

UFM puts the **community** in education.



**UFM**

a University For huMankind



*a look*  
INSIDE

Knitting for Beginners - p. 7

Dream Catcher Earring Jewelry - p. 7

Bullet Journaling: Creative Expression  
Through Journaling and Planning - p. 8

Dance and Cardio with Bhangra - p. 11

Afternoon Tea Tasting  
& Nuts about Tea! - p. 15

Basic Korean: Travel & Etiquette - p. 19

The Brain Architecture Game - p. 24

Youth Mental Health  
First Aid Training - p. 25

Walking Tour of  
Manhattan's Historic City Park - p. 28

The Art of Origami - p. 32

#RelationshipGoals (for youth) - p. 33

[tryufm.org](https://tryufm.org)

# UFM **SPRING** 2024 COURSE CATALOG



IT'S NOT WHAT  
YOU KNOW  
IT'S HOW YOU  
GROW

# UFM YOUTHBUILD: BOUNTIFUL BRIDGES

A Career Development  
Workforce for Young Adults

## ELIGIBILITY

IF YOU ARE:

- BETWEEN  
AGES 16-24
- NOT IN  
SCHOOL
- READY TO  
JOIN OUR  
7 MONTH  
PROGRAM

\*Completely Free



## CONTACT US

DR LORENZA LOCKETT:  
RENZ@TRYUFM.ORG

LISA BIETAU:  
LISA@TRYUFM.ORG

(785) 539-8763

## WHAT YOU GET:

GED Support  
Mentorship Counseling  
Job Readiness Skills  
Certificates in Green Construction,  
Solar Energy, and Permaculture

Scan this  
QR code if you  
are interested



SCAN ME

# What's inside...

5	CREATIVE FREETIME
10	MUSIC & DANCE
12	EARTH & NATURE
14	FUN FOODS
16	PROFESSIONAL DEVELOPMENT
19	COMMUNICATION
21	CAREER & LEADERSHIP
23	HEALTH & WELLNESS
26	YOGA
27	LIFETIME LEARNING
29	SELF-DEFENSE
30	RECREATION & FITNESS
32	YOUTH
34	AFTER SCHOOL PROGRAM
35	YOUTH TENNIS
37	KSU CREDIT COURSES
41	INFORMATION
42	REGISTRATION FORM



UFM puts the **community** in education.

## UFM SPRING 2024 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.*

Ayumi Amama	Cole King
Dave Atchison	Tom Korte
Robert Auten	Molly Lohman
Carol Barta	Pedro Marquez
Maria Beebe	Aliah Mestrovich Seay
Becky Behling	Mia Mondragon
Dori Bell	David Moore
Lisa Bietau	Kassandra Moreno
Tom Boley	Jayne Morris-Hardeman
Ted Cable	Steven Moser
Angie Chae	Naho Nagai
Cary Chappell	Advith Natarajan
Zenobia Charania	Debbie Newton
Melissa Copp	Andrew Nordberg
Rachelle DeCoud	Joshua O'Crowley
Brooke Dennis	Robyn O'Crowley
Pablo Diaz Carballo	Georgia Nonte Perez
Bill Dorsett	Derek Phan
Derrick Doty	Vivian Price
Gregg Eyestone	Marty Reed
Body First Staff	Gustavo Roa
Beth Fischer	Lisa Rubin
John Flavin	David Seamon
Monica Franco	Anvesha Sharda
Ana Franklin	Vaishali Sharda
Jeff Freeborn	Lucas Shivers
R. Todd Gabbard	Melinda Sinn
Pamela Green Nealey	Glenn Sixbury
Olinga Grover	Robert Smith
Taisha Hall	Chris Sorensen
Barbara Hanae Johnson	Chris Srackangast
Sabrina Handy	Jhoe Stonestreet
Katharine Hensler	Sarah Sullivan
Jackie Hernandez	Michelle Toews
Nick Homburg	Makenzi Umphenour
Dave Hoover	Sabrina Veith
Jake Huber	Amber Venum
Marsha Jensen	Cia Verschelden
Kyoshi Pamela Johansen	Ron Wilson
David Jones	Stan Wilson
Jane Kim	Voices For All, LLC

## UFM STAFF

Teen Mentoring Coordinator   <b>ABBY ARTHUR</b>
YouthBuild Associate Director   <b>DR. LISA BIETAU</b>
YouthBuild Recreational Activities & Program Assistant   <b>KEIRA CLASBERRY</b>
Operations Coordinator   <b>OLENA CSZIS</b>
YouthBuild Trade Skills Coordinator   <b>ROBERT DUTEAU</b>
KSU Credit Coordinator/Lifetime Learning   <b>ERIN FORD</b>
YouthBuild Case Manager   <b>KURSTIN HARRIS</b>
Bilingual Office Coordinator   <b>JACKIE HERNANDEZ</b>
YouthBuild Case Manager   <b>TAMAS KOWALIK</b>
YouthBuild Director   <b>DR. LORENZA LOCKETT</b>
Marketing & KSU Student Services Administrator   <b>SAMANTHA LOVITT</b>
Bilingual Student Assistant   <b>MIA MONDRAGON</b>
Bilingual Student Assistant   <b>KASSANDRA MORENO</b>
YouthBuild Vocational Education Coordinator/ UFM Education Coordinator   <b>PAMELA GREEN NEALEY</b>
Manhattan Area Risk Prevention Coalition   <b>MELISSA RICKEL-MORRILL</b>
Marketing Student Assistant   <b>KARLA RIVERA</b>
Executive Director   <b>DR. ALIAH MESTROVICH SEAY</b>
Finance Coordinator   <b>LINDA INLOW TEENER</b>

Catalog layout & design by Samantha Lovitt

## BOARD OF DIRECTORS

Chair   Bria Taddiken-Williams	Treasurer   Alfonso Leyva	Carol Barta	Jo Maseberg-Tomlinson	LaBarbara James Wigfall
Vice Chair   Jurdene Coleman	President & CEO   Aliah Mestrovich Seay	Sara Fisher	Jared Meitler	Corey Williamson
Secretary   Kali Steelsmith		Kathleen Hatch	Cia Verschelden	Ryan Wilson
		Chase Jordan		

## Greetings from UFM!

We are excited to start the new year 2024 with you. Have you ever thought of sharing something you are passionate about with others? We are always looking for new community instructors to share new skills with the community. We had a fantastic fall semester with over 125 credit and 200 noncredit classes offered. We are excited to offer so many new and returning classes alike and hope that you and your family will register for one of our many classes and programmatic offerings this spring.

Last year we launched the inaugural YouthBuild program and welcomed a cohort in October and December. We have partnered with local employers, community members, Manhattan Area Habitat for Humanity, the Flint Hills Renewable Energy Coalition, and K-State student volunteers to support YouthBuild participants in achieving their dreams of completing this pre-apprenticeship program. We are currently looking for donations for youth in the program to support them in their journey to graduation. If you are interested in donating gift cards, cash, food or recreation items to YouthBuild or know a youth (16-23 years of age) who wants to pursue a GED and construction skills trade pre-apprenticeship program, please contact Dr. Lisa Bietau at [lisa@tryufm.org](mailto:lisa@tryufm.org).



COMMUNITY  
LEARNING  
CENTER



We have reached a year of service providing youth programming after school and over the summer months. The UFM After School Program for K-6 students provides subjects like reading, math, science, and art to youth Monday through Thursday during the school year. We have been working with K-State student volunteers and dedicated community members as we are primarily serving immigrant families. We are excited to partner with Dr. Ana Mendonca of the Manhattan Area Resettlement Team (MART) to provide needed community educational resources to immigrant youth and families as we continue to grow the program for all youth.

UFM is a place that is open and affirming of all community members. We make an intentional commitment to create community learning spaces where all are welcome and can feel that they belong. Over the past year, we created the Queer Liberation Commons (QLC) which is a space that celebrates and affirms the spectrum of identities within the LGBTQIA+ community. We also celebrate our allies as supportive and appreciated friends in this community project. A community mural was created in what was originally the Multipurpose room in July of 2023, K-State students added an allyship hallway in the fall of 2023, and we have a fully stocked Queer Closet with



gently used clothing and personal care items open every day during UFM hours. We have hosted a Little Apple Pride board meeting, LGBTQ FSA (Faculty Staff Alliance) holiday party, a QLC open house, and even a drag make up class over the past six months. We also have monthly QLC meetings open to LGBT community members and allies. We appreciate your ongoing support with gently used clothing, costumes, cash donations, and personal care items to help make our queer community members feel fabulous and celebrate who they are.

One exciting new development coming this Spring is the long-awaited renovation of our downstairs community kitchen with the help of YouthBuild participants, staff members, and community partners. We would like to thank the GMCF for this funding opportunity. This well-used kitchen hosts so many community cooking classes but it is in need of major updates so that it can have a cozy welcoming feel. So, if you are taking or teaching a cooking class this year, you will eventually be able to enjoy a whole new look and feel. We would also like to thank Ms. Ayumi Amama and her assistant Marygrace Starner from the Architectural Engineering department at K-State. Ayumi works in the K-State College of Engineering and also teaches cooking classes for UFM. She is an instructor and Women in Engineering and Global Engineers Program Designer and Coordinator. We are ecstatic to have this meaningful opportunity to work in partnership to make this community kitchen, functional, accessible, and warm and welcoming. Thanks to you both!



a University For huMankind

In Community,

Dr. Aliah Mestrovich Seay (She/Her/Hers)

# CREATIVE FREETIME

## Change A Board Into A Bowl In One Day!

**24API216**

We will take a piece of dry wood, mount it on the lathe, and shape it into a bowl with special tools as the lathe spins the wood. Safety is paramount but wood and tool selection will also be addressed.

Instructor: Tom Boley

Tom has been a woodturner for over 28 years and does demonstrations and workshops for woodturning clubs from Colorado to Maryland. He also teaches woodturning classes at the John C Campbell Folk School in North Carolina. One of Tom's favorite activities is standing at the lathe helping someone learn about the craft and find the joy in woodturning.

SEC	DATE	TIME	FEE
A	02/24 (Sa)	8:00 AM - 5:00 PM	\$140
B	05/25 (Sa)	8:00 AM - 5:00 PM	\$140

**Location:** Red Oak Hollow Lathe Works,  
4025 Walnut Creek Dr, Wamego

## Basic Knife Making Class

**24ACF423**

This is an evening class from 6-9. Participants will go through the process of making a knife; forging the blade, heat treating it, hand-sanding, fit a guard, and handle material, shaping and polishing the handle, and sharpening. Participants will select the design of blade and handle material.

Instructors: Joshua O'Crowley & Robyn O'Crowley

Joshua O'Crowley is a bladesmith with 13 years of experience and has been teaching bladesmithing classes for 9 years. He is also a certified instructor with the U.S. Army and a member of the American Bladesmith Society.

SEC	DATE	TIME	FEE
A	01/10 - 01/25 (W/Th)	6:00 - 9:00 PM	\$390
B	02/07 - 02/22 (W/Th)	6:00 - 9:00 PM	\$390
C	03/13 - 03/28 (W/Th)	6:00 - 9:00 PM	\$390

**Location:** The Ogre's Forge

## Coptic Bookbinding

**24ACF436**

This class explores Coptic bookbinding, an exposed spine binding done by hand that can be adapted to many creative uses. No bookbinding experience is required, just an interest in making a book and having fun! The class will consist of learning basic bookbinding terms and making a small blank book. A supply list/resources will be e-mailed prior to the start of the course, though basic supplies will be provided. Ages 13+.

Instructor: Molly Lohman, Molly graduated from Louisiana State University with an MFA in Printmaking. Her work incorporates bookbinding, various printing techniques, sewing, and mixed-media drawing methods.

DATE	TIME	FEE
02/04 - 02/11 (Su)	2:00 - 4:00 PM	\$49

\*Enrollment deadline 01/26

**Location:** UFM Solar Addition, 1221 Thurston St

## Western Case Bookbinding

**NEW!**

**24ACF418**

This class explores Western Case Binding, a modern hardback book. No bookbinding experience is required, just an interest in making a book and having fun! The class will consist of learning basic bookbinding terms and making a small blank book. A supply list/resources will be e-mailed before the start of the course, though basic supplies will be provided. Ages 13+.

Instructor: Molly Lohman

DATE	TIME	FEE
04/14 - 04/21 (Su)	2:00 - 4:00 PM	\$49

\*Enrollment deadline 04/05

**Location:** UFM Solar Addition, 1221 Thurston St

Interested in  
teaching  
a class for UFM?



Summer 2024  
submission  
deadline is  
March 1, 2024



For more  
information email  
pamela@tryufm.org



## Urban Sketching in Pencil, Ink & Watercolor NEW! 24ACF438

Urban Sketching is a creative way to visually journal, develop artistic skills of seeing, drawing and watercolor painting and share experiences with other creatives. We will gather on two Saturday mornings (9am to noon) per month for coffee/tea and short instruction or demos, followed by working for 2 hours outside or in a studio (depending on weather) then we come back together and "throw down" sharing our sketches. The class participants will have the opportunity to join a Facebook Group after class begins to communicate and post their work.

Instructor: Steven Moser, Steven Moser is an "Old School" Architectural Engineer with 40 years of freehand graphic design, presentation, and fine arts experience, teaching, and mentoring. With five years full-time visual art/drawing and painting.

DATE	TIME	FEE
02/03 - 05/04 (Sa)	9:00 AM - Noon	\$27

\*Enrollment Deadline 01/27

Location: TBD

## Concepts & Techniques in Contemporary Art: Adults (18+) NEW! 24ACF448

Short class program. Each class will explore a technique or concept. You will learn to define strategies, techniques, and artistic concepts to develop your artistic goals and your career. Background: From Painting to Conceptual Art and the Expanded Concept of Art. (Antecedents: Duchamp, Warhol, Beuys, Kosuth, Pollock) The cultural work of Pablo Díaz Carballo begins in his painting with the metaphor of The House of the Mind and in Conceptual Art with the question: What is Art? In this way, the work developed beyond the art studio, from 1999 to the present. The conceptual work of art was transformed into a Cultural work of art (IDEO ARTE) that benefited more than 4,620 students, and indirectly more than 15,000 people. The painting is the key. More information: [www.pablodiazcarballo.com](http://www.pablodiazcarballo.com)

Instructor: Pablo Diaz Carballo. Pablo Díaz Carballo is an international artist who works in painting and contemporary art. His painting gave rise to a Conceptual Art proposal that became a Cultural Work of Art.

DATE	TIME	FEE
03/11 - 03/13 (M/W)	3:00 - 4:00 PM	\$77

Location: UFM Solar Addition, 1221 Thurston St

## Japanese Brush Calligraphy Art 24ACF322

We will learn the basic skills to create a dynamic art of brush calligraphy by practicing fundamental strokes and writing English and Japanese alphabets: Hiragana, Katakana, and some Kanji. We will complete the class by making a piece of final calligraphy of your choice word with optional watercolor designs. Multiple weeks of participation will develop your stroke more.

