1221 Thurston St

TEEN MENTORING

For more information about or to apply for the mentoring program, visit www.tryufm.org or email Tiffany@tryufm.org



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YOUTH TENNIS

Pre-K Tennis (Age 4 - 6)

22AYT1

Must be ages 4 - 6. This is a fun, engaging program that teaches the fundamentals of tennis including the introduction of eye-hand coordination, motor skills, cooperative activities, and sportsmanship. This class is taught using USTA Net Generation concepts, smaller 36' courts, foam or red balls, and 19" or smaller rackets.

Instructor: Body First Staff

SEC	DATE	TIME	FEE
A	01/08 - 01/29 (Sa) (No class 01/22)	9:00 - 9:40 AM	\$44
B	*02/05 - 02/26 (Sa)	9:00 - 9:40 AM	\$48
C	**03/12 - 04/02 (Sa)	9:00 - 9:40 AM	\$36
D	04/09 - 04/30 (Sa)	9:00 - 9:40 AM	\$48
E	05/07 - 05/21 (Sa)	9:00 - 9:40 AM	\$44

* Session B: No class 03/05, 03/19, 03/26.

** Session C: Class meets ONLY 03/12 and 04/02.

Location: Body First, 3615 Claflin Rd

Red Ball Tennis (Kindergarten - Age 8) 22AYT2

This class teaches kids tennis through exciting games and activities. The focus will be on improving on basic tennis and athletic skills while working to develop rally skills. This class is taught using USTA Net Generation concepts, smaller 36' courts, red balls, and 19" rackets.

Instructor: Body First Staff

SEC	DATE	TIME
A	01/11 - 01/27 (T/Th)	5:20 - 6:00 PM
B	02/01 - 02/24 (T/Th) (No class 2/10)	5:20 - 6:00 PM
C	03/01 - 03/31 (T/Th) (No class 03/15, 03/17)	5:20 - 6:00 PM
D	04/05 - 04/28 (T/Th)	5:20 - 6:00 PM
E	05/03 - 05/19 (T/Th)	5:20 - 6:00 PM

FEES: *Select Tuesdays OR Thursdays OR Both*

A & E: \$50 - Tuesdays, \$50 - Thursdays, \$83 - Tues & Thurs

B: \$56 - Tuesdays, \$50 - Thursdays, \$87 - Tues & Thurs

C & D: \$56 - Tuesdays, \$56 - Thursdays, \$92 - Tues & Thurs

Location: Body First, 3615 Claflin Rd

Body First is proud to sponsor the **Manhattan Cross Country Club** and the **Speedy PD race for Parkinson's Disease**

Body First



- 👏 Massage Therapy
- 👏 Personal Training
- 👏 Tennis for all ages
- 👏 Fitness Center
- 👏 Indoor Tennis Courts









Locally owned for over 20 years

785 587 8300 📞 3615 Claflin Road, Manhattan, KS

www.bodyfirst.com



Orange Ball Tennis (Ages 9-10) **22AYT3**

Using a fun game-based approach to tennis strokes, techniques, and skills. Intermediate players can expect to spend time learning to play and apply rules of individual or doubles play, in addition to refining their technique. All players will also learn to encourage and support others while continuing their development of being a good sport. The main goals of this class are to develop match play skills and proper technique. This class is taught using Net Generation concepts, 60' courts, orange balls, and 25" rackets.

Two days per week recommended for best reinforcement and progression of tennis skills.

Instructor: Body First Staff

SEC	DATE	TIME
A	01/11 - 01/27 (T/Th)	6:00 - 7:15 PM
B	02/01 - 02/24 (T/Th) (No class 2/10)	6:00 - 7:15 PM
C	03/01 - 03/31 (T/Th) (No class 03/15, 03/17)	6:00 - 7:15 PM
D	04/05 - 04/28 (T/Th)	6:00 - 7:15 PM
E	05/03 - 05/19 (T/Th)	6:00 - 7:15 PM

FEES: *Select Tuesdays OR Thursdays OR Both*

A & E: \$58 - Tuesdays, \$58 - Thursdays, \$94 - Tues & Thurs

B: \$64 - Tuesdays, \$58 - Thursdays, \$99 - Tues & Thurs

C & D: \$64 - Tuesdays, \$64 - Thursdays, \$104 - Tues & Thurs

Location: Body First, 3615 Claflin Rd



Youth tennis (Masks are welcome)

Intermediate Tennis (Ages 11-17) **22AYT7**

This class is designed for beginner and intermediate level players ages 11-17. Students will build on their athletic base while learning the fundamentals necessary to serve, rally, and score using a rally/game/drill-based curriculum. Two days per week recommended for best reinforcement and progression of tennis skills.

