

UFM puts the **community** in education.



**UFM**

a University For huMankind



Community ESL  
for Adults

*a look  
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[tryufm.org](https://tryufm.org)

# UFM SUMMER 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

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## UFM SUMMER 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.*

Natalie Beharry	Travus Lexroux
Becky Behling	Sue Maes
Brian Braun	Pedro Marquez
Sydney Brinneman	Pedro Melendez
Angie Chae	Camille Meritan
Cary Chappell	Justin Montney
Zenobia Charania	Naho Nagai
Melissa Copp	Debbie Newton
Jeremy Dembowski	Terry Olson
Sarah Denton	Hannah Parker
John Epps	Georgia Nonte Perez
Body First Staff	Vivian Price
Monica Franco	Kyler Reith
Ana Franklin	Robert Rosenberg
Kat Goetting	Lucas Shivers
Mark Grimsley	Melinda Sinn
Olinga Grover	Robert Smith
Eliana Gueron	Chris Sorensen
Vanessa Hager	Neal Strathman
Barbara Hanae Johnson	Michelle Toews
Sabrina Handy	Amber Vennum
Caity Hinnergardt	Tim Vettel
Joanna Howe	Betty Wilson
Jake Huber	Kirk Wilson
Marsha Jensen	Stan Wilson
David Jones	Kelly Yarbrough
Jane Kim	Dukno Yoon
Mary Kohn	Voices For All, LLC

## UFM STAFF

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Operations Coordinator   <b>OLENA CSIZS</b>
YouthBuild Trade Skills Coordinator   <b>ROBERT DUTEAU</b>
Bilingual Office Coordinator   <b>JACKIE HERNANDEZ</b>
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YouthBuild Director   <b>DR. LORENZA LOCKETT</b>
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YouthBuild Case Manager   <b>ADRIANNA PRATT</b>
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Integrated Finance & Human Resource Coordinator   <b>LINDA INLOW TEENER</b>
KSU Credit Coordinator/Lifetime Learning   <b>ERIN FORD TRAUDT</b>



Catalog layout & design by Samantha Lovitt

## BOARD OF DIRECTORS

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		Chase Jordan		

## Hello community!

Summer is upon us and we have so much to be grateful for.

We have hired a new Education Coordinator, Jake Huber, who has a wealth of community-engaged experiences and connections he is generously sharing with UFM. Jake comes to us with an entrepreneurial spirit currently finishing up his second bachelor's at K-State from the College of Business. He has hit the ground running and has added to our summer catalog offerings in the first few weeks on the job. Jake is also a Marine Corps veteran, and we sincerely thank him for his service. We also have a new Project EXCELL Coordinator-in-Training, Mindy Huber (Yes, there is a family connection!) who is an experienced Special Education teacher with USD 383. Mindy knows a lot of our EXCELL participants and has already been an instructor with the program in the past. We are so lucky to have her expertise in implementing this signature program.

YouthBuild Bountiful Bridges will have its first graduation this summer and we are excited that our Cohort 1 & 2 participants have been able to learn and grow with us. They made contributions to our community through their work on Habitat for Humanity work sites and progressed on or passed their GED. The participants also gained vital skills in construction, permaculture, and leadership. YouthBuild has been a significant undertaking for UFM staff and community partners with many unforeseen challenges as we work together to change the outlook of our vulnerable youth. I am honored to be a part of such an incredible team of professionals. Everyone has stepped up at UFM to serve these youth participants whether their job description is assigned to YouthBuild or not. I'd like to personally thank each one of my staff for going the extra mile for this new program even when it's put more on your already full plate. My deepest heartfelt thanks to you all.

Remember - UFM is a place where everyone can teach and everyone can learn. If you have an idea about a new class you'd like to learn about or if you'd like to teach something you're excited to share with the community, please reach out to Jake Huber at [jake@tryufm.org](mailto:jake@tryufm.org) to get the ball rolling!

I'd also like to take a moment to thank all of our Grow Green donors who participated this year. We couldn't do this without you!



a University For huMankind

In Community,

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

# CREATIVE FREETIME

## Stamping Greeting Cards NEW! 24BCF360

Unleash your creativity in our paper crafting class! Learn new techniques while crafting three unique greeting cards. Children aged 8 and up welcome but must be accompanied by an enrolled adult.

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

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	06/20 (Th)	6:00 - 8:00 PM	\$30
B	07/18 (Th)	6:00 - 8:00 PM	\$30

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

## Glass Painting Workshop NEW! 24BCF454

Unlock your creativity in this dynamic glass painting workshop. Discover techniques for transforming ordinary glass into vibrant works of art. Learn essential skills in glass preparation, outlining, shading, and highlighting to create intricate designs. Explore various painting mediums and their effects on glass surfaces. From traditional motifs to modern abstracts, unleash your artistic vision under trained guidance. Suitable for beginners and enthusiasts alike, this hands-on workshop offers a unique opportunity to master the art of glass painting. Students encouraged to bring your own brushes. Ages 13+.