Instructor: Ayumi Amama, Ayumi grew up in Japan and studied architecture. She loves Japanese traditional culture, especially architecture, traditional crafts, and cuisine. She is passionate about sharing Japanese culture with others and learning theirs.

SEC	DATE	TIME	FEE
A	02/13 (T)	5:30 - 7:00 PM	\$17
B	02/20 (T)	5:30 - 7:00 PM	\$17
C	02/27 (T)	5:30 - 7:00 PM	\$17
D	03/05 (T)	5:30 - 7:00 PM	\$17
E	03/19 (T)	5:30 - 7:00 PM	\$17
F	03/26 (T)	5:30 - 7:00 PM	\$17
G	04/02 (T)	5:30 - 7:00 PM	\$17
H	04/09 (T)	5:30 - 7:00 PM	\$17
I	04/16 (T)	5:30 - 7:00 PM	\$17
J	04/23 (T)	5:30 - 7:00 PM	\$17
K	04/30 (T)	5:30 - 7:00 PM	\$17

Location: UFM Teaching & Learning Rm, 1221 Thurston St

## April Showers Bring May Flowers, Making Stamped Greeting Cards NEW! 24ACF442

Each class we will make 3 cards with the spring theme of April Showers and May Flowers. The cards will be appropriate for many occasions such as Mother's Day, Get Well, Graduation, Birthdays, and many other occasions. Ages 7+ (Please note: Children 7 and older welcome but must be accompanied by an adult student also enrolled in the class).

Instructors: Melinda Sinn, [kittencreekfarm@gmail.com](mailto:kittencreekfarm@gmail.com), & Marsha Jensen

Marsha Jensen and Melinda Sinn have been stamping for over 25 years and enjoy sharing their passion for paper crafting and making greeting cards and other paper items.

SEC	DATE	TIME	FEE
A	04/18 (Th)	6:00 - 8:00 PM	\$27
B	05/09 (Th)	6:00 - 8:00 PM	\$27

Location: UFM Solar Addition, 1221 Thurston St



**Knitting for Beginners** NEW! **24ACF446**

This is a knitting class for beginner knitters. We will discuss the various yarns used in knitting as well as the equipment. You will learn the basic stitches to get you started. You will also become familiar with reading patterns. We will begin and possibly finish an easy project. This class is meant to introduce you to this fabulous hobby. Once you know the basics, you can tackle most any pattern.

Instructor: Maria Beebe, Maria has a passion for knitting and the fiber arts. She has been knitting for about 15 years.

DATE	TIME	FEE
02/17 - 03/09 (Sa)	10:00 - 11:30 AM	\$61

\*Enrollment Deadline 02/15

**Location:** UFM Fireplace Room, 1221 Thurston St

**Sculpting with Your Paws** **24ACF449**

Using porcelain clay, pups and kitties will use their paws and learn the skills and techniques in creating a character in clay. Fur babies will learn creative ways to manipulate the clay while learning how not to eat it. Our sculpture course gives pets the skills to translate their vision into 3D works of art through their creative expressive 4-legged techniques.

DATE	TIME	FEE
05/11 (Sa)	1:30 - 3:30 PM	\$26 - Materials included

**Location:** UFM Solar Addition, 1221 Thurston St

**Beading - Talking Stick and Waist Beads** NEW! **24ACF439**

Instructor, Cia Verschelden, learned about talking sticks from Native people in Canada; they use them to facilitate consensus in discussions of importance to the community. While working in Chicago, Cia learned about waist beads from a Kenyan woman. In some cultures, they are used for body decoration for an intimate partner and as a way to monitor weight in the wearer. We will make a talking stick and a set of waist beads in two sessions.

Instructor: Cia Verschelden, Cia Verschelden is a long-time Manhattan southside resident. She is a hobbyist in simple beading and sewing and excited to share two of her favorite projects.

SEC	DATE	TIME	FEE
A	02/01 (Th)	6:30 - 8:00 PM	\$20
B	02/08 (Th)	6:30 - 8:00 PM	\$20

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



Dream Catcher Earrings.

**Dream Catcher Earring Jewelry Class** NEW! **24ACF447**

Learn to use needle nose pliers and jewelry fittings to make a pair of dream catcher earrings. Participate in discussion of other styles of earrings. All supplies will be provided by the instructor for use while in class. Enrollment deadline 03/05.

Instructor: Georgia Nonte Perez, Georgia has over 66 years' experience beading, basketry, and all forms of folk art. She learned beadwork from her grandmother and has taught classes for UFM, Manhattan Parks & Recreation, K-State Student Union Program Council (UPC), K-State Native American Student Association (NASA), and Native American Student Body (NASB).

DATE	TIME	FEE
03/09 (Sa)	9:30 AM - 12:30 PM	\$30 - Materials included

**Location:** UFM Solar Addition, 1221 Thurston St





**Introduction to Digital Photography:**

**The Basics 24ACF356**

Learn the basic concepts of photography and how to use your camera. To get the most out of this class, bring a digital camera that allows you to set manual setting like f-stop, shutter speed, ISO, and white balance. Topics covered include how to use the features and functions of your camera like aperture (f-stop), shutter speed, and ISO together to determine exposure. We will also discuss how using white balance effects the cameras processing settings on color and how using your histogram and bracketing exposures work with light in the basic composition. Students will need to bring their own DSLR or Mirrorless Camera to class. Ages 13+. There are four classroom meetings on Tuesdays and there will be three optional field trips held on Saturdays to practice what we cover in class. The exact times of the field trips will be discussed in the first class. Classroom dates (Wednesdays): April 3, 10, 17, & 24 Field Trips dates (Saturdays).

Instructor: Nick Homburg, [nick@fotopromedia.com](mailto:nick@fotopromedia.com), Nick is an entrepreneur, photojournalist, documentary filmmaker, fashion photographer, and has been working professionally in the visual arts since 1982.

DATE	TIME	FEE
04/03 - 04/24 (W/Sa)	5:30 - 7:30 PM	\$79

\*Enrollment deadline 04/02

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

**Bullet Journaling: Creative Expression Through Journaling and Planning 24ACF440**



Bullet journaling is a creative journaling technique that is personalized to your needs. Through these two workshops, you will learn the core principles of bullet journaling and how it can be used to build your organizational skills and accomplish your life goals. Bullet journals are a practical and adaptable tool to help you manage your life! Bring your own journal (dotted or grid lines are fun, but any journal can work!) and favorite-colored pens. We will have some colored pens available for the group to use at the workshop. If you need a journal, please register using the fee that includes a journal. Ages 13+.

Instructors: Lisa Bietau, [lisa@tryufm.org](mailto:lisa@tryufm.org), & Advith Natarajan

DATE	TIME	FEE
02/10 - 02/17 (Sa)	10:00 - 11:00 AM	\$28 \$38 - includes journal

**Location:** UFM Teaching & Learning Rm, 1221 Thurston St

**How to Write Great Fiction 24ACF36**

Ever dream of being a writer? Have a great idea but don't know how to turn it into a story or novel? Already working on a novel but want feedback from others? Whether you're a complete beginner or you've been writing for years, this class can help. We introduce the fundamentals of writing as well as techniques for selling your finished work. Feedback is provided on student manuscripts, so please bring a sample of your work in progress or begin a project after the first-class session. Students receive a copy of Glenn's non-fiction book titled Write a Great Novel (included in the class fee). Ages 13+.

Instructors: Sarah Sullivan & 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. Full bio at [tryufm.org](http://tryufm.org).

Sarah Sullivan has been writing and publishing under multiple pen names since 2020. Her published works span romantic comedy, urban fantasy horror comedy, erotica, and fantasy romance. All of which has been self-published through her imprint Lightning Strike Press. Full bio at [tryufm.org](http://tryufm.org).

DATE	TIME	FEE
02/19 - 03/04 (M)	7:30 - 9:30 PM	\$37

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

**Left to Write: Guide to Publishing Yourself 24ACF336**

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. Ages 13+.

Instructors: Glenn Sixbury & Sarah Sullivan

DATE	TIME	FEE
03/25 - 04/08 (M)	7:30 - 9:30 PM	\$32

**Location:** UFM Teaching & Learning Rm, 1221 Thurston St





## Dungeons and Dragons:

**NEW!**

### Spelljammer

**24ACF444**

Launch off into the stars on a Spelljamming Ship in this science fiction twist on Dungeons and Dragons! Ages 13+.

Instructor: Brooke Dennis, Brooke Dennis is a drama therapy student at K-State, specializing in the use of tabletop roleplaying games as a therapeutic tool. She been playing for TTRPGs for nearly four years and volunteers as a Dungeon Master with UFM's Project EXCELL.

DATE	TIME	FEE
01/30 - 04/23 (T)	6:00 - 8:00 PM	\$142

\*Enrollment Deadline 01/26

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

## A Beginner's Guide

**NEW!**

### to Dungeons & Dragons 5E

**24ACF450**

DATE	TIME	FEE
02/02 - 03/01 (F)	5:00 - 10:00 PM	\$74

## An Intermediate Guide

**NEW!**

### to Dungeons & Dragons 5E

**24ACF451**

DATE	TIME	FEE
03/22 - 04/19 (F)	5:00 - 10:00 PM	\$74

Dungeons & Dragons 5E is a four-part series with instructor Jake Huber, continuing into the summer semester. Each class is a pre-req for the next class. Participants will learn about getting started from nothing in the beginner class and expanding beyond the basics in the intermediate class. For full descriptions please visit [tryufm.org](http://tryufm.org). Ages 13+.

**Location:** UFM Teaching & Learning Rm, 1221 Thurston St

## Alternative Tarot Uses

**NEW!**

**24ACF445**

Tarot cards have been fascinating sources of imagery, symbolism, and mysticism, but have you tried using them as journaling and creative writing prompts? This class approaches tarot cards not as a way to tell your fortune, but as a way to get to know yourself, craft stories, characters and scenarios. No experience with tarot cards necessary, no requirement to bring your own deck (though definitely do if you have one!). Bring a journal, or your favorite writing materials! Ages 13+.

Instructor: Molly Lohman

SEC	DATE	TIME	FEE
A	02/04 - 02/11 (Su)	4:30 - 6:30 PM	\$24
B	04/14 - 04/21 (Su)	4:30 - 6:30 PM	\$24

**Location:** UFM Solar Addition, 1221 Thurston St

## CREATIVE FREETIME

## Introduction to Voiceovers

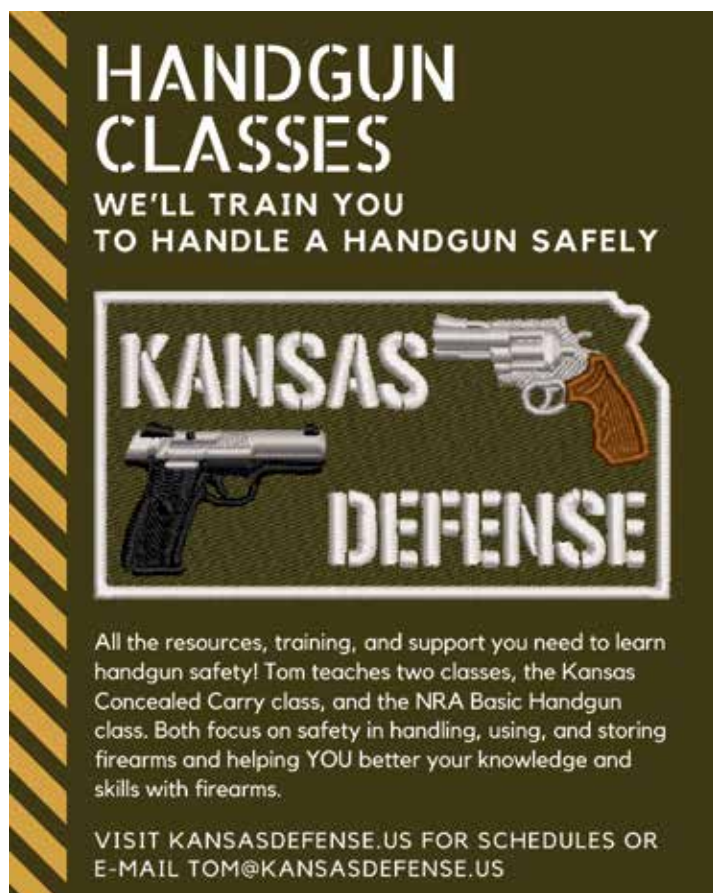
**24ACF129**

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> 18 and over. Upon registration you will be contacted by VFA to schedule your class, 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](mailto:info@voicesforall.com)  
Voices For All was created with a single goal in mind: To be the place for voiceover artists to find success through education and support. We strive to be the industry leader in vocal development, production techniques, industry trends, marketing, and home studio design and creation.

DATE	TIME	FEE
01/08 - 05/12 (M)	TBD	\$49

**Location:** One on One Video Chat



**HANDGUN CLASSES**  
WE'LL TRAIN YOU TO HANDLE A HANDGUN SAFELY

**KANSAS DEFENSE**

All the resources, training, and support you need to learn handgun safety! Tom teaches two classes, the Kansas Concealed Carry class, and the NRA Basic Handgun class. Both focus on safety in handling, using, and storing firearms and helping YOU better your knowledge and skills with firearms.

VISIT [KANSASDEFENSE.US](http://KANSASDEFENSE.US) FOR SCHEDULES OR E-MAIL [TOM@KANSASDEFENSE.US](mailto:TOM@KANSASDEFENSE.US)



# MUSIC & DANCE

## Beginning 5-String Banjo NEW! 24ACF441

This class will be an introduction to what is commonly called 'classic style' banjo, or fingerstyle playing. This style of playing was popular from the mid-19th century through the 1920s. It is the precursor of Scruggs Style bluegrass banjo and is an excellent foundation for anyone interested in learning three-finger bluegrass style. In this class, you will learn about the instrument, its history, tuning for C and G, chords and accompaniment, reading music and TAB, technique, and playing fun and simple pieces together as a group. Students will need to bring their own banjo. The instructor is happy to offer guidance if purchasing a banjo. All ages are welcome (youth should be accompanied by a parent/guardian).

Instructor: Derrick Doty flnhillsfiddler@gmail.com, Derrick Doty teaches traditional fiddle and banjo in Manhattan and has been playing and teaching for over two decades. Doty plays fiddle in the Tallgrass Express String Band and is the 2023 Kansas State banjo champion.

DATE	TIME	FEE
03/18 - 05/06 (M)	7:00 - 7:30 PM	\$84

**Location:** UFM Solar Addition, 1221 Thurston St

## Community Sing Along with Mr. Dave Atchison (The Music Man) and Friends 24ACF434

Join Mr. Dave Atchison and friends for this unique music experience in which we can learn a few music skills followed by a community sing-along. Bring your family and friends to support UFM community learning and engagement through music-making. All proceeds of this experience will go to scholarships for our UFM youth programs. Bring a good mood and a blanket or chair. Donation for UFM is highly appreciated! Suggested Donation: \$50 per family, \$25 per couple, or \$15 per individual.