Instructor: Body First Staff

SEC	DATE	TIME
A	01/10 - 01/28 (M/F)	5:00 - 6:25 PM
B	01/31 - 02/21 (M/F) (No class 2/10)	5:00 - 6:25 PM
C	02/28 - 03/28 (M/F) (No class 03/14, 03/18)	5:00 - 6:25 PM
D	04/04 - 04/29 (M/F)	5:00 - 6:25 PM
E	05/02 - 05/20 (M/F)	5:00 - 6:25 PM

FEES: *Select Mondays OR Fridays OR Both*

A & E: \$60 - Mondays, \$60 - Fridays, \$100 - Monday & Friday

B & C: \$78 - Mondays, \$60 - Fridays, \$117 - Monday & Friday

D: \$78 - Mondays, \$78 - Fridays, \$130 - Monday & Friday

Location: Body First, 3615 Claflin Rd

CHECK THIS OUT!

Youth Tennis lessons on pages 43 & 44

Roger Trenary Tennis & Education scholarships are available for any community youth tennis lessons.

Contact UFM
for more information
and an application at
info@tryufm.org or 785.539.8763.



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

- 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.

- Kansas State University Tuition and Fees: Important Notice about Tuition and Fees. Students enrolled in campus-based programs taking a UFM course pay the tuition and fees for their campus. For additional information visit: <https://www.k-state.edu/finsvcs/cashiers/costs/>

Reference # - TITLE	TIME	DATE	LOCATION
<u>DANCE 599</u>			
1525 - Ballroom Dance	2:30-4:00 PM (M/W)	2/02 – 5/05	BDSM
16757 - Yoga	9:20-10:20 AM (M/W)	1/18 – 3/11	Online
15074 - Yoga	10:30-11:30 AM (M/W)	1/18 – 3/11	Online
15075 - Yoga	9:20 -10:20 AM (M/W)	3/21 – 5/13	Online
15076 - Yoga	10:30-11:30 AM (M/W)	3/21 – 5/13	Online
<u>FNDH 599</u>			
15633 - Mindful Eating	6:45-7:45 PM (W)	1/18 – 5/06	BB 2103
<u>KIN 101</u>			
15207 - Aerial Hammock	4:30-5:30 PM (M/W)	1/18 – 3/11	LAP
15206 - Aerial Hammock	4:30-5:30 PM (M/W)	3/21 – 5/13	LAP
15080 - Barre Fitness	10:15-11:15 AM (M/W)	1/18 – 3/11	LAP
15081 - Barre Fitness	10:15-11:15 AM (T/Th)	1/18 – 3/11	LAP
15082 - Barre Fitness	10:15-11:15 AM (T/Th)	3/21 – 5/13	LAP
15083 - Barre Fitness	10:15-11:15 AM (M/W)	3/21 – 5/13	LAP
15209 - Bungee Cardio	3:30-4:30 PM (W/F)	1/18 – 3/11	LAP



KIN 101 (continued)