Instructor: Jeremy Dembowski, [jerdem1107@gmail.com](mailto:jerdem1107@gmail.com)  
 Jeremy Dembowski is a third-year Art Education major at KState. He has been creating art since he was little and has grown to love teaching it to others! His motto for anything creatively challenging is "Try it! What's the worst that can happen?" His focus is watercolors and charcoal, but he dabbles in just about anything you can think of!

SEC	DATE	TIME	FEE
A	06/07 - 06/21 (F)	3:00 - 5:00 PM	\$88
B	07/12 - 07/26 (F)	3:00 - 5:00 PM	\$88

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



## Beaded Traditional Earrings Jewelry Class NEW! 24BCF362

Learn to use needle nose pliers and jewelry fittings to make a pair of beaded traditional earrings. We may substitute long glass beads for the porcupine quills, if quills are unavailable. Time allotting, we will do both styles of earrings. Participate in discussion of other styles of earrings. All supplies will be provided by the instructor for use while in class. Enrollment deadline 07/16.

Instructor: Georgia Nonte Perez  
 Georgia has over 66 years of experience in 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
07/20 (Sa)	9:30 AM - 12:30 PM	\$30 - Materials included

\* Enrollment deadline 07/16

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

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



NEW!



**Let's Play Cards** NEW! **24BCF361**

Join us as we dive into the world of classic card games! In this class, we'll learn the rules, score keeping, and basic strategies for popular games such as 10-point pitch, spades, and hearts. Get ready to elevate your card-playing skills and have a blast with friends and family!

**Instructor:** Natalie Beharry  
Natalie has been playing popular card games for over 20 years. She currently plays 10-point pitch twice a month with a group of people. These are games she learned while attending college. Through experience and other players, Natalie learned not only the rules of these games but strategies for playing these card games.

DATE	TIME	FEE
06/07 - 06/28 (F)	6:30 - 7:30 PM	\$22

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

**Flash Fiction** **24BCF403**

Do you like writing short stories? Are you intimidated by long forms of writing? Do you feel like there are no challenges left in this world? Short stories don't have to be 30 pages of intricate descriptions—they can be two pages, a paragraph, or even a single sentence! Anything can be flash fiction: Romance, Sci-Fi, Horror, Fantasy...the only limitations are the number of words you can use! By the end of this class, students will create and revise a super-short story between 600-800 words and participate in a workshop led by a published flash fiction author. A composition book will be provided to use for the class. Ages 12+ welcome.

**Instructor:** Kat Goetting  
Kat has a master's in creative writing from K-State and is currently working as an Instructor of English at K-State.

DATE	TIME	FEE
07/03 - 08/07 (W)	6:00 - 7:00 PM	\$48

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

**Tabletop Miniature Painting 101** **24BCF455**

A beginner class on painting miniatures for tabletop gaming. In this class you will learn priming, base coating and detailing your miniature at its most basic level but good readability for your game. Participants are encouraged to bring their own miniature. Participants will leave with their own paint kit and any miniatures that they bring to class.  
Ages: 16 and up.

**Instructor:** Pedro Melendez  
Pedro Melendez is a Borinquen born artist that now resides in Manhattan after serving in the US Army for seventeen years. Full bio online at [tryufm.org](http://tryufm.org).

SEC	DATE	TIME	FEE
A	06/04 - 06/05 (Tu/W)	5:00 - 8:00 PM	\$105
B	06/25 - 06/26 (Tu/W)	5:00 - 8:00 PM	\$105
C	07/09 - 07/10 (Tu/W)	5:00 - 8:00 PM	\$105
D	07/23 - 07/24 (Tu/W)	5:00 - 8:00 PM	\$105

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

where  
the  
magic  
happens

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artists  
in the  
studio

February 13 –  
October 19, 2024

MARIANNA KISTLER | FREE admission and parking  
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785-532-7718 | [beach.kstate.edu](http://beach.kstate.edu)  
Tues., Wed., Fri. 10-5 | Thurs. 10-8 | Sat. 11-4  
@beachmuseum | BeachMuseumofArt | @beachmuseum

**KANSAS STATE UNIVERSITY**



# DUNGEONS & DRAGONS



Welcome to our four-part Dungeons & Dragons 5E series. Progressing to the next level requires completing the preceding course. The first class, 'A Beginner's Guide,' is a prerequisite for Tiers 2-4. Each class builds on what you've learned before, taking you deeper into the world of D&D.