Instructor: Dave Atchison, Dave Atchison is a lifelong music maker who teaches K-6 graders during the week at Oliver Brown School. He enjoys working in the garden and singing and playing musical instruments at the Manhattan Farmer's Market on Saturdays. Connecting our hearts and minds through music is what Mr. Atchison does best.

DATE	TIME	FEE
03/26 (T)	7:00 - 8:00 PM	See Description

**Location:** UFM Peace Garden, 1221 Thurston St  
(In case of rain class will be held in the UFM Fireplace Room)

## Yosakoi Japanese Dance Lesson 24ARF240

"Yosakoi" is a unique style of dance that originated in Kochi, Japan. Performed at festivals and traditional events, the style of dancing is energetic, combining traditional movements with modern music. Let's have fun together and join us for learning a new culture! All ages are welcome. No dance experience needed. Pictured on the catalog cover!

Instructors: Barbara Hanae Johnson & Naho Nagai, ksutatumakiyosakoi@gmail.com

DATE	TIME	FEE
01/07 - 02/04 (Su)	1:30 - 2:30 PM	\$25

**Location:** UFM Teaching & Learning Rm, 1221 Thurston St

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



## Kukuwa® Dance Workout

24ARF246Z

Kukuwa® Dance Workout (KDW) is a unique style of fitness that is derived from African cultural dance movements from across the continent. It is a low impact - high intensity dance cardio workout coupled with energetic body isolations. It is appropriate for all ages and fitness levels. KDW class is a 60-minute workout consisting of a warmup, conditioning segment, and cool down/stretch all done to the rhythms of Africa and the Caribbean. Since the pandemic Kukuwa® fitness has taken the world by storm. Their most popular YouTube video has garnered over 5 million views. KDW instructors are found in most metropolitan U.S. cities and internationally. As of now, Vivian is the only certified instructor in the state of Kansas. She is also a nationally certified group fitness instructor through the American Council on Exercise (ACE). Available for KSU credit. Ages 16+.

Instructor: Vivian Price, Vivian Price is a K-State graduate with a BA in Theatre. She studied Dunham Technique modern dance through the Alvin Ailey Extension NYC, West African Dance at Djoniba Dance and Drum NYC, as well as taken several West African dance master classes. She is an ACE-certified Group Fitness Instructor.

SEC	DATE	TIME	FEE
A	01/16 - 03/07 (T/Th)	5:30 - 6:30 PM	\$105
B	03/19 - 05/09 (T/Th)	5:30 - 6:30 PM	\$105

**Location:** KSU West Stadium 117, 780 Denison Ave, & Zoom (West Stadium 117 on Tuesdays & Zoom on Thursdays)

## Line Dancing

NEW!

24ARF242

Join us to learn line dancing set to popular country and pop songs. You can expect mostly beginner-level dances, but we will work up to some intermediate-level dances too. This is a great way to get some exercise while having fun!

Instructor: Breanne Williamson, bkruse452@gmail.com

DATE	TIME	FEE
01/29 - 03/04 (M)	6:00 - 7:00 PM	\$58

**Location:** Green Valley Community Center, 3770 Green Valley Rd, Manhattan

## MUSIC & DANCE



## Dance and Cardio with Bhangra 24ARF135

Come join Anvesha for a fun dance routine with a built-in workout! Bhangra is known for its bright accompaniment and powerful rhythm. Anvesha will teach you how to master a quick routine for you to show off to friends and family. If you're looking for an alternative workout for the day - Bhangra is perfect for that too! Ages 6+.

Enroll for one or both of the Easy/Beginner classes and then continue with the Intermediate and/or Hard classes. Please enroll for each class that fits your schedule (times vary)!

Dance and Cardio with Bhangra class and level of difficulty class schedule:

- \* A: March 9th at 10:00 - 11:30 am - Easy Level
- \* B: March 16th at 3:00 - 4:30 pm - Easy Level
- \* C: March 23rd at 10:00 - 11:00 am - Intermediate Level
- \* D: March 30th at 10:00 - 11:00 am - Hard Level

Instructor: Anvesha Sharda, Anvesha is a senior at MHS and taught Bhangra with UFM two years ago! She's back to share the process of Bhangra and is excited to teach again!

SEC	DATE	TIME	FEE
A	03/09 (Sa)	10:00 - 11:30 AM	\$20
B	03/16 (Sa)	3:00 - 4:30 PM	\$20
C	03/23 (Sa)	10:00 - 11:00 AM	\$20
D	03/30 (Sa)	10:00 - 11:00 AM	\$20

**Location:** UFM Teaching & Learning Rm, 1221 Thurston St



# EARTH & NATURE

## Home Landscape Design

24AEN08

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](mailto: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
02/01 - 02/15 (Th)	6:30 - 8:30 PM	\$24 - Individual \$33 - Couple

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



## New Gardeners & Returning Gardeners adding plots

Signups at UFM:

February 3rd (Sat.), 9:30 – 10:30 am

February 21st (Wed.), 5:30 – 6:30 pm

March 4th (Mon.), 5:30 – 6:30 pm



## Great Gardening:

### A Month-by-Month Guide

#### to Kansas Vegetable Gardens

24AEN174

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, [ishivers@hotmail.com](mailto:ishivers@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. He's an educator and can't wait to work with you to find success as a great gardener.

DATE	TIME	FEE
02/26 - 03/04 (M)	5:00 - 6:00 PM	\$42

**Location:** 9th & Riley Lane, Manhattan Community Gardens

## Astronomy Viewing

24AEN191

Join us to explore the night sky using Dr. Sorensen's 8" Newtonian reflecting telescope. We will have a moon in the beehive cluster and some open and globular clusters, double stars, and galaxies to view.

Instructor: Chris Sorensen, [sor@phys.ksu.edu](mailto:sor@phys.ksu.edu), Dr. Sorensen is an amateur astronomer and physics professor with a nice homemade telescope.

DATE	TIME	FEE
05/13 (M)	7:00 - 9:30 PM	\$15

**Location:** Northeast Community Park, 680 Knox Ln, MHK (Please meet at the east end of the parking lot in Northeast Community Park.)



## Residential Electrical Energy Storage Systems--

### Do They Make Sense for You?

24AEN193

There is a lot of talk about grid-tied battery storage systems for residences, and they are becoming increasingly popular in various parts of the country. However, they can be complicated and expensive to install, and they don't make sense for everyone. We will discuss what their major use cases, technology options, and design and installation considerations, with the ultimate objective of helping you determine whether installation of a residential energy storage system makes sense for you. This class will be presented from the perspective of a consummate Do-It-Yourselfer based on knowledge and experience gained through the recent installation of a grid-tied battery and solar panel system at his own residence.

Instructor: John Flavin, John Flavin received a BSEE degree from KSU in 1988. Now retired from engineering, he has installed an energy generation and storage test-bed system at his residence in Manhattan.

DATE	TIME	FEE
04/14 (Su)	1:00 - 3:00 PM	Community Sponsored

**Location:** Class location will be emailed to enrolled students.

## Driving on Sunshine - 2023 Electric Cars

24AEN195

By the middle of the decade more gasoline cars will be scrapped than sold, meaning the overall fleet of combustion cars is about to peak and will be in freefall by 2030. The purchase price battery electric vehicles are likely to fall below that of an equivalent petrol or diesel car, as early as 2026 in the U.S.

We will discuss:

- Today's technology and new battery ranges
- Most affordable EV's
- Cost of driving an EV
- ...and charging them on your home's own solar array, Driving on Sunshine
- Finally, full cycle, using your car to charge your house

Instructor: Carol Barta, snowsage54@hotmail.com, FHREEC, Bill Dorsett, wm.c.dorsett@gmail.com  
Bill and Carol have been organizing the Flint Hills Renewable Energy & Efficiency Cooperative since a 2008 UFM series on Sustainability. We teach, organize bulk buys of solar hardware, and help arrange what we call SunRaisers.

DATE	TIME	FEE
03/03 (Su)	1:00 - 3:00 PM	Community Sponsored

**Location:** UFM Solar Addition, 1221 Thurston St & Live Online via Zoom

Follow UFM



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

## 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



# FUN FOODS

## Okonomi-yaki and Tako-yaki

24AFF190

We will learn how to make Okonomiyaki, which is made like a pancake, but the savory batter has lots of vegetables with varieties of toppings like pork belly or mushrooms, then garnished with a special Okonomiyaki sauce. We will also make Tako-yaki, which are small balls of savory batter, crunchy on the outside and soft on the inside. They are filled with shrimp or cheese, instead of the original octopus. Participants will take home their own Okonomi-yaki sauce to enjoy making Okonomi-yaki at home.

Instructor: Ayumi Amama, Ayumi grew up in Japan and studied architecture. She loves Japanese traditional culture, especially architecture, traditional crafts, and cuisine. She is passionate about sharing Japanese culture with others and learning theirs.

SEC	DATE	TIME	FEE
A	02/04 (Su)	5:30 - 7:30 PM	\$38
B	02/29 (Th)	5:30 - 7:30 PM	\$38
C	03/03 (Su)	5:30 - 7:30 PM	\$38
D	04/19 (F)	5:30 - 7:30 PM	\$38
E	04/25 (Th)	5:30 - 7:30 PM	\$38

Location: UFM Banquet/Kitchen, 1221 Thurston St

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

## Challah Bread Making Is Peace Building

NEW!

24AFF22

Challah bread is a delicious slightly sweet or savory (you choose!) egg-rich yeast-leavened bread that is usually braided or twisted and is traditionally eaten by Jewish folk on holidays. In support of our Jewish community members, let's learn how to make challah bread with the aid of a bread machine while putting our thoughts and energy towards the hardships and persecution Jews are facing worldwide. We stand united in standing up against anti-semitic discourse, attitudes, discrimination, and hate. Let's spend this time in community engaging in peace building. A portion of the class fee will be donated to the Manhattan Jewish Congregation. Anyone is welcome. Youth 6-13 must be accompanied by an adult.

Instructor: Aliah Mestrovich Seay, aliah@tryufm.org, Aliah Mestrovich Seay, LCMFT, PhD is the Executive Director of UFM Community Learning Center and has a PhD in Leadership Communication at the K-State Staley School of Leadership. With over 20 years of experience in higher education and the not-for-profit sectors, Dr. Aliah is enjoying post-PhD life by baking bread using a bread machine and serving fresh coffee to community members that enjoy conversations about social justice and transformative change.

SEC	DATE	TIME	FEE
A	02/25 (Su)	4:00 - 6:00 PM	\$30
B	04/28 (Su)	4:00 - 6:00 PM	\$30

Location: Papaya's Community Bread Cafe

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

**TWOBIGFEET**  
TREE PRUNING & REMOVAL

twobigfeetreepruning.com | @TwoBigFeetKS | 785.317.1364



**Baking with Gluten-Free Flour** <sup>NEW!</sup> **24AFF225**

You'll learn the nuances of using gluten-free flour for chocolate chip cookies, lemon melt away cookies, and three cheese quick bread. You'll prepare a blend of about 2.5 pounds of gluten-free flour to take home, receive links to resources where you can find other gluten-free baking ideas, and sample the cookies and cheese bread.

Instructor: Becky Behling, beckybehling@gmail.com, Becky has taught Awareness Through Movement® lessons for ten years. She is certified as a practitioner by the Feldenkrais Guild of North America. She is also certified by the American Council on exercise as a personal trainer and group exercise instructor and has been teaching a variety of classes since 1987.

DATE	TIME	FEE
02/10 (Sa)	10:00 - 11:30 AM	\$55

**Location:** UFM Kitchen, 1221 Thurston St

**Let's Cook an Indian Brunch** <sup>NEW!</sup> **24AFF226**

Learn how to make authentic home-style Indian vegetarian recipes with ingredients that you can buy from a regular grocery store. This class will reveal the secrets to cooking with spices and show you techniques for getting the most flavor out of each dish. You will learn dishes that are rooted in India's long-standing vegetarian cooking traditions yet adapted to today's kitchen and lifestyle. You will enjoy a hands-on lesson in making north-Indian brunch staples of Rasedaar Aloo (potatoes cooked in tomato-based curry), Pouri (deep-fried wholewheat flatbread), Raita (yogurt dish), and Sewiyan (vermicelli dessert) followed by a sit-down meal and a recipe packet.

Instructor: Vaishali Sharda, sharda.vaishali@gmail.com Born and raised in northern India, Vaishali grew up watching her mother cook everything from scratch in the small town they lived in. Her passion for cooking grew when she met her husband and started cooking more when they moved to the US. She works at K State and blogs about her adventures in the kitchen at www.kitchendocs.com.

SEC	DATE	TIME	FEE
A	03/21 (Th)	6:00 - 7:30 PM	\$55
B	04/18 (Th)	6:00 - 7:30 PM	\$55

**Location:** UFM Kitchen, 1221 Thurston St



Steeping tea.

**Afternoon Tea Tasting** <sup>NEW!</sup> **24AFF228**

Have you ever wondered what different teas taste like, why teas have different colors, or why teas are brewed at different temperatures? We will sample a variety of tea types (herbal, white, green, oolong, and black) brewed hot while nibbling on some sweet and savory treats!

Instructor: Lisa Rubin, lisalevinetx@gmail.com, Lisa Rubin grew up in her mom's catering business and fell in love with delicious food at an early age. She has taken cooking classes all over the world.

DATE	TIME	FEE
02/18 (Su)	1:00 - 2:30 PM	\$30

\*Enrollment Deadline 02/16

**Location:** UFM Solar Addition, 1221 Thurston St

**Nuts about Tea!** <sup>NEW!</sup> **24AFF227**

Do you like nuts? Explore different teas, hot and cold, which have nutty flavors like almond, hazelnut, chestnut, and walnut. We will sample different nutty teas and enjoy complementary sweets to go with them.

Instructor: Lisa Rubin, lisalevinetx@gmail.com

DATE	TIME	FEE
02/25 (Su)	1:00 - 2:30 PM	\$30

\*Enrollment deadline 02/23

**Location:** UFM Solar Addition, 1221 Thurston St

Show us your creations! Submit your UFM class photos to [samantha@tryufm.org](mailto:samantha@tryufm.org)



# Professional Development

Start learning something new today! UFM partners with LERN to expand our educational offerings. These classes offer online, self-paced learning opportunities for professional development, earning CEUs, or certificates. Several 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 K-12 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](http://tryufm.org)



## Certificates [online]

### Certificate in QuickBooks Online **24AGC168**

Save time, track money, and get important insights with Quickbooks Online. Quickbooks Online is the leading online accounting platform. It is the preferred choice for small business managers, owners, bookkeepers and accounting professionals. There area patches and regular automatic upgrades to the software. Get a comprehensive understanding of QuickBooks Online. Then learn how to work with more advanced Quickbooks Online topics.