15208 - Bungee Cardio	3:30-4:30 PM (W/F)	3/21 – 5/13	LAP
15211 - Hot Pilates	12:00-1:00 PM (T/Th)	1/18 – 3/11	LAP
15210 - Hot Pilates	12:00-1:00 PM (T/Th)	3/21 – 5/13	LAP
15214 - Hot Yoga	6:30-7:30 PM (T/Th)	1/18 – 3/11	LAP
15213 - Hot Yoga	6:30-7:30 PM (T/Th)	3/21 – 5/13	LAP
15090 - Intro to Cross Fit	9:30-10:45 AM (T/Th)	1/18 – 3/11	Nat 4
15091 - Intro to Cross Fit	9:30-10:45 AM (T/Th)	3/21 – 5/13	Nat 4
15092 - Intro to Weight Lifting	9:30-10:20 AM (T/Th)	1/18 – 3/11	Gym 07
15093 - Intro to Weight Lifting	9:30-10:20 AM (T/Th)	3/21 – 5/13	Gym 07
15094 - Marathon Training	5:00-6:15 PM (T/Th)	3/21 – 5/13	Gym 07
15738 - Intro to Power Lifting	9:30-10:20 AM (M/W)	1/18 – 3/11	Konza Strength
15739 - Intro to Power Lifting	9:30-10:20 AM (M/W)	3/21 – 5/13	Konza Strength
15221 - Pilates	9:00-10:00 AM (M/W)	1/18 – 3/11	LAP
15217 - Pilates	9:00-10:00 AM (T/Th)	1/18 – 3/11	LAP
15215 - Pilates	9:00-10:00 AM (M/W)	3/21 – 5/13	LAP
15216 - Pilates	9:00-10:00 AM (T/Th)	3/21 – 5/13	LAP
16677 - Dance Fitness	5:30-6:30 PM (W/F)	1/18 – 3/11	LAP
15105 - Dance Fitness	5:30-6:30 PM (W/F)	3/21 – 5/13	LAP
16666 - Pole Fitness	4:30-5:30 PM (M/W)	1/18 – 3/11	LAP
16680 - Pole Fitness	4:30-5:30 PM (T/Th)	1/18 – 3/11	LAP
16664 - Pole Fitness	4:30-5:30 PM (M/W)	3/21 – 5/13	LAP
16679 - Pole Fitness	4:30-5:30 PM (T/Th)	3/21 – 5/13	LAP
16667 - Pole Fitness II	3:30-4:30 PM (M/W)	1/18 – 3/11	LAP
16687 - Pole Fitness II	3:30-4:30 PM (M/W)	3/21 – 5/ 13	LAP
16678 - Trampoline Cardio	3:30-4:30 (T/Th)	1/18 – 3/11	LAP
16676 - Trampoline Cardio	3:30-4:30 PM (T/Th)	3/21 – 5/13	LAP
16675 - Lyra Fitness	4:30-5:30 PM (T/Th)	1/18 – 3/11	LAP
16674 - Lyra Fitness	4:30-5:30 PM (T/Th)	3/21 – 5/13	LAP
16673 - Reformer Pilates	8:00-9:00 AM (M/W)	1/18 – 3/11	LAP
16672 - Reformer Pilates	8:00-9:00 AM (M/W)	3/21 – 5/13	LAP
16671 - Hot Yoga	12:00-1:00 PM (M/W)	1/18 – 3/11	LAP
16670 - Hot Yoga	12:00-1:00 PM (M/W)	3/21 – 5/13	LAP

RRES 200

15148 - Archery	8:15 – 9:15 PM (T)	1/18 – 5/06	AHN 304
15150 - Archery	7:40-8:40 PM (M)	1/18 – 5/06	AHN 304
15151 - Archery	6:30-7:30 PM (M)	1/18 – 5/06	AHN 304
15144 - Intermediate Archery	7:40-8:40 PM (M)	1/18 – 5/06	AHN 304
15049 - Beginning Bowling	10:30-11:20 AM (T)	1/18 – 5/06	KSU Union
15050 - Beginning Bowling	2:30-3:20 PM (T)	1/18 – 5/06	KSU Union
15051 - Beginning Bowling	2:30-3:20 PM (W)	1/18 – 5/06	KSU Union



RRES 200 (continued)