## A Beginner's Guide to Dungeons & Dragons 5E

24BCF450

This class covers all things about getting started from nothing to something. What everything means, how everything is set up and how to expand your learning through roleplay experiences. Participants will understand various items ranging from non-magical to uncommon magical items, spells, and various racial and class features. Players will start at level 1 and make their way to level 5 by the end of the course. This is the pre-req course for tiers 2-4. Ages 13+. Instructor: Jake Huber, Titanofitusdm@gmail.com

SEC	DATE	TIME	FEE
A	05/24 - 06/21 (F)	5:00 - 10:00 PM	\$74
B	07/12 - 08/09 (F)	5:00 - 10:00 PM	\$74

Location: UFM Teaching & Learning Rm, 1221 Thurston St

## An Intermediate Guide to Dungeons & Dragons 5E

24BCF451

Join us to learn more than the basics. Participants will learn more than the core mechanics and utilize more critical thinking skills. More math, more problem solving and even a few physical puzzles that will challenge the brain to think outside and inside the box. Participants will understand various items ranging from uncommon to rare magical items, higher level spells/class features. Players will start at level 6 and make their way to level 10 by the end of the course. Ages 13+. Instructor: Jake Huber

SEC	DATE	TIME	FEE
A	05/24 - 06/21 (F)	5:00 - 10:00 PM	\$74
B	07/12 - 08/09 (F)	5:00 - 10:00 PM	\$74

\* Need "A Beginner's Guide" before enrolling in this class!

Location: UFM Teaching & Learning Rm, 1221 Thurston St

## An Advanced Guide to Dungeons & Dragons 5E

NEW!

24BCF452

Learn more advanced rules and tactics that come into play. Participants will be required to take notes and track story lines in order to unravel mysteries as well as interactions that could be very challenging. Participants will understand various items ranging from rare to very rare magical items and higher level spells/class features. Players will start at level 11 and make their way to level 15 by the end of the course. Ages 13+. Instructor: Jake Huber

SEC	DATE	TIME	FEE
A	05/24 - 06/21 (F)	5:00 - 10:00 PM	\$74
B	07/12 - 08/09 (F)	5:00 - 10:00 PM	\$74

\* Need "A Beginner's Guide" before enrolling in this class!

Location: UFM Teaching & Learning Rm, 1221 Thurston St

## An Expert Guide to Dungeons & Dragons 5E

NEW!

24BCF453

Explore one of the highest tiers of dungeons and dragons. Participants will be required to take notes and track story lines in order to unravel mysteries as well as problem solve interactions that will be very challenging. Participants will understand various items ranging from very rare to legendary magical items and the highest level of spells/class features. Players will start at level 16 and make their way to level 20 by the end of the course. Ages 13+. Instructor: Jake Huber

DATE	TIME	FEE
07/12 - 08/09 (F)	5:00 - 10:00 PM	\$74

\* Need "A Beginner's Guide" before enrolling in this class!

Location: UFM Teaching & Learning Rm, 1221 Thurston St



# EARTH & NATURE

## Bike Maintenance 101 NEW! 24BEN201

Beginners bike maintenance! We will go over terms, bicycle assessment and estimation, cleaning and lubing, flat repair, and open Q/A. Ages: 13 and up

Instructor: Kyler Reith

Kyler is a professional bicycle mechanic with 5+ years of experience in the industry.

SEC	DATE	TIME	FEE
A	07/13 (Sa)	4:00 - 6:00 PM	\$60
B	07/27 (Sa)	4:00 - 6:00 PM	\$60

**Location:** Bike Tek, 1620 Fort Riley Blvd #105, MHK

## Astronomy Viewing 24BEN191

We will view a number of astronomical objects with my 8" Newtonian telescope including the moon, globular and open clusters, faint galaxies and perhaps Mercury and Venus

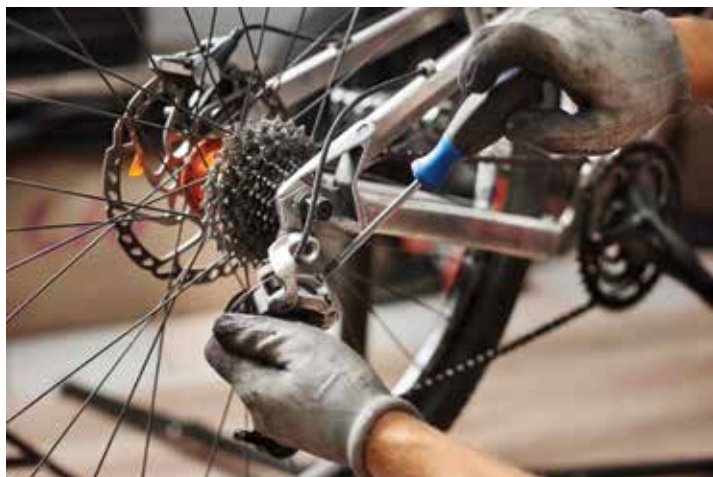
Instructor: Chris Sorensen, sor@phys.ksu.edu

Dr. Sorensen is an amateur astronomer and physics professor with a nice homemade telescope.