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

- QuickBooks Online Level 1
- QuickBooks Online Level 2

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/05 - 03/29	Asynchronous online	\$395
B	04/01 - 05/31	Asynchronous online	\$395

### Certificate in Mastering Excel **24AGC25**

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.

Classes included in certificate:

Mastering Microsoft Excel, Intermediate Excel, & Advanced Excel

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/05 - 04/26	Asynchronous online	\$495
B	04/01 - 06/28	Asynchronous online	\$495

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





**Certificate in Basic Game Design 24AGC17**

Games are increasingly recognized as a tool that can serve many business purposes beyond entertainment. This Certificate provides you with a general introduction to what goes into the design and development of both video and analog games, with a focus on the use of games outside of consumer entertainment. In the first course, you will discover resources for developing game design and identify the mechanics and verbs used in different games. You will come away knowing the different activities that are part of game design, being able to flesh out a game idea in order to increase the chances of having a successful game design experience, and have a basic understanding of how to work with game developers. In the second course, you will learn the basics of the video game design process, learn about the main video game genres, and use a game development application to begin your journey of making games. By successfully completing this Certificate in Basic Game Design, you will have taken the first steps into understanding game design and being able to create your own games.

Classes included in certificate: Introduction to Game Design & Intermediate Game Design

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/05 - 03/29	Asynchronous online	\$395
B	04/01 - 05/31	Asynchronous online	\$395

**Certificate in Marketing 24AGC164**

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 an understanding of how digital and print marketing complement and enhance each other, and how to integrate both kinds of marketing for even greater overall effectiveness.

Classes Included in certificate: Advanced Marketing Concepts, Successful Print Marketing, & Integrated Marketing Best Practices

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/05 - 04/26	Asynchronous online	\$495
B	04/01 - 06/28	Asynchronous online	\$495

Enroll today!

For additional certificate and class options, visit [tryufm.org](http://tryufm.org)

**Diversity, Equity, and Inclusion in the Workplace** NEW! **24AGC178**

75% of the world’s major conflicts have a cultural dimension and the culture sector now accounts for 6.1% of the global economy. The United Nations reports that creative and cultural industries (CCI) generate annual revenues of US\$ 2,250 billion and nearly 30 million jobs worldwide, employing more people aged 15 to 29 than any other sector. To improve diversity, achieve equity, and foster inclusion one must be intentional, consistent, and courageous. LERN’s Diversity, Equity, and Inclusion (DEI) in the Workplace Certificate focuses on improving cultural competence and encourages continuous learning. Students will gain a better understanding of DEI.

DEI Definitions:

Diversity, Equity, and Inclusion (DEI) is not just a phrase; each word speaks to distinct values.

Diversity: The representation of different and unique identities, characteristics, experiences, and perspectives.

Equity: Giving everyone what they need to succeed by increasing access, resources, and opportunities for all, especially those who are underrepresented and have been disadvantaged.

Inclusion: A welcoming culture in which differences are celebrated and everyone is valued and respected.

The classes in this certificate must be taken in the below order:

- What is DEI
- Inclusive Communication
- DEI and Organizational Success

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/05 - 04/26	Asynchronous online	\$495
B	04/01 - 06/28	Asynchronous online	\$495



Single Courses [online]

**What is DEI?**

NEW!

**24AGC179**

Understanding diversity, equity, and inclusion is critical to the professional success of any individual or team. This Unit will differentiate diversity, equity, inclusion, and justice. In addition, we will discuss how these phenomena show up in the workplace and impact our interactions with others. Students will be able to define and describe various challenges related to diversity, equity, and inclusion.

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/05 - 03/01	Asynchronous online	\$195
B	04/01 - 04/26	Asynchronous online	\$195

**Negotiation: Get What You Want**

**24AGC115**

Negotiation is a key skill for success in business and everyday life. Knowing strategies to clarify what you want and how to prioritize needs will ensure you get more of what's essential. Having the skills to help others get what they want will improve relationships and increase your odds of success in the future. Work with a pro to learn how to plan, implement, and win in the bargaining process. Save time, grow your business network, and gain confidence when dealing with even the shrewdest of deal-makers. Invest in these skills now and reap a lifetime of rewards.

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	03/04 - 03/29	Asynchronous online	\$195
B	05/06 - 05/31	Asynchronous online	\$195

**Introduction to Web Design**

**24AGC45**

Discover the basics of web design using HTML and CSS. No prior knowledge of HTML or web design is required. Throughout the course, you will get the info you need to plan and design effective web pages. Come away knowing how to implement web pages by writing HTML and CSS code. And discover ways to enhance web pages with the use of page layout techniques, text formatting, graphics, and images.

Certificate available. For additional information please see: Certificate in Web Design.

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/05 - 03/01	Asynchronous online	\$245
B	04/01 - 04/26	Asynchronous online	\$245

**Improving Email Promotions**

**24AGC53**

Discover new ways to improve your email promotions, including when to email, what to email, and testing email copy. Then find out how to analyze your email response rates, including getting the benchmarks for open rates and click-through rates. Learn how to improve your email promotion and responses with tracking and testing. Get a basic introduction to email promotions. If you are advanced, your instructor is an email expert and can answer your toughest questions as well. Certificate available. For additional information please see: Digital Marketing Certificate.

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/05 - 03/01	Asynchronous online	\$195
B	04/01 - 04/26	Asynchronous online	\$195

**Marketing Using Social Media**

**24AGC72**

Develop a two-way communication and marketing strategy for your organization using social networks. Let your instructor guide you in exploring major social networks, including Twitter, LinkedIn, and blogging. Learn quick, easy ways to use Twitter, blogs, and LinkedIn to engage your customers or clients and keep them interested in your organization or business. You'll find out the advantages and disadvantages of each and learn what's right for your work and kind of organization. Your instructor is a director of marketing for a national association and writes and speaks on the topic.

Certificate available. For additional information please see: Social Media for Business Certificate.

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	03/04 - 03/29	Asynchronous online	\$195
B	05/06 - 05/31	Asynchronous online	\$195

**Introduction to Project Management**

**24AGC37**

Project management is one of the fastest paths to promotion by increasing your network through greater exposure. You will have the skills, tools, and templates to confidently develop and maintain a project. An overview of salaries, certification costs, education, and experience requirements are provided. Certificate available. For additional information please see: Certificate in Project Management.

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/05 - 03/01	Asynchronous online	\$195
B	04/01 - 04/26	Asynchronous online	\$195



# COMMUNICATION

NEW!

## Basic Hangeul (Korean Alphabet):

### Writing My Name in Korean **24ALA76**

Hangeul (Korean alphabet) is one of the most logical writing systems in the world. It is easy and fun to learn. In this course, you will learn Korean culture, principle of Hangeul, how to read and write in Korean, and basic Korean words/expressions. At the completion of this course, you will be able to write your name in Korean. This course will open up the opportunity to learn in depth of Korean language and culture. Ages 13+.

Instructor: Jane Kim, Jane Kim is a certified Korean language instructor who has a passion for sharing Korean culture.

SEC	DATE	TIME	FEE
A	01/31 - 02/28 (W)	7:00 - 8:20 PM	\$41
B	03/29 - 04/26 (F)	11:00 AM - 12:20 PM	\$41

\*Enrollment deadlines: A - 02/06; B - 04/04

**Location:** UFM Queer Liberation Commons, 1221 Thurston

## Basic Korean:

### Introduce Myself in Korean **24ALA77**

Are you interested in learning new language and/or culture? Are you into K-pop/K-drama? Do you like trying exotic foods? This course is for you! Learning language shouldn't be difficult or tedious. It can be fun and practical! You'll learn how to introduce yourself in Korean while learning about Korean culture. This course will cover basic Korean words and expressions. Ages 13+.

Instructor: Jane Kim

SEC	DATE	TIME	FEE
A	02/05 - 03/04 (M)	11:00 AM - 12:20 PM	\$41
B	03/27 - 04/24 (W)	7:00 - 8:20 PM	\$41

\*Enrollment deadlines: A - 02/11; B - 04/02

**Location:** UFM Queer Liberation Commons, 1221 Thurston

## Basic Korean: Travel & Etiquette **24ALA80**

This basic-level course will equip you with essential language skills and cultural knowledge, focusing on practical phrases and etiquette needed for interacting with Korean communities worldwide during travel and social interactions. Ages 13+ Jane is a certified Korean language instructor who has a passion for sharing Korean culture.

Instructor: Jane Kim

SEC	DATE	TIME	FEE
A	02/01 - 02/29 (Th)	7:00 - 8:20 PM	\$41
B	03/25 - 04/22 (M)	7:00 - 8:20 PM	\$41

\*Enrollment deadlines: A - 02/07, B - 03/31

**Location:** UFM Teaching & Learning Rm, 1221 Thurston St

## Basic Spanish [In-person] **24ALA71**

This course will introduce participants to many different fun ways of learning Spanish. The class will cover basics topics like introduction, 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. Also, each class will introduce a new app, website, or tools to learn Spanish in a fun way. 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 a have fun and learn Spanish. Ages 13+.

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
02/03 - 03/09 (Sa)	9:30 - 11:00 AM	\$28

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

THE FOUR CHARACTERISTICS OF HUMANISM ARE—

**A FREE MIND,**  
**& BELIEF IN THE HUMAN RACE.**

**CURIOSITY,**  
BELIEF IN GOOD TASTE,

E.M. FORSTER

S & N DESIGN

121 N. 8th Street | Manhattan, Ks. 66502 | sndesign.net



## Basic Spanish Language [Online] 24ALA45

Have you ever wanted to be able to converse in Spanish or do you want to brush up on your Spanish language skills? Then this conversational Spanish class is right for you.

Instructor: Monica Franco, lidimoni.franco@gmail.com  
 Monica Franco is an English-Spanish teacher who works in a public high school. Monica has over ten years of experience teaching foreign languages and is a K-State alum who lives in Ecuador.

DATE	TIME	FEE
04/01 - 05/06 (M)	6:00 - 7:00 PM	\$108

**Location:** Online - LIVE

## Community ESL for Adults 24ALA73

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 discussions to improve our abilities. We will also offer coaching on vocabulary and pronunciation. Scholarships are available.

Instructor: Cary Chappell, caryc@ksu.edu, Cary has been in the English Language program for 10 years at K-State.

**\*Please visit [tryufm.org](http://tryufm.org) for class details or email [info@tryufm.org](mailto:info@tryufm.org).**

**Location:** UFM, 1221 Thurston St



American Sign Language class.

## American Sign Language 24ALA75

Open the door to self-expression and a new language! Learn to introduce yourself, ask questions, make new friends, appreciate Deaf culture, and integrate ASL into everyday life! Content is taught according to your interests, so join us with curiosity! All are welcome! There is no age limit for this course. This class is free for children under 5 years old, but they must be accompanied by an enrolled adult.

Instructor: Sabrina Handy, Sabrina is enthusiastic about increasing appreciation of Deaf culture and knowledge of American Sign Language. She is currently pursuing her master's degree in the Drama Therapy program at Kansas State University.

SEC	DATE	TIME	FEE
A	01/25 - 02/15 (Th)	10:00 - 11:30 AM	\$51
B	02/22 - 03/14 (Th)	10:00 - 11:30 AM	\$51
C	02/22 - 03/14 (Th)	6:00 - 7:30 PM	\$51

\*Enrollment deadlines: A - 01/23; B & C - 02/20

**Locations:**

A & B - UFM Queer Liberation Commons, 1221 Thurston St;  
 C - UFM Conference Room 1221 Thurston St, 2nd fl

Interested in teaching a class for UFM?  
 Summer 2024 submission deadline is March 1, 2024.  
 For more information please email [pamela@tryufm.org](mailto:pamela@tryufm.org).



# We're built for personal connections.

**Commerce Bank**  
Member FDIC  
 Challenge Accepted.

785.587.1630  
[commercebank.com](http://commercebank.com)



# CAREER & LEADERSHIP

## MCAT Prep Course

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 8, 2024. For additional information please contact Cole King (coleking227@ksu.edu) and Sabrina Veith (sabinann22@ksu.edu) with your questions.

\*\*If registering after 1/08/24, 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>

Instructors: Cole King, coleking227@ksu.edu, & Sabrina Veith, sabinann22@ksu.edu  
Cole King is a master's student in Public Health at K-State. He graduated with his B.S. in Biology from K-State and scored a 522 on the MCAT in May 2022. Cole is applying to medical schools and has been accepted! Sabrina Veith is a senior majoring in Human Health Biology and minoring in Spanish. She scored a 517 on the MCAT in June of 2023 and is currently applying to medical school.

DATE	TIME	FEE
01/22 - 05/02 (M/Th) (No class 3/11, 3/14)	5:30 - 7:30 PM	\$559 \$269 - materials NOT included

\*\*Partial refunds may be given for cancellation requests AT LEAST 48 hours before class begins. Materials fees are NONREFUNDABLE after January 8, 2024.

**Location:** TBA

This page sponsored by  
Thermal Comfort Air, Inc.

Enroll at [www.tryufm.org](http://www.tryufm.org)



@ufmclc

• Spring 2024

21

## 24AFC158

## LSAT Prep Course

## 24AFC24

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 of just a couple of 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 succeed on the LSAT and provide them with practice exams and proven strategies to help students improve their scores. 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 in preparing for the LSAT.

**\*Required** class material NOT included in the class fee: an LSAT Demon Basic subscription (\$95/month). Please don't purchase the subscription before the first day of class as we will start out using the free version. Students are responsible for purchasing their own subscriptions.

Instructor: Andrew Nordberg

Andrew Nordberg is a recent graduate from K-State with degrees in Accounting and Finance. He scored in the 99th+ percentile on the LSAT and is currently in the process of applying to law schools.

DATE	TIME	FEE
01/29 - 04/03 (M/W) (No class 3/11, 3/13)	7:00 - 9:00 PM	\$169.00

**Location:** TBA

## Financial Literacy

NEW!

## 24AFC176

Through trials and errors, Derek was able to accumulate a good amount of knowledge about personal finance. In this class we will go through information Derek wished he was given, so that he would not have made so many mistakes. For example: how to file taxes using online tools, what is credit and what can it be used for, general budgeting, banking, etc. So, if you want to learn about the fundamentals of personal finances, Derek is here to help.

Instructor: Derek Phan, Derek has been doing personal finances for about four years now. He started out his adult life in the military as a medic, went to Kansas State University after his contract ended, and has been a member of the community since 2014.

DATE	TIME	FEE
01/17 - 03/06 (W)	6:00 - 7:00 PM	\$119

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

## College and Career Planning **24AFC170**

Through an active and thoughtful process, participants will go through a series of assessments and reflective modules that unveil their career potential while learning how to research programs and pathways that are the best fit for them. At the end of the class, participants will have a 5-year-plan to achieve their educational goals and move toward a satisfying career path with guidance from their instructor. This course is perfect for current high school students and anyone looking to start a new career. Classes are set up in a series of online workbooks via Google Classroom.