15048 - Beginning Bowling	10:30-11:20 AM (M)	1/24 – 5/06	KSU Union
15109 - Intermediate Bowling	2:30-3:30 PM (M)	1/24 – 5/06	KSU Union
15711 - Beg. Fencing	6:30-8 PM (M)	1/18 – 5/06	AHN FH
15712 - Inter Fencing	8:00-9:30 PM (M)	1/18 – 5/06	AHN FH
17046 - Beginning Tennis	1:00-2:30 PM (M)	2/14 – 5/02	Body First
17047 - Beginning Tennis	1:00-2:30 PM (T)	2/15 - 5/03	Body First
15988 - Boxing 1	9:00-10:00 AM (M/W)	1/18 – 3/11	K.O. Boxing
15052 - Boxing 1	9:00-10:00 AM (T/Th)	1/18 – 3/11	K.O. Boxing
15053 - Boxing 1	6:30-7:30 PM (M/W)	1/18 – 3/11	K.O. Boxing
15146 - Boxing 1	6:30-7:30 PM (T/Th)	1/18 – 3/11	K.O. Boxing
15130 - Boxing 1	9:00-10:00 AM (M/W)	3/21 – 5/13	K.O. Boxing
15145 - Boxing 1	9:00-10:00 AM (T/Th)	3/21 – 5/13	K.O. Boxing
15147 - Boxing 1	6:30-7:30 PM (M/W)	3/21 – 5/13	K.O. Boxing
15123 - Boxing 1	6:30-7:30 PM (T/Th)	3/21 – 5/13	K.O. Boxing
16815 - Boxing 2	8:00-9:00 AM (M/W)	1/18 – 3/11	K.O. Boxing
16819 - Boxing 2	8:00-9:00 AM (T/Th)	1/18 – 3/11	K.O. Boxing
15124 - Boxing 2	5:30-6:30 PM (M/W)	1/18 – 3/11	K.O. Boxing
15126 - Boxing 2	5:30-6:30 PM (T/Th)	1/18 – 3/11	K.O. Boxing
16818 - Boxing 2	7:30-8:30 PM (M/W)	1/18 – 3/11	K.O. Boxing
16820 - Boxing 2	7:30-8:30 PM (T/Th)	1/18 – 3/11	K.O. Boxing
15125 - Boxing 2	5:30-6:30 PM (M/W)	3/21 – 5/13	K.O. Boxing
15127 - Boxing 2	5:30-6:30 PM (T/Th)	3/21 – 5/13	K.O. Boxing
16821 - Boxing 2	8:00-9:00 AM (M/W)	3/21 – 5/13	K.O. Boxing
16823 - Boxing 2	8:00-9:00 AM (T/Th)	3/21 – 5/13	K.O. Boxing
16822 - Boxing 2	7:30-8:30 PM (M/W)	3/21 – 5/13	K.O. Boxing
16824 - Boxing 2	7:30-8:30 PM (T/Th)	3/21 – 5/13	K.O. Boxing
16816 - Boxing 3	8:00-9:00 AM (M/W)	1/18 – 3/11	K.O. Boxing
16825 - Boxing 3	8:00-9:00 AM (T/Th)	1/18 – 3/11	K.O. Boxing
15128 - Boxing 3	5:30-6:30 PM (M/W)	1/18 – 3/11	K.O. Boxing
16826 - Boxing 3	5:30-6:30 PM (T/Th)	1/18 – 3/11	K.O. Boxing
16817 - Boxing 3	7:30-8:30 PM (M/W)	1/18 – 3/11	K.O. Boxing
16827 - Boxing 3	7:30-8:30 PM (T/Th)	1/18 – 3/11	K.O. Boxing
16828 - Boxing 3	8:00-9:00 AM (M/W)	3/21 – 5/13	K.O. Boxing
16831 - Boxing 3	8:00-9:00 AM (T/Th)	3/21 – 5/13	K.O. Boxing
16829 - Boxing 3	5:30-6:30 PM (M/W)	3/21 – 5/13	K.O. Boxing
16833 - Boxing 3	5:30-6:30 PM (T/Th)	3/21 – 5/13	K.O. Boxing
16830 - Boxing 3	7:30-8:30 PM (M/W)	3/21 – 5/13	K.O. Boxing
16834 - Boxing 3	7:30-8:30 PM (T/Th)	3/21 – 5/13	K.O. Boxing
16832 - Boxing 4	8:00-9:00 AM (M/W)	1/18 – 3/11	K.O. Boxing
16836 - Boxing 4	8:00-9:00 AM (T/Th)	1/18 – 3/11	K.O. Boxing
15121 - Boxing 4	5:30-6:30 PM (M/W)	1/18 – 3/11	K.O. Boxing



RRES 200 (continued)