Instructor: Rachelle DeCoud, [Rachelledecoud@gmail.com](mailto:Rachelledecoud@gmail.com)  
Rachelle received her master's degree in academic advising from KSU and works as a college and career coach. She also worked as a grant writer securing funding for multiple non-profit organizations over the past 5 years.

DATE	TIME	FEE
02/05 - 03/08 (M)	Asynchronous	\$45

**Location:** Online - Asynchronous

## Grant Writing **24AFC171**

This course 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 all professions. Participants will create a mock proposal that will be reviewed at the end of the class. Classes are facilitated via a series of online workbooks via Google Classroom to be completed at your own pace.

Instructor: Rachelle DeCoud, [Rachelledecoud@gmail.com](mailto:Rachelledecoud@gmail.com)

DATE	TIME	FEE
02/05 - 03/08 (M)	Asynchronous	\$46

**Location:** Online - Asynchronous

Follow UFM



# PERSONAL INTEREST

## Philosophy of Gurdjieff & Ouspensky **24API136**

Explore the psychological system of the two Russian philosophers and teachers: GI Gurdjieff and Peter Ouspensky. Their philosophy joins Eastern traditions with Western needs by presenting a system of self-development grounded in verification through personal experience. Classes include discussion, self-observations, and reading aloud from Ouspensky's "A Psychology of Man's Evolution" (1950) and Gurdjieffian Maurice Nicoll's "Psychological Commentaries on the Teaching of Gurdjieff and Ouspensky."

Instructor: David Seamon, David Seamon studied with British J.G. Bennett and has been involved in the Gurdjieff/Ouspensky tradition since the early 1970s.

DATE	TIME	FEE
01/24 - 05/15 (W)	7:00 - 9:30 PM	\$43

**Location:** UFM Solar Addition, 1221 Thurston St

## Queer Liberation Community Workshops **24API217**

Join the Manhattan Community in our monthly Queer Liberation Community Workshops! These meetings are held for and facilitated by you, our community members, to direct the course of the Queer Liberation Project. These community gatherings for the LGBTQIA+ community and our allies offer means to directly engage in progressive social activism through education, inclusion, and belonging. Meetings are held the last Monday of each month January - April.

Instructor: Community Led

DATE	TIME	FEE
01/29 - 04/29 (M)	7:00 - 8:30 PM	No Charge

**Location:** UFM Queer Liberation Commons, 1221 Thurston



# HEALTH & WELLNESS

NEW!

## Haircare Education and Guidance 24AHW338

This course focuses on helping individuals with their haircare needs and guidance specifically with curly hair. At the end of the 3-lesson course, a certificate of completion is received as well as information to buy adequate products. Please bring paper and pen to class. Class dates: Mondays, Jan. 15, Feb. 19, & April 8.

Instructor: Taisha Hall, [eshahall@outlook.com](mailto:eshahall@outlook.com)  
Taisha has been a Cosmetologist for over 20 years and a former Cosmetology instructor. She has a bachelor's in business management and ethics.

DATE	TIME	FEE
01/15 - 04/08 (M)	6:00 - 8:05 PM	\$169

**Location:** UFM Queer Liberation Commons, 1221 Thurston

## Calm the Chaos: Aromatherapy for Anxiety and Stress Relief 24AHW339

NEW!

If you're managing your own or someone else's anxiety in your everyday life, this workshop is for you. We'll take a deep dive into three essential oils chosen specifically to aid anxiety and stress relief, with hands-on instruction in class on how and when to use each one. You'll come away with confidence and knowledge, reference material and enough essential oils to apply what you've learned at home. Bring your curiosity and the beverage or your choice! Class fee includes essential oils and other materials to make your aromatherapy.

Ages 13+

Instructor: Dori Bell

SEC	DATE	TIME	FEE
A	03/18 (M)	7:00 - 8:30 PM	\$70
B	04/16 (T)	7:00 - 8:30 PM	\$70

\*Enrollment deadlines: A - 03/11, B - 04/09

**Location:** UFM Teaching & Learning Rm, 1221 Thurston St



UFM PUTS THE  
COMMUNITY  
IN EDUCATION

## Meditation & Movement 24AHW311Z

Meditation and Movement imparts a holistic approach to mind-body-soul renewal. The class assists participants to develop a daily habit of meditation along with bodily movement. This whole person approach to rejuvenation builds skills needed to mitigate stress and anxiety, improves self-awareness, and revitalizes self-perception and body image. The mat-based stretching, strengthening, balance, and functional movement exercises facilitate physiological responses that promote overall well-being. The integrated approach of breathwork, movement, and meditation comprise the model of nourishing the mind, body, and spirit. Ages 16+ Available for KSU credit. \*\*Noncredit students are welcome to attend a class or two at a prorated cost. Call the office at 785-539-8763 for more information.

Instructor: Jhoe Stonestreet, [jhoe.de.mesa@gmail.com](mailto:jhoe.de.mesa@gmail.com)  
Jhoe Stonestreet desires to impart a holistic approach to mind-body-soul renewal. She is a certified Pietra Fitness Pro instructor, group exercise Instructor, and personal trainer. She has been leading various class formats since 2013.

DATE	TIME	FEE
01/22 - 04/29 (M) (No class 3/11)	5:30 - 6:30 PM	\$118

**Location:** KSU West Stadium Room 117, 704 Denison Ave



## Unitarian Universalist Fellowship of Manhattan

A diverse, evolving spiritual community acting for a better world.

[www.uufm.net](http://www.uufm.net) • 481 Zeandale Rd, Manhattan • 785-537-2349



## Head to Toe Foam Rolling NEW! 24AHW337Z

Are you harboring a foam roller you are not sure how to use? Or do you not use it because of the pain it causes? In this class, you'll explore novel Feldenkrais Method® Awareness Through Movement® (ATM) lessons which have helped people around the globe improve their mobility and comfort. Developed by Moshe Feldenkrais, scientist and engineer, each lesson provides a somatosensory learning platform for identifying how you uniquely organize and regulate yourself as you move. After a lesson, people often notice enhanced physical comfort, reduced pain, improved sleep, better performance, refined body image, awareness for personal development, and efficiency in movement through reduction in effort. The Feldenkrais Method has been recognized by Dr. Andrew Weil as an "effective part of integrative medicine approach to health and healing". ATMs address a wide range of concerns such as trauma, easing discomfort during pregnancy, pelvic floor dysfunction, recovery after illness, surgery, and injury. Regardless of age or ability, ATMs have helped martial artists, performers, yoga practitioners, athletes, and anyone interested in the art and science of motor learning and development, cognitive function, and emotional wellbeing. Available for KSU credit. Ages 16+.

Instructor: Becky Behling, [beckybehling@gmail.com](mailto:beckybehling@gmail.com)  
Becky has taught Awareness Through Movement® lessons for ten years. She is certified as a practitioner by the Feldenkrais Guild of North America. She is also certified by the American Council on exercise as a personal trainer and group exercise instructor and has been teaching a variety of classes since 1987.

SEC	DATE	TIME	FEE
A	01/16 - 03/07 (T/Th)	6:30 - 7:30 PM	\$105
B	03/19 - 05/09 (T/Th)	6:30 - 7:30 PM	\$105

**Location:** UFM Queer Liberation Commons, 1221 Thurston

## Go Red For Women NEW! 24AHW340

Heart disease is the leading cause of death for women in the United States, but few women realize they are at risk. Come learn the facts about heart disease; the signs, symptoms, risk factors and the changes you can make to protect your health. Please try to wear RED during this class.

\*DISCLAIMER: This class is not intended to diagnose, treat, or cure heart disease.\*

Instructor: Marty Reed, Marty Reed BSN RN MS spent 31 years of her nursing career working in cardiac rehab. Although she retired in 2022, she is still passionate about heart health, always encouraging those around her to exercise.

DATE	TIME	FEE
02/02 (F)	11:00 AM - Noon	\$35

**Location:** TBD

## The Brain Architecture Game NEW! 24AHW341

How does a child's experiences in early life shape their brain development and function? Join us for this interactive workshop as we build brains from pipe cleaners and straws based on experiences a child has for the first 8 years of their life. Jayme utilizes the Brain Architecture Game from the Harvard Center for the Developing Child for this engaging experience. Ages 13+.

Instructor: Jayme Morris-Hardeman, [jmorrihardeman@gmail.com](mailto:jmorrihardeman@gmail.com)  
Jayme has 25 years of experience working with victims of child abuse and neglect through Sunflower CASA.

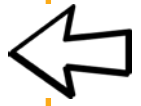
DATE	TIME	FEE
04/11 (Th)	6:00 - 8:00 PM	\$15

\*Enrollment deadline 04/08

**Location:** CASA Office, 323 Poyntz Ave, Suite 101, MHK



Interested in teaching a class for UFM?  
Summer 2024 submission deadline is March 1, 2024.  
For more information please email [pamela@tryufm.org](mailto:pamela@tryufm.org).



**kstate**  
CREDIT UNION



601 McCall Rd.  
2600 Anderson Ave.  
785.776.3003 • [kstatecu.com](http://kstatecu.com)  
Insured by NCUA

**AUTO LOAN**  
**REFINANCING**

COMPARE. SAVE BIG. ENJOY ADVANTAGES.

Based on creditworthiness. Some restrictions apply. Visit [kstatecu.com](http://kstatecu.com) for more details.





**First Aid Training**

**24AHW342**

Youth Mental Health First Aid teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, ADHD, disruptive behavior disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling –rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan:

1. Assess for risk of suicide or harm,
2. Listen nonjudgmentally,
3. Give reassurance and information,
4. Encourage appropriate professional help,
5. Encourage self-help and other support strategies.

Instructors: Michelle Toews & Amber Vennum

DATE	TIME	FEE
02/19 (M)	8:00 AM - 5:00 PM	\$45

\*Enrollment deadline 02/02

**Location:** TBA

**Blended Learning:  
First Aid/CPR/AED**

**24AHW70**

Blended Learning is a CPR, First Aid, and AED training program that 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. Certification requirements are as follows:

**Part I:** Complete the online sessions by correctly answering at least 80% of the questions on the final exam, then provide proof you successfully completed the online portion at the hands-on skills practice and assessment session.

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

**Source:** American Red Cross

Classes are subject to cancellation if minimum is not met. Registrations are transferable to another Blended CPR class or a refund will be provided. For more information visit [tryufm.org](http://tryufm.org).

Instructor: Melissa Copp

SEC	DATE	TIME	FEE
A	01/06 (Sa)	8:00 - 10:00 AM	\$76
B	02/04 (Su)	1:00 - 3:00 PM	\$76
C	03/01 (F)	5:30 - 7:30 PM	\$76
D	04/14 (Su)	1:00 - 3:00 PM	\$76

\*Enrollment deadlines: four days prior to the start date

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

**Refuse To Be A Victim®**

**24AHW202**

Safety experts agree the single most important step toward ensuring your personal safety is making the conscious decision to Refuse To Be A Victim®. You stand a much better chance of preventing criminal attack if you develop a safety plan before you need it. That is why the National Rifle Association is offering the Refuse To Be A Victim® crime prevention seminar. The seminar teaches easy-to-understand methods you can use to increase awareness and prevent criminal confrontation. In just two to three hours, you will get the tools you need to develop your own personal safety strategy, including information about:

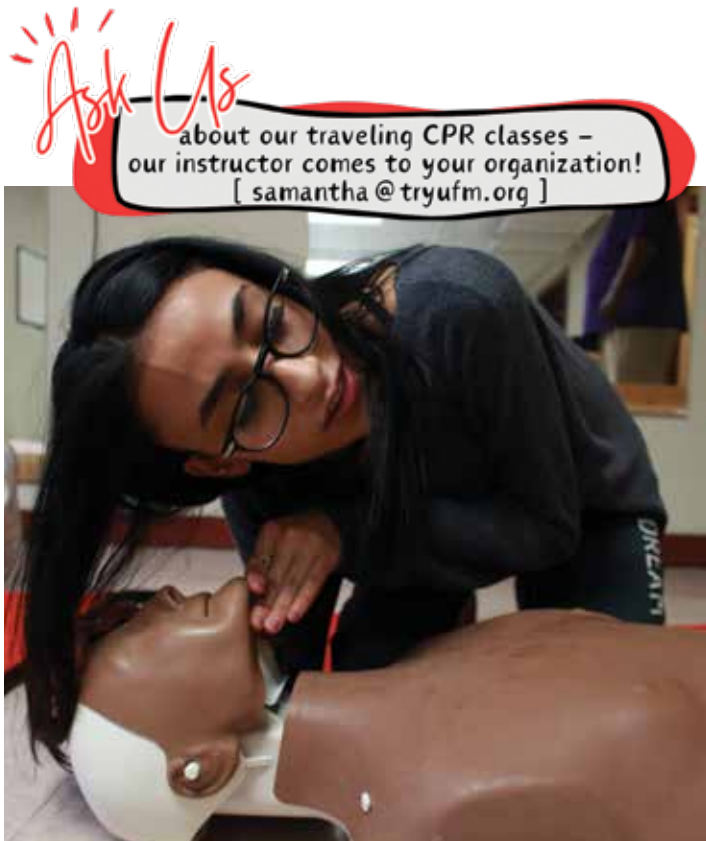
- The Psychology of the Criminal Mind
- Home & Phone Security
- Automobile & Travel Security
- Personal & Technological Security
- Self-Defense Devices and Training Options, And more!

Instructor: Robert Auten, [robert.auten@gmail.com](mailto:robert.auten@gmail.com)

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

DATE	TIME	FEE
03/02 (Sa)	9:30 AM - Noon	\$30

**Location:** UFM Solar Addition, 1221 Thurston St



CPR student practicing skills.



# YOGA

## Chair Yoga

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	01/16 - 02/06 (T)	12:15 - 1:15 PM	\$30
B	02/13 - 03/05 (T)	12:15 - 1:15 PM	\$30
C	03/19 - 04/16 (T)	12:15 - 1:15 PM	\$32
D	04/23 - 05/14 (T)	12:15 - 1:15 PM	\$30

**Location:** UFM Solar Addition, 1221 Thurston St

## Evening Yoga

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 is necessary. Yoga is for everybody.  
Instructor: Debbie Newton, dn72649@gmail.com

SEC	DATE	TIME	FEE
A	01/15 - 02/05 (M)	5:30 - 6:30 PM	\$34
B	02/12 - 03/04 (M)	5:30 - 6:30 PM	\$34
C	03/18 - 04/15 (M)	5:30 - 6:30 PM	\$37
D	04/29 - 05/27 (M)	5:30 - 6:30 PM	\$37

**Location:** First Congregational Church, 700 Poynz Ave, MHK

**aha!**  
Manhattan  
Arts & Humanities Association  
www.ahamanhattan.com

## 24AHW156

## Yoga 1

This course will cover the basic fundamentals of yoga: sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises, and an 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  
Ana Franklin began practicing yoga in the 1970s.