15122 - Boxing 4	5:30-6:30 PM (T/Th)	1/18 – 3/11	K.O. Boxing
16835 - Boxing 4	7:30-8:30 PM (M/W)	1/18 – 3/11	K.O. Boxing
16837 - Boxing 4	7:30-8:30 PM (T/Th)	1/18 – 3/11	K.O. Boxing
16838 - Boxing 4	8:00-9:00 AM (M/W)	3/21 – 5/13	K.O. Boxing
16841 - Boxing 4	8:00-9:00 AM (T/Th)	3/21 – 5/13	K.O. Boxing
16839 - Boxing 4	5:30-6:30 PM (M/W)	3/21 – 5/13	K.O. Boxing
16842 - Boxing 4	5:30-6:30 PM (T/Th)	3/21 – 5/13	K.O. Boxing
16840 - Boxing 4	7:30-8:30 PM (M/W)	3/21 – 5/13	K.O. Boxing
16843 - Boxing 4	7:30-8:30 PM (T/Th)	3/21 – 5/13	K.O. Boxing
15120 - First Aid/CPR/AED	Noon-7:30 PM (Sa/Su)	1/22 & 1/23	UFM
15112 - First Aid/CPR/AED	Noon-7:30 PM (Sa/Su)	1/29 & 1/30	UFM
15113 - First Aid/CPR/AED	Noon-7:30 PM (Sa/Su)	2/12 & 2/13	UFM
15114 - First Aid/CPR/AED	Noon-7:30 PM (Sa/Su)	2/19 & 2/20	UFM
15115 - First Aid/CPR/AED	Noon-7:30 PM (Sa/Su)	2/26 & 2/27	UFM
15117 - First Aid/CPR/AED	Noon-7:30 PM (Sa/Su)	4/23 & 4/24	UFM
15118 - First Aid/CPR/AED	Noon-7:30 PM (Sa/Su)	4/30 & 5/01	UFM
15106 - RTE (2 hrs)	Noon-6:30 PM (Sat/Su)	3/26 – 4/09	UFM
15111 - Golf	3:00-5:00 PM (T)	3/22 – 5/03	Stagg Hill
15661 - Golf	2:00-4:00 PM (W)	3/23 – 5/04	Stagg Hill
15143 - Tae Kwon Do	5:30-6:30 PM (T/Th)	1/25 – 5/05	Sun Yi
15142 - Women's Self-Def.	1:00-4:00 PM (Sat/Su)	2/12 – 2/26	AHN 301
15141 - Women's Self-Def.	1:00-4:00 PM (Sat/Su)	3/26 – 4/09	AHN 301
17089 - Zumba Dance	6:00-6:50 PM (W/F)	1/18 – 3/11	AHN 301
17088 - Zumba Dance	6:00-6:50 PM (W/F)	3/21 – 5/13	AHN 301
15107 - Scuba Diving	Various Times	1/24 – 3/06	JC YMCA
15108 - Scuba Diving	Various times	3/21 – 5/01	JC YMCA
15264 - Woodturning	9:00 AM-5:00 PM (Sat/Su)	2/19 – 2/20	Red Oak Hollow
17429 - Woodturning	9:00 AM-5:00 PM (Sat/Su)	4/09 – 4/10	Red Oak Hollow

In-person locations:

- Ahearn 301 & 304, Ahearn Complex, 3rd floor, Gymnasium door entry, College Heights Rd, KSU Campus
- BB 2103 - Business Building, KSU Campus
- Body First Wellness & Recreation Center, 3615 Claflin Rd
- K.O. Boxing - 2048 Tuttle Creek Blvd. (In the basement under Shelter Insurance)
- Konza Strength, 1019 Hostetler Dr, Suite G, Manhattan
- LAP - Little Apple Pilates Co. - 121 S. 4th St. Suite 106 (next door to Wine Dive)
- Nat 4 - K-State Ahearn Complex
- Red Oak Hollow Lathe Works, 4025 Walnut Creek Dr., Wamego, KS
- Stagg Hill Golf Club - 4441 Stagg Hill Rd
- Sun Yi Academy - 1125 Laramie Plaza, Suite H
- UFM - 1221 Thurston St (UFM Community Learning Center)
- Union Student - Union Bowling Alley, KSU Campus

Combination in-person/online:

- Scuba Diving - JC YMCA, 1703 McFarland Rd, Junction City & Live Online via Zoom

Online (Live online via Zoom):

- Yoga





Information



ABOUT UFM NONCREDIT 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 emailing Allison at allison@tryufm.org.

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 evening phone number and/or email address 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 or more before the class begins, a full refund may be given, except for any published non-refundable fees. No refund will be given once a class has started.

DISCLAIMER

UFM Community Learning Center serves as a forum to bring together people who want to share their personal ideas and/or learn skills in a variety of areas. UFM, its staff, and its 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, military status or veteran status, political beliefs, or other non-merit reasons, in admissions, educational programs, or activities and employment as required by applicable laws and regulations. Students under age 18 need the permission of a parent or guardian to participate in a class. Some individual classes may have age restrictions or may require instructor permission.

SPECIAL ASSISTANCE

A participant who needs accessibility for online learning should email info@tryufm.org to make arrangements. Please contact us as soon as possible so that accommodations can be provided in a timely manner.

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

DONATIONS

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

ABOUT KSU CREDIT COURSES

CREDIT CLASS ENROLLMENT

K-State students enroll through KSIS. For credit enrollment questions, contact Samantha, sam246@ksu.edu or Charlene, cmb@ksu.edu at UFM.

KANSAS STATE UNIVERSITY TUITION AND FEES SPRING 2022 RATES

Courses in Kansas State University's new tuition and fees structure charge by program type - campus-based or online - versus by individual course delivery format. Tuition and fees rates are available at k-state.edu/costs.

Choose your campus at:

<https://www.k-state.edu/finsvcs/cashiers/costs/> then view tuition/fee information specific to your enrollment plans. You may also view the University-wide Fall 2021/Spring 2022/Summer 2022 Comprehensive Fee Schedule for complete details at: <https://www.k-state.edu/finsvcs/cashiers/costs/comprehensive-tuition-fee-schedules/documents/2021-2022/FY22-KSU-Comprehensive-Fee-Schedule-210616.pdf>, which includes rates specific to cohort-based programs and specialty programs.

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 Student Access Center 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 or 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.

CREDIT AND NONCREDIT 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 UFM or University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

Follow UFM



REGISTRATION FORM



UFM REGISTRATION FORM
1221 Thurston St | Manhattan, KS 66502
785.539.8763 | www.tryufm.org | info@tryufm.org



Student Name _____ Email _____
Address _____ City _____ State _____ Zip _____
Day Phone (_____) _____ Evening Phone (_____) _____
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+ _____

22AFC171	B	Grant Writing	\$40.00

Tax Deductible Donation \$ _____

Total \$ _____

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

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

I hereby authorize the use of my Visa _____ Mastercard _____ Discover _____

Card number _____ Exp. Date ____/____

Name on card (please print) _____

Where did you obtain your catalog? _____

A class I would like offered _____

UFM Liability Participant Statement

I hereby agree, for myself and/or for the enrollee, to UFM Community Learning Center's liability statement. I acknowledge, understand, and assume the potential risk(s) associated with participation in UFM classes or activities. I hereby release and hold harmless the State of Kansas, Kansas State University, UFM Community Learning Center, and their officers, agents, employees, and instructors from any and all liability for personal injury, death, or property damage arising out of, or related to, my participation in UFM classes or activities, including liability for negligence.

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

Date

UFM Refund and Cancellation Policies

UFM will provide a full refund when 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. UFM will notify participants when a class is canceled or rescheduled. Please ensure you provide a daytime and evening phone number where you may be reached for these notifications. UFM reserves the right to cancel any class.



UFM Community Learning Center

Vision

Connecting people and ideas for unlimited learning.

Mission

UFM Community Learning Center is a creative educational program serving Kansas State University, the Manhattan area and the state of Kansas. Based on the philosophy that everyone can learn, and everyone can teach, UFM provides opportunities for lifelong learning and personal development. UFM serves as a forum for the exchange of ideas and as a catalyst for new programs and services that enhance the quality of life for all.

Values

Community and Collaboration

We value collaboration and cooperation to create community.

Patron Satisfaction and Support

We value a friendly, patron-centered approach to service.

Purposeful Relationships

We value teamwork, open communication, diversity, and inclusion.

Integrity and Enjoyment

We value a foundation of honesty, trust, and understanding that fosters a positive environment for enthusiasm, happiness, and fun.

Creativity and Inspiration

We value adaptability, opportunities for growth, and a creative approach to lifelong learning.



UFM puts the community in education.



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Manhattan, KS 66502

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