SEC	DATE	TIME	FEE
A	01/17 - 03/06 (W/M)	10:30 - 11:30 AM	\$99
B	01/17 - 03/06 (W/M)	4:30 - 5:30 PM	\$99
C	03/18 - 05/08 (M/W)	10:30 - 11:30 AM	\$99
D	03/18 - 05/08 (M/W)	4:30 - 5:30 PM	\$99

**Location:** Online - LIVE

#ArtsForAll

MANHATTAN ARTS CENTER

www.manhattanarts.org



# 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.

## Understanding Medicare:

### Introduction to the Basics

**24ALL27**

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 an AHIP-certified independent insurance agent focused on Medicare-related products and services.

SEC	DATE	TIME	FEE
A	02/20 - 03/05 (T)	5:30 - 6:30 PM	Community Sponsored
B	04/03 - 04/17 (W)	5:30 - 6:30 PM	Community Sponsored

**Location:** Online - LIVE

## Spring Birdwatching

**24ALL81**

Participants will be introduced to birds that spend the Spring nesting in Kansas. This course will include both classroom sessions and walking field trips to observe local birds at local birding spot. Bird walks will be leisurely with frequent stopping to look or listen to the birds. **\*Meadowlark Hills residents** see message below.

Instructor: Ted Cable, Ted Cable is Professor Emeritus of Park Management and Conservation at K-State. He has authored 14 books, several book chapters, four scenic byway video scripts, and more than 250 articles, reports, and presentations dealing with nature, travel, and heritage interpretation. He has seen more than 4,000 species of birds globally and more than 440 species in Kansas.

DATE	TIME	FEE
05/22 - 05/24 (W/Th/F)	9:30 - 11:30 AM	\$35

**Location:** Prairie Star Event Center at Meadowlark, 2121 Meadowlark Rd



## World War II in the Pacific

**NEW!**

**24ALL80**

This three-session class will examine the military actions that took place in the Pacific Theater during World War II. The first class will focus on the road to war examining the rise of militarism in Japan, the Japanese incursion into China, the establishment of the Rome-Berlin-Tokyo Axis and America's response to Japanese aggression through trade embargos and freezing of Japanese assets. The second class examines America's entry into a war with Japan, Japan's victories in 1941 and 1942, the establishment of the Greater East Asian Co-Prosperity Sphere, and the crucial carrier battles of 1942. The last class will examine the turning of the tide in the Pacific and in Asia concentrating on the China-India-Burma theater, Admiral Nimitz's Central Pacific Island Campaigns, and General Douglas MacArthur's Southwest Pacific Campaign.

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

Instructor: Robert Smith, In 1998 Robert attended K-State receiving a Master of Arts in military history in 2004 and a Ph.D. in military history in December 2008. Bob is the Director of the Fort Riley Museum Complex, Fort Riley, Kansas.

DATE	TIME	FEE
04/24 - 05/08 (W)	6:30 - 8:00 PM	\$35

**Location:** Meadowlark Hills Community Room, 2121 Meadowlark Road

### Meadowlark Hills residents:

to register for this class, please call UFM at 785-539-8763 and leave a message or email [info@tryufm.org](mailto:info@tryufm.org). All others may register online at [tryufm.org](http://tryufm.org) or by calling UFM.



NEW!

**Kansas Trails and Cowboy Poetry 24ALL82**

Kansas probably has more frontier trails than any other state, some sources say. Those trails played a fundamental role in the history of the nation and certainly of the Old West, providing a setting where the American cowboy first came to life. This class will use a cowboy perspective, including cowboy poetry, to share the creation and the legacy of the historic trails of Kansas. Santa Fe Trail, Chisholm Trail, and Oregon Trail are examples of well-known names, but these trails served different purposes and different times. The class will explore those differences and cover the Kansas frontier trails of commerce, emigration, gold-seekers, cattle shipment, and more. It will also cover specialized routes such as the Pony Express which carried the mail and the military trails which connected and supplied frontier forts. Finally, it will include travels of key explorers such as John C. Fremont, Zebulon Pike, Stephen H. Long, and Lewis & Clark, with original cowboy poems throughout the class. **\*Meadowlark Hills residents** see on page 27.

Instructor: Ron Wilson, Full bio online with class.

DATE	TIME	FEE
02/13 - 02/20 (T)	1:00 - 2:30 PM	\$35

**Location:** Meadowlark Hills Community Room, 2121 Meadowlark Road

NEW!

**Walking Tour of Manhattan's Historic City Park 24ALL83**

Join Riley County Historical Museum Director, Katharine Hensler and Curator of Education and Design, Melanie Highsmith for a comprehensive walking tour of City Park in historic, downtown Manhattan. The park has roots almost as old as the founding of the city. From its conception in 1857 to the many changes and growth it has sustained in its almost 170-year history, City Park has been a centerpiece of community heritage. From the Pioneer Log Cabin (Riley County's first museum) to the old brick works, the goldfish pond, the historic monuments, the rose garden, and Johnny Kaw himself, participants will learn much of the community's history that has centered around this 45-acre park. Please note that this is a walking tour and will last approximately 1.5 hours. The ground covered should be suitable for mobility aids such as walkers and motorized scooters. Because the tour will be held outdoors, the program will be weather dependent. Please dress accordingly. Should inclement weather arise, organizers will attempt to reschedule. **\*If you have your own transportation to City Park, please let us know when you enroll or if you will need to ride the Meadowlark Bus. \*Meadowlark Hills residents** see on page 27.

Instructor: Katharine Hensler, Full bio online with class.

DATE	TIME	FEE
05/03 (F)	10:00 - 11:30 AM	\$15

**Location:** Meadowlark Hills, 2121 Meadowlark Road

*Work, Volunteer or Intern*  
**AT A WORLD-CLASS RETIREMENT COMMUNITY!**

- Home Health
- Independent Living
- Assisted Living
- Skilled Nursing

[meadowlark.org](http://meadowlark.org)

**MEADOWLARK**  
 2121 Meadowlark Rd, Manhattan, KS | 785.537.4610



# SELF-DEFENSE

## The Manhattan Self-Defense Project

### Level 1

24AMA30

This class is for people with nomarital arts or self-defense experience. This consists of the 16 fists, (body parts to hit with), and 20 preset self-defense techniques, which will be done over and over again. We have found that it will take the average student two semesters to get the techniques down. The book, "Theory of Self-Defense, Volume One", is included in the class fee.

Instructor: Stan Wilson, (785) 313-5488

Stan Wilson has done martial arts since 1970. He founded the White Phoenix System and is a black belt in Jujutsu and King Fu. He owns over 400 books and 400 DVDs based on martial arts and self-defense.

DATE	TIME	FEE
02/05 - 02/26 (M)	7:00 - 8:00 PM	\$41

Location: UFM Solar Addition, 1221 Thurston St

## The Manhattan Self-Defense Project

### Level 2 Phase 1

24AMA32

This class is for people with some marital arts or self-defense experience. The book, "The Ultimate Self-Defense Book", is included in the class fee.

Instructor: Stan Wilson, (785) 313-5488

DATE	TIME	FEE
02/08 - 04/25 (Th)	7:00 - 8:00 PM	\$68

Location: UFM, 1221 Thurston St

## Tae Kwon Do I

24AMA01Z

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
01/16 - 05/02 (T/Th) (No class 3/12 & 3/14)	5:30 - 6:30 PM	\$72

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



UFM puts the **community** in education.

## Adult Beginner Boxing

24AMA26

Learn the basics of boxing in a safe and challenging way. All classes are instructor led and are non-contact. Equipment is provided or can be purchased. Ages 16+ may participate!

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

SEC	DATE	TIME	FEE
A	01/16 - 02/15 (T/Th)	6:30 - 7:30 PM	\$62
B	01/17 - 02/19 (W/M)	6:30 - 7:30 PM	\$62

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

## Women's Self-Defense

24AHW118Z

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 experience is 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.

DATE	TIME	FEE
01/21 - 02/18 (Su)	1:00 - 4:00 PM	\$199

Location: KSU West Stadium Room 117, 704 Denison Ave

Follow UFM



# RECREATION & FITNESS

## Pickleball 101

A 3-week class dedicated to introducing pickleball skills to beginners or refreshing the fundamentals for 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	02/06 - 02/20 (T)	6:30 - 8:30 PM	\$110
B	03/19 - 04/02 (T)	6:30 - 8:30 PM	\$110

**Location:** Anthony Recreation Center, 2415 Browning Ave

## Archery for Adults

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	01/16 - 04/30 (T) (No class 3/12)	7:30 - 8:30 PM	\$101
B	01/16 - 04/30 (T) (No class 3/12)	8:35 - 9:35 PM	\$101

**Location:** KSU West Stadium Room 117, 704 Denison Ave

## 24ARF226

## Beginning Tennis

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	02/12 - 04/29 (M) (No class 3/12)	1:00 - 2:30 PM	\$99
B	02/13 - 04/30 (T) (No class 3/12)	1:00 - 2:30 PM	\$99

**Location:** Body First, 3615 Claflin Rd

## Beginning Fencing

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
01/22 - 04/29 (M) (No class 3/11)	7:00 - 8:30 PM	\$60 - Has equipment \$93 - Use instructors

**Location:** KSU West Stadium Room 117, 704 Denison Ave



Fencing student practicing.



## Scuba Diving

24AAQ105Z

This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include: introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$115 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 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	01/22 - 02/25 (M/Su)	Times vary	\$257
B	03/18 - 04/28 (M/Su)	Times vary	\$257

\* Non-refundable material fee of \$50 for withdrawing after the first day. \*\* See tryufm.org for full class schedule.

Location: Online - Live/Zoom and In-person at the JC YMCA, 1703 McFarland Rd, Junction City

## RECREATION & FITNESS

## Intermediate Bowling

24ARF168Z

This intermediate bowling course will include lessons on the three factors of rolling the ball: ball weights and how they affect the path down the lane; how different ball surfaces affect ball reaction; and differences in ball cover stocks, counterweights, and balance holes. Students will learn how to play different lane conditions, how that affects the ability to score, and how to make lane adjustments. Advanced bowling terminology, the history of the game of bowling, and governing bodies will be discussed in class. There will be videotaping of the student bowler for review and to document progress. Available for KSU credit. Ages 16+.

Instructor: Chris Srackangast

DATE	TIME	FEE
01/22 - 04/29 (M) (No class 3/11)	2:30 - 3:20 PM	\$80

Location: KSU Student Union - Bowling Alley



The Grassroots Community Education Award is an annual recognition given by UFM Community Learning Center to someone in Kansas who has made an outstanding contribution to grassroots community education and learning. This past September, we celebrated the 44th time UFM has presented this award.

Our recipient in 2023 was Terry Olson. Terry came to our attention with a suggestion from Sue Maes, for her work teaching UFM classes on identifying and eating wild plants. Terry has been active as the Director of Educational Programming for the Konza Prairie, and Friends of Kansas State Gardens Board which allowed her to help with the restoration of their rose garden. She also worked with the City of Manhattan horticultural staff in an advisory role to help improve the rose garden in City Park. While her children were in 4-H, she was the Plant Science leader and served as the local judge for horticulture for decades. Terry learned about the plant business from her parents who pioneered a wholesale bedding plants business (Kaw Valley Greenhouses). In the summer of '76, she found her career calling by running Eastside Market and developed her mission of providing "fine fruits, fresh vegetables, and fast friendly service" for 43 years. Terry has concentrated on learning about native plants and identifying the ones that could be safely consumed.

Terry co-taught a UFM class, "Edible Native Plants," at Prairiewood Retreat with her friend, Sue Maes, in the spring of 2021. Sue also invited Kelly Yarbrough, a local artist, and Friends of Konza Board leader, to help guide the class. In this class, common edible native plants were identified and plants were shown growing throughout the year. After a stroll on the grounds at Prairiewood, participants received samples of foods prepared using natives, like sumac tea, stinging nettle quiche, and fried milkweed pods.

For all Terry has done by sharing grassroots community education and her love of plants through UFM, we recognized her in September 2023 with the UFM Grassroots Community Education Award. Terry was also presented with a canvas photo by Scott Bean, a former UFM photography instructor, and a vase of perpetual roses. Congratulations to Terry Olson!



# YOUTH

## Youth STEAM Birthday Bash!

**We set it up. You have fun!**

**24AYO164**

Have a birthday at UFM Community Learning Center where learning is fun! We can give your child a personalized birthday to remember. Your child can invite up to 15 friends to enjoy a STEAM (Science, Technology, Engineering, Art, and Math) activity in one of our UFM classrooms. UFM will provide a themed sheet cake, tablecloth, and tableware for two hours of birthday fun! Please note: As a community learning space, families are expected to clean up the space after the event. Please contact Aliah Mestrovich Seay, [aliah@tryufm.org](mailto:aliah@tryufm.org).

## Concepts & Techniques in Contemporary Art:

Each class will explore a technique or concept. Learn to define strategies, techniques, and artistic concepts to develop your artistic goals. Background: From Painting to Conceptual Art and the Expanded Concept of Art. (Antecedents: Duchamp, Warhol, Beuys, Kosuth, Pollock) The cultural work of Pablo Díaz Carballo begins in his painting with the metaphor of The House of the Mind and in Conceptual Art with the question: What is Art? In this way, the work developed beyond the art studio, from 1999 to the present. The conceptual work of art was transformed into a Cultural work of art (IDEO ARTE) that benefited more than 4,620 students, and indirectly more than 15,000 people. The painting is the key. More information: [www.pablodiazcarballo.com](http://www.pablodiazcarballo.com)

**NEW!**

Instructor: Pablo Diaz Carballo

Pablo Díaz Carballo is an international artist who works in painting and contemporary art. His painting gave rise to a Conceptual Art proposal that became a Cultural Work of Art.

## Preschool (3-5)

**24AYO186**

DATE	TIME	FEE
03/11 - 03/13 (M/W)	9:00 - 10:00 AM	\$77

## 6-13 years old

**24AYO187**

DATE	TIME	FEE
03/11 - 03/13 (M/W)	10:00 - 11:00 AM	\$77

## Teenagers (13-18)

**24AYO188**

DATE	TIME	FEE
03/11 - 03/13 (M/W)	11:00 AM - Noon	\$77

## 6-13 years old

**24AYO189**

DATE	TIME	FEE
03/11 - 03/13 (M/W)	1:00 - 2:00 PM	\$77

**Location:** UFM Solar Addition, 1221 Thurston St

## The Art of Origami

**NEW!**

**24AYO194**

Learn Origami -- how to make fun fidgets, animals, tools, objects and more. Discover the techniques of folding paper to make incredible things. Together, we'll have fun and create great Origami.

Instructor: Olinga Grover, Olinga Grover is an 11-year-old who loves Origami. He has been doing Origami for 5 years and loves teaching other people this fascinating art form.

DATE	TIME	FEE
01/22 - 02/12 (M)	6:30 - 7:15 PM	\$35

**Location:** UFM Fireplace Room, 1221 Thurston St

## Programming with Python

**24AYO191**

This class teaches Python from the basics. It gives the opportunity for students to learn different coding techniques and develop a solid understanding of Python. Throughout the session, students will be working on building their knowledge by learning 3 of the programming concepts that all programming languages require. The class is suitable for students in 5th through 9th grade.

Instructor: Angie Chae

DATE	TIME	FEE
04/06 - 04/27 (Sa)	11:00 AM - 12:30 PM	\$24

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

## Youth Beginner Boxing

**24AYO149**

Participants will learn the importance of discipline and hard work along with boxing skills. Ages 6 - 15 years old may participate!

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

SEC	DATE	TIME	FEE
A	01/16 - 02/15 (T/Th)	6:30 - 7:30 PM	\$62
B	01/17 - 02/19 (W/M)	4:30 - 5:30 PM	\$62

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

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





**Girl...STOP!**

NEW!

**24AYO193**

Sometimes, as parents, we feel we are not getting through to our young ladies. Often, all they need is an outlet to talk to other girls their age. Girl...STOP! is just the place to do this. We have activities that help build our young ladies up and create strong and positive women of the future. Girl...STOP! meets every Saturday at the UFM Community Center. We have received scholarship funds to allow us to offer our program for a small fee, which is the cost of the materials needed for the activities each Saturday. Each Saturday is a different activity. Girl groups are great for communication and self-awareness. This girl group will help in several areas: bullying, weight shaming, positive communication, and much more. Our program is for young ladies, 6th-8th grade. Our activities include, Charm School, Formal Table Manners, Picture Perfect, Community Service activities and much more. Girls Ages 13+.

Instructor: Pamela Green Nealey, Pamela has 28 years of service working with young ladies. She is known as the "Girl Guru" for her ability to empower young ladies to push through challenges and overcome obstacles. Her girl groups have lasted many years and create a sisterhood like no other. "Building young ladies up is my Superpower!"

DATE	TIME	FEE
01/13 - 03/16 (Sa)	2:00 - 4:00 PM	\$58

**Location:** UFM Fireplace Room, 1221 Thurston St

**#RelationshipGoals**

NEW!

This relationship education program teaches teens, 13-19, the skills necessary to improve relationships with friends, peers, and family! Each session is led by a relationship coach and covers topics such as relationship expectations and values, characteristics of healthy and unhealthy relationships, stress management, conflict resolution strategies, communication skills, self-awareness and regulation, decision-making, goal setting, and sexual health and safety and allows teens to practice the communication, negotiation, decision-making, and assertiveness skills they need to create healthy relationships throughout their lives.

Instructor: Zenobia Charania

**In-person class for 13–15-year-olds 24AYO195**

DATE	TIME	FEE
01/20 - 05/04 (Sa) (No class 03/09 & 03/16)	10:00 AM - Noon	\$33

**Location:** KSU Justin Hall

**Online class for 16–19-year-olds 24AYO196**

DATE	TIME	FEE
01/16 - 05/07	Asynchronous - Online	\$49



page 9 for  
**Dungeons & Dragons**  
classes offered for Ages 13+.

**American Red Cross**

**Babysitter's Clinic**

**24AYO23**

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 videos, 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.

**Class meeting dates:**

Friday, March 22nd from 5:30 - 7:30pm  
Saturday, March 23rd from 8:00am - Noon  
Instructor: Melissa Copp

DATE	TIME	FEE
03/22 - 03/23 (F/Sa)	See class description	\$76

\*Enrollment deadline: 02/09/23 by noon. After this date, please call the office to see if a late enrollment is possible.

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

**TEEN MENTORING**

For more information about or to apply for the mentoring program, visit [www.tryufm.org](http://www.tryufm.org) or email [Abby@tryufm.org](mailto:Abby@tryufm.org)



# UFM K-6 After School Program

## Creative Explorers: Art, Tutoring, and Science Adventures

Join our engaging 12-week After School Program, where we cultivate a community of peacemakers, empowering youth and fostering their social, emotional, and community awareness skills. Our program is tailor-made for elementary school youth (grades K-6) who seek educational support in math and reading who also may want to explore science and art activities. Operated by dedicated community volunteers with extensive training and UFM core staff, our program offers a unique blend of artistic exploration and academic reinforcement. By creating integrated culturally responsive learning environments, youth just learn better!

Our program caters to both individual learning needs and team-building activities, ensuring a well-rounded educational experience with brain breaks, and -visual, kinesthetic, and auditory learning to diversify the educational experience. To maintain a high-quality learning environment, all students will initially be placed on a waitlist while we assess program eligibility and determine the optimal tutor-to-student ratio.

We also rely on the generous support of donations to fund and expand our program offering needs-based scholarships to youth in our program. If you would like to contribute and make a difference, please visit our donation page at <https://tryufm.org/donate/> or contact our office at 785.539.8763. Don't miss this opportunity to nurture the youth in your community as they develop their artistic talents, academic skills, and community spirit.

UFM is a Qualified Education Service Provider (QESP) with the Kansas Education Enrichment Program (KEEP). KEEP "provides qualifying parents and guardians with a \$1,000 award per eligible child to pay for a variety of educational goods and services that promote learning recovery and facilitate academic enrichment opportunities."



Join our After School Program today and be a part of our journey toward academic achievement, social-emotional learning, and personal empowerment!

Instructors: Jackie Hernandez, Mia Mondragon, Kassandra Moreno, & Makenzi Umphenour

Sessions are January 29th to April 25th from 4:00 - 6:00 PM.

Please make sure to enroll in the correct session(s):

- Session A: Arts and Sciences on Mondays and Wednesdays
- Session B: Math and Reading on Tuesdays and Thursdays
- Session C: Arts, Sciences, Math, Reading on Mondays, Tuesdays, Wednesdays, and Thursdays

Location: UFM Teaching & Learning Rm, 1221 Thurston St



# YOUTH TENNIS

## Pre-K Tennis (Age 4 - 5)

Get the wiggles out! 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' ft courts, foam or red balls, and 19" or smaller rackets.

Instructor: Body First Staff

SEC	DATE	TIME
A	01/16 - 02/01 (T/Th)	5:00 - 5:30 PM
B	02/06 - 02/29 (T/Th)	5:00 - 5:30 PM
C	03/19 - 04/11 (T/Th)	5:00 - 5:30 PM
D	04/16 - 05/02 (T/Th)	5:00 - 5:30 PM
E	05/07 - 05/23 (T/Th)	5:00 - 5:30 PM

No Class: 03/01, 03/28, 04/12

**FEES:** \*Select Tuesdays OR Thursdays OR Both\*

A, D, & E: Tues - \$54 / Thurs - \$54 / Tues & Thurs - \$70  
 B: Tuesdays - \$68 / Thursdays - \$68 / Tues & Thurs - \$89  
 C: Tuesdays - \$68 / Thursdays - \$54 / Tues & Thurs - \$80

**Location:** Body First, 3615 Claflin Rd

## 24AYT1

## Red Ball Tennis (Kindergarten - Age 8) 24AYT2

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

Instructor: Body First Staff

SEC	DATE	TIME
A	01/16 - 02/01 (T/Th)	5:30 - 6:10 PM
B	02/06 - 02/29 (T/Th)	5:30 - 6:10 PM
C	03/19 - 04/11 (T/Th)	5:30 - 6:10 PM
D	04/16 - 05/02 (T/Th)	5:30 - 6:10 PM
E	05/07 - 05/23 (T/Th)	5:30 - 6:10 PM

No Class: 03/01, 03/28, 04/12

**FEES:** \*Select Tuesdays OR Thursdays OR Both\*

A, D, & E: Tues - \$60 / Thurs - \$60 / Tues & Thurs - \$90  
 B: Tuesdays - \$76 / Thursdays - \$76 / Tues & Thurs - \$116  
 C: Tuesdays - \$76 / Thursdays - \$60 / Tues & Thurs - \$103

**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](http://www.bodyfirst.com)



## Orange Ball Tennis (Ages 9-10) 24AYT3

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	01/16 - 02/01 (T/Th)	6:15 - 7:15 PM
B	02/06 - 02/29 (T/Th)	6:15 - 7:15 PM
C	03/19 - 04/11 (T/Th)	6:15 - 7:15 PM
D	04/16 - 05/02 (T/Th)	6:15 - 7:15 PM
E	05/07 - 05/23 (T/Th)	6:15 - 7:15 PM

No Class: 03/01, 03/28, 04/12

**FEES:** \*Select Tuesdays OR Thursdays OR Both\*

A, D, & E: Tues - \$72 / Thurs - \$72 / Tues & Thurs - \$108

B: Tuesdays - \$92 / Thursdays - \$92 / Tues & Thurs - \$140

C: Tuesdays - \$92 / Thursdays - \$72 / Tues & Thurs - \$124

**Location:** Body First, 3615 Claflin Rd

**CHECK THIS OUT!**

## Scholarship Opportunity!

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.

## Green Ball Tennis (Ages 10-12) 24AYT4

This class is designed for beginner and intermediate level players ages 11-13. 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	01/19 - 02/02 (M/F)	5:00 - 6:15 PM
B	02/05 - 02/26 (M/F)	5:00 - 6:15 PM
C	03/18 - 04/08 (M/F)	5:00 - 6:15 PM
D	04/15 - 05/03 (M/F)	5:00 - 6:15 PM
E	05/06 - 05/24 (M/F)	5:00 - 6:15 PM

No Class: 03/01, 03/28, 04/12

**FEES:** \*Select Mondays OR Fridays OR Both\*

A: Mondays - \$62 / Fridays - \$87 / Mon & Fri - \$117

B & C: Mondays - \$112 / Fridays - \$87 / Mon & Fri - \$149

D & E: Mondays - \$87 / Fridays - \$87 / Mon & Fri - \$129

**Location:** Body First, 3615 Claflin Rd

## Teen Tennis (Ages 13+) 24AYT5

Gives teens the opportunity to improve, and develop tennis skills in a low pressure, fun environment. Perfect for youth players wanting who are coming back to tennis, those wanting to try out for their school tennis team for the first time, or those who are wanting to learn to play the game of tennis.

Instructor: Body First Staff

SEC	DATE	TIME
A	01/19 - 02/02 (M/F)	6:15 - 7:30 PM
B	02/05 - 02/26 (M/F)	6:15 - 7:30 PM
C	03/18 - 04/08 (M/F)	6:15 - 7:30 PM
D	04/15 - 05/03 (M/F)	6:15 - 7:30 PM
E	05/06 - 05/24 (M/F)	6:15 - 7:30 PM

No Class: 03/01, 03/28, 04/12

**FEES:** \*Select Mondays OR Fridays OR Both\*

A: Mondays - \$62 / Fridays - \$87 / Mon & Fri - \$117

B & C: Mondays - \$112 / Fridays - \$87 / Mon & Fri - \$149

D & E: Mondays - \$87 / Fridays - \$87 / Mon & Fri - \$129

**Location:** Body First, 3615 Claflin Rd

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



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](http://www.tryufm.org)

- 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/>

- 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](http://k-state.edu/accesscenter), (785)-532-6441, or email [accesscenter@k-state.edu](mailto:accesscenter@k-state.edu)) and their course instructor. Early notification is requested to ensure that accommodations can be provided in a timely manner.

REFERENCE # - TITLE	TIME	DATE	LOCATION
---------------------	------	------	----------

**DANCE 599**

13686 - Yoga	4:30-5:30pm	1/16-3/8 (M/W)	Online
13773 - Yoga	10:30-11:30am	1/16-3/8 (M/W)	Online
13687 - Yoga	4:30-5:30pm	3/18-5/10 (M/W)	Online
13685 - Yoga	10:30-11:30am	3/18-5/10 (M/W)	Online
16990 - Salsa Dancing	1:00-2:15pm	1/23-4/23 (Th)	BDS
16989 - Salsa Dancing	1:00-2:15pm	1/23-4/23 (Tu)	BDS
14614 - Kukuwa Dance Workout	5:30-6:30pm	1/16-3/08 (T/TH)	West Stadium 117 & Zoom
16708 - Kukuwa Dance Workout	5:30-6:30pm	3/18-5/10 (T/TH)	West Stadium 117 & Zoom

**KIN 101**

14550 - Pole Fitness	4:30-5:30pm	1/16-3/08 (T/TH)	Elevation Studios
14552 - Pole Fitness	4:30-5:30pm	3/18-5/10 (T/TH)	Elevation Studios
14564 - Pole Fitness	2:30-3:30pm	1/16-3/08 (M/W)	Elevation Studios
14563 - Pole Fitness	2:30-3:30pm	3/18-5/10 (M/W)	Elevation Studios
16304 - Pole Silks	2:30-3:30pm	1/16-3/08 (T/TH)	Elevation Studios
16305 - Pole Silks	2:30-3:30pm	3/18-5/10 (T/TH)	Elevation Studios
15946 - Pole Fitness	4:30-5:30pm	3/18-5/10 (M/W)	Elevation Studios
17185 - Pole Fitness II	3:30-4:30pm	1/16-3/08 (M/W)	Elevation Studios
14553 - Pole Fitness II	3:30-4:30pm	3/18-5/10 (M/W)	Elevation Studios
14558 - Reformer Pilates	8:00-9:00am	1/16-3/08 (M/W)	Little Apple Pilates
16707 - Reformer Pilates	8:00-9:00am	3/18-5/10 (M/W)	Little Apple Pilates
14557 - Reformer Pilates	8:00-9:00am	1/16-3/08 (T/TH)	Little Apple Pilates



**KIN 101 (continued)**

16201 - Reformer Pilates	8:00-9:00am	3/18-5/10 (T/TH)	LAP
13780 - Pilates	9:00-10:00am	1/16-3/08 (M/W)	LAP
13782 - Pilates	9:00-10:00am	1/16-3/08 (T/TH)	LAP
16202 - Pilates	9:00-10:00am	3/18-5/10 (M/W)	LAP
13781 - Pilates	9:00-10:00am	3/18-5/10 (T/TH)	LAP
13777 - Hot Pilates	12:00-1:00pm	1/16-3/08 (T/TH)	LAP
13776 - Hot Pilates	12:00-1:00pm	3/18-5/10 (T/TH)	LAP
13775 - Aerial Hammock Fitness	10:15-11:15am	1/16-3/08 (M/W)	LAP
13691 - Aerial Hammock Fitness	4:30-5:30pm	1/16-3/08 (M/W)	LAP
15395 - Aerial Hammock Fitness	10:15-11:15am	3/18-5/10 (M/W)	LAP
13774 - Aerial Hammock Fitness	4:30-5:30pm	3/18-5/10 (M/W)	LAP
15395 - Aerial Hammock Stretching & Floor Flexibility	5:30-6:30pm	1/16-3/08 (T/TH)	LAP
15397 - Aerial Hammock Stretching & Floor Flexibility	5:30-6:30pm	3/18-5/10 (T/TH)	LAP
15398 - Aerial Silks	10:15-11:15am	1/16-3/08 (T/TH)	LAP
15399 - Aerial Silks	10:15-11:15am	3/18-5/10 (T/TH)	LAP
14556 - Hot Yoga	12:00-1:00pm	1/16-3/08 (M/W)	LAP
14555 - Hot Yoga	12:00-1:00pm	3/18-5/10 (M/W)	LAP
13779 - Hot Yoga	6:30-7:30pm	1/16-3/08 (T/TH)	LAP
13778 - Hot Yoga	6:30-7:30pm	3/18-5/10 (T/TH)	LAP
15400 - Men's Yoga	1:15-2:15pm	1/16-3/08 (M/W)	LAP
15402 - Men's Yoga	1:15-2:15pm	3/18-5/10 (M/W)	LAP
15406 - AcroYoga	1:15-2:15pm	1/16-3/08 (T/TH)	LAP
15407 - AcroYoga	1:15-2:15pm	3/18-5/10 (T/TH)	LAP
14272 - Dance Fitness	5:30-6:30pm	1/16-3/08 (W/F)	LAP
13690 - Dance Fitness	5:30-6:30pm	3/18-5/10 (W/F)	LAP
15403 - Chair Dance Fitness	3:30-4:30pm	1/16-3/08 (M/W)	LAP
15405 - Chair Dance Fitness	3:30-4:30pm	3/18-5/10 (M/W)	LAP
14562 - Trampoline Cardio	3:30-4:30pm	1/16-3/08 (T/TH)	LAP
14561 - Trampoline Cardio	3:30-4:30pm	3/18-5/10 (T/TH)	LAP
14560 - Lyra Fitness	4:30-5:30pm	1/16-3/08 (T/TH)	LAP
14559 - Lyra Fitness	4:30-5:30pm	3/18-5/10 (T/TH)	LAP
16173 - Beginner Tumbling	11:00am-12:30pm	1/16-3/08 (T/TH)	Paragon
13692 - Beginner Tumbling	11:00am-12:30pm	3/18-5/10 (T/TH)	Paragon
16172 - Back Handspring and Above	1:00-2:30pm	1/16-3/08 (T/TH)	Paragon
13693 - Back Handspring and Above	1:00-2:30pm	3/18-5/10 (T/TH)	Paragon
16171 - Ninja Movement	3:00-4:30pm	1/16-3/08 (T/TH)	Paragon
14112 - Ninja Movement	3:00-4:30pm	3/18-5/10 (T/TH)	Paragon
16307 - Intro to Cross Fit	9:00-10:15am	1/16-3/08 (T/TH)	Crossfit 785
16308 - Intro to Cross Fit	9:00-10:15am	3/18-5/10 (T/TH)	Crossfit 785
16309 - Introduction to Powerlifting	3:00-4:15pm	1/16-3/08 (T/TH)	Crossfit 785
16314 - Introduction to Powerlifting	3:00-4:15pm	3/18-5/10 (T/TH)	Crossfit 785
16310 - Intro to Weight Lifting & Exercise	10:15-11:30am	1/16-3/08 (T/TH)	Crossfit 785
16313 - Intro to Weight Lifting & Exercise	10:15-11:30am	3/18-5/10 (T/TH)	Crossfit 785
16311 - Marathon Training: 5k to a Half Marathon	1:00-2:15pm	1/16-3/08 (T/TH)	Crossfit 785
16312 - Marathon Training: 5k to a Half Marathon	1:00-2:15pm	3/18-5/10 (T/TH)	Crossfit 785



**RRES 200**

13711 - First Aid CPR	5:00-8:00pm	1/16-3/08 (W)	UFM
13707 - First Aid CPR	5:00-8:00pm	3/18-5/10 (W)	UFM
13705 - First Aid CPR	12:00-7:30pm	1/27-1/28 (Sa/Su)	UFM
13708 - First Aid CPR	12:00-7:30pm	2/24-2/25 (Sa/Su)	UFM
13706 - First Aid CPR	12:00-7:30pm	3/23-3/24 (Sa/Su)	UFM
13709 - First Aid CPR	12:00-7:30pm	4/27-4/28 (Sa/Su)	UFM
13666 - Beginning Bowling	10:30-11:20am	1/16-5/3 (M)	Student Union
13667 - Beginning Bowling	10:30-11:20am	1/16-5/3 (T)	Student Union
13668 - Beginning Bowling	2:30-3:20pm	1/16-5/3 (T)	Student Union
13669 - Beginning Bowling	2:30-3:20pm	1/16-5/3 (W)	Student Union
13702 - Intermediate Bowling	2:30-3:20pm	1/16-5/3 (M)	Student Union
15802 - Beginning Tennis	1:00-2:30pm	2/12-4/29 (M)	Body First
15801 - Beginning Tennis	1:00-2:30pm	2/13-4/30 (T)	Body First
13704 - Golf	2:00-4:00pm	3/19-5/10 (T)	Stagg Hill
14075 - Golf	2:00-4:00pm	3/20-5/10 (W)	Stagg Hill
13731 - Tae Kwon Do	5:30-6:30pm	1/23-5/3 (T/TH)	Sun Yi's Academy
15015 - Woodturning	8:00am-5:00pm	2/17 & 2/18 (Sa/Su)	Red Oak Hollow
16154 - Woodturning	8:00am-5:00pm	4/27 & 4/28 (Sa/Su)	Red Oak Hollow
17098 - Women's Boxing 1	4:30-5:30pm	1/16-3/08 (T/TH)	KO Boxing
17100 - Women's Boxing 1	4:30-5:30pm	3/18-5/10 (T/TH)	KO Boxing
15879 - Women's Boxing 2	4:30-5:30pm	1/16-3/08 (T/TH)	KO Boxing
15882 - Women's Boxing 2	4:30-5:30pm	3/18-5/10 (T/TH)	KO Boxing
15883 - Women's Boxing 3	4:30-5:30pm	1/16-3/08 (T/TH)	KO Boxing
15884 - Women's Boxing 3	4:30-5:30pm	3/18-5/10 (T/TH)	KO Boxing
16332 - Women's Boxing 4	4:30-5:30pm	1/16-3/08 (T/TH)	KO Boxing
16334 - Women's Boxing 4	4:30-5:30pm	3/18-5/10 (T/TH)	KO Boxing
13730 - Women's Self Defense	1:00-4:00pm	1/21-2/18 (SU)	West Stadium 117
14101 - Beginning Fencing	7:00-8:30pm	1/16-5/3 (M)	West Stadium 117
14668 - Meditation & Movement	5:30-6:30pm	1/16-5/3 (M)	West Stadium 117
13735 - Archery	7:30-8:30pm	1/16-5/3 (T)	West Stadium 117
13736 - Archery	8:35-9:35pm	1/16-5/3 (T)	West Stadium 117
16865 - Head to Toe Foam Rolling	6:30-7:30pm	1/16-3/08 (T/TH)	UFM
16866 - Head to Toe Foam Rolling	6:30-7:30pm	3/18-5/10 (T/TH)	UFM
13700 - Scuba Diving	Various Times	1/22-2/25 (M/Su)	JC YMCA/Zoom
13701 - Scuba Diving	Various Times	3/18-4/28 (M/Su)	JC YMCA/Zoom
14232 - Co-Ed Boxing 1	9:00-10:00am	1/16-3/08 (M/W)	KO Boxing
13671 - Co-Ed Boxing 1	6:30-7:30pm	1/16-3/08 (M/W)	KO Boxing
16947 - Co-Ed Boxing 1	9:00-10:00am	1/16-3/08 (T/TH)	KO Boxing
13670 - Co-Ed Boxing 1	1:00-2:00pm	1/16-3/08 (T/TH)	KO Boxing
13733 - Co-Ed Boxing 1	6:30-7:30pm	1/16-3/08 (T/TH)	KO Boxing
13721 - Co-Ed Boxing 1	9:00-10:00am	3/18-5/10 (M/W)	KO Boxing
13732 - Co-Ed Boxing 1	9:00-10:00am	3/18-5/10 (T/TH)	KO Boxing
16948 - Co-Ed Boxing 1	1:00-2:00pm	3/18-5/10 (T/TH)	KO Boxing
13734 - Co-Ed Boxing 1	6:30-7:30pm	3/18-5/10 (M/W)	KO Boxing
13714 - Co-Ed Boxing 1	6:30-7:30pm	3/18-5/10 (T/TH)	KO Boxing
14651 - Co-Ed Boxing 2	8:00-9:00am	1/16-3/08 (M/W)	KO Boxing
14653 - Co-Ed Boxing 2	8:00-9:00am	1/16-3/08 (T/TH)	KO Boxing
13715 - Co-Ed Boxing 2	5:30-6:30pm	1/16-3/08 (M/W)	KO Boxing
13717 - Co-Ed Boxing 2	5:30-6:30pm	1/16-3/08 (T/TH)	KO Boxing



Reference # - TITLE	TIME	DATE	LOCATION
<b>RRES 200 (continued)</b>			
16422 - Co-Ed Boxing 2	7:30-8:30pm	1/16-3/08 (T/TH)	KO Boxing
14654 - Co-Ed Boxing 2	8:00-9:00am	3/18-5/10 (M/W)	KO Boxing
13716 - Co-Ed Boxing 2	8:00-9:00am	3/18-5/10 (T/TH)	KO Boxing
16423 - Co-Ed Boxing 2	5:30-6:30pm	3/18-5/10 (M/W)	KO Boxing
13718 - Co-Ed Boxing 2	5:30-6:30pm	3/18-5/10 (T/TH)	KO Boxing
14655 - Co-Ed Boxing 2	7:30-8:30pm	3/18-5/10 (T/TH)	KO Boxing
16424 - Co-Ed Boxing 3	8:00-9:00am	1/16-3/08 (M/W)	KO Boxing
14656 - Co-Ed Boxing 3	8:00-9:00am	1/16-3/08 (T/TH)	KO Boxing
13719 - Co-Ed Boxing 3	5:30-6:30pm	1/16-3/08 (M/W)	KO Boxing
14652 - Co-Ed Boxing 3	5:30-6:30pm	1/16-3/08 (T/TH)	KO Boxing
14657 - Co-Ed Boxing 3	7:30-8:30pm	1/16-3/08 (T/TH)	KO Boxing
14658 - Co-Ed Boxing 3	8:00-9:00am	3/18-5/10 (M/W)	KO Boxing
14660 - Co-Ed Boxing 3	8:00-9:00am	3/18-5/10 (T/TH)	KO Boxing
14659 - Co-Ed Boxing 3	5:30-6:30pm	3/18-5/10 (M/W)	KO Boxing
14662 - Co-Ed Boxing 3	5:30-6:30pm	3/18-5/10 (T/TH)	KO Boxing
16425 - Co-Ed Boxing 3	7:30-8:30pm	3/18-5/10 (T/TH)	KO Boxing
14661 - Co-Ed Boxing 4	8:00-9:00am	1/16-3/08 (M/W)	KO Boxing
14663 - Co-Ed Boxing 4	8:00-9:00am	1/16-3/08 (T/TH)	KO Boxing
13712 - Co-Ed Boxing 4	5:30-6:30pm	1/16-3/08 (M/W)	KO Boxing
13713 - Co-Ed Boxing 4	5:30-6:30pm	1/16-3/08 (T/TH)	KO Boxing
16426 - Co-Ed Boxing 4	7:30-8:30pm	1/16-3/08 (T/TH)	KO Boxing
14664 - Co-Ed Boxing 4	8:00-9:00am	3/18-5/10 (M/W)	KO Boxing
14666 - Co-Ed Boxing 4	8:00-9:00am	3/18-5/10 (T/TH)	KO Boxing
14665 - Co-Ed Boxing 4	5:30-6:30pm	3/18-5/10 (M/W)	KO Boxing
16427 - Co-Ed Boxing 4	5:30-6:30pm	3/18-5/10 (T/TH)	KO Boxing
14667 - Co-Ed Boxing 4	7:30-8:30pm	3/18-5/10 (T/TH)	KO Boxing

**In-person locations:**

- BDS: Ballroom Dance School, 416 Laramie St
- Body First Wellness & Recreation Center, 3615 Claflin Rd
- Crossfit 785, 511 Richards Drive
- Elevation Studios MHK, 1125 Laramie, Suite A
- K.O. Boxing, 2048 Tuttle Creek Blvd. (In the basement under Shelter Insurance)
- Konza Strength, 1019 Hostetler Dr, Suite G, Manhattan
- KSU Student Union, Union Bowling Alley, KSU Campus
- LAP, Little Apple Pilates Co., 121 S. 4th St. Suite 106 (next door to Wine Dive)
- Paragon Performance Sports, 4701 Stagg Hill Rd
- Red Oak Hollow Lathe Works, 4025 Walnut Creek Dr., Wamego, KS
- Stagg Hill Golf Club, 4441 Stagg Hill Rd
- Sun Yi's Academy, 1125 Laramie Plaza, Suite H
- UFM, 1221 Thurston St (UFM Community Learning Center)
- West Stadium, Rm 117, 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 that 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 UFM at [info@tryufm.org](mailto:info@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 refunds 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](mailto: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/](http://www.tryufm.org/donate/).

## CONTACT US

Phone: (785) 539-8763 • Email: [info@tryufm.org](mailto:info@tryufm.org)

## ABOUT KSU CREDIT COURSES

### CREDIT CLASS ENROLLMENT

K-State students enroll through KSIS. For credit enrollment questions, contact Samantha, [sam246@ksu.edu](mailto:sam246@ksu.edu) or Erin, [eford23@ksu.edu](mailto:eford23@ksu.edu) at UFM.

### KANSAS STATE UNIVERSITY TUITION AND FEES SPRING 2024 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 fee rates are available at [k-state.edu/costs](http://k-state.edu/costs).

Choose your campus at:

<https://www.k-state.edu/finsvcs/cashiers/costs/comprehensive-tuition-fee-schedules/> then view tuition/fee information specific to your enrollment plans. You may also view the University-wide Fall 2023/Spring 2024/Summer 2024. Comprehensive Fee Schedule for complete details at: <https://www.k-state.edu/finsvcs/cashiers/costs/comprehensive-tuition-fee-schedules/documents/2023-2024/FY24-KSU-Comprehensive-Fee-Schedule.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](mailto: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+ \_\_\_\_\_

24ALA75	B	American Sign Language	51.00

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.



1221 Thurston St  
Manhattan, KS 66502

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

## Spring 2024 Catalog



To enroll please visit [tryufm.org](http://tryufm.org) or call (785) 539-8763.