DATE	TIME	FEE
07/10 (W)	9:00 - 10:30 PM	\$15

\* Please meet at the east end of the parking lot in Northeast Community Park.

**Location:** Northeast Community Park, 680 Knox Ln, MHK



## Flowers and More NEW! 24BEN202

We will explore finding your style and choosing the right flowers for your yard. Topics like spring cleanup, amending the soil, fertilizing, planting, watering, pruning, and fall cleanup. We can also help with lawn care and water gardening. A very informal class driven discussion. Ages: 18 and up.

Instructor: Betty & Kirk Wilson

Betty and Kirk Wilson have been Master Gardeners since 2001. Their yard has been on the Riley County Garden Tour three times. Over 30 years of trial and error, failure and success stories to share. Many do's and don'ts to share.

SEC	DATE	TIME	FEE
A	06/08 - 06/09 (Sa/Su)	4:00 - 6:00 PM	\$20
B	07/13 - 07/14 (Sa/Su)	4:00 - 6:00 PM	\$20

**Location:** Backyard Garden, 2151 Bluehills Rd., MHK

## 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





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

**24BEN74**

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

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

SEC	DATE	TIME	FEE
A	06/17 - 06/24 (M)	5:00 - 6:00 PM	\$42
B	07/22 - 07/29 (M)	5:00 - 6:00 PM	\$42

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

**Solar Panels for Everyone**

**24BEN162**

What is rooftop solar? In the past, there were problems with solar panels but these problems have been solved. Meanwhile, solar panel manufacturers continue to make installations simpler. The prices keep going down while solar electricity efficiency generation keeps going up. Rooftop solar has an unstoppable appeal.

Instructor: Robert Rosenberg

DATE	TIME	FEE
07/14 (Su)	1:00 - 3:00 PM	Community Sponsored

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

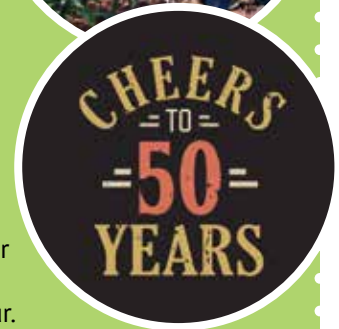
**Edible Wild Plants**

**24BFF151**

Please see page 10 for class information!



**Manhattan Community Garden turns 50!**



The Manhattan Community Garden, one of UFM's earliest community collaborations celebrates its 50<sup>th</sup> anniversary in 2024. The Manhattan Community Garden is the oldest community garden in Kansas. Come celebrate with us at the Manhattan Area Garden Tour, Saturday, June 22, 8:30am to 1:00pm. The tour will feature private gardens that people can visit. Guests can also speak with the owner of the garden and Master Gardeners at each of the private garden stops. The Manhattan Community sites at Riley Lane and Collins Lane will both be featured. Other garden locations will be announced as the event gets closer. This is a fundraising event for Master Gardeners. Tickets are not required. There is a suggested \$10 donation, and the proceeds will benefit Kansas State University Gardens. Visit page 35 for more information about the Garden Tour.

The Manhattan Community Garden is a cooperative gardening project located in the south part of Manhattan, Kansas. Land is provided by the City of Manhattan and Riley County and supervised by UFM Community Learning Center. This project allows people to share gardening experiences, supplement food budgets, relieve stress, and foster new friendships. Over 200 plots are available on an annual basis. A small plot rental fee is charged to cover costs of operating the program. Rent is charged on a sliding fee scale to allow all income groups to participate. Water, mulch, tools, seeds, and advice are available. Orientation and plot rentals occur each year beginning in February and continues until all plots are rented. To learn more about the Manhattan Community Gardens please visit [tryufm.org/community-gardens/](http://tryufm.org/community-gardens/).



# FUN FOODS

NEW!

## Edible Wild Plants

24BFF151

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

Instructor: Sue Maes, Terry Olson, & Kelly Yarbrough, prairy.kelly@gmail.com

Upon retirement as owner of Westside and Eastside markets Terry has endeavored to learn all of the local wild plants along with numerous recipes to accompany. Sue has taught this class on and off for over 40 years and learns each and every day. Kelly is a local prairie enthusiast who has assisted Terry and Sue with this class for the past several years.

DATE	TIME	FEE
06/04 (T)	5:30 - 7:30 PM	\$10

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

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

## Whiskey and Pairings Exploration

24BFF229

Embark on a personalized journey through the world of whiskey in our student-focused class. Whether a novice or seasoned enthusiast, each student sets their objectives, from understanding basics to exploring classic cocktails. Dive into whiskey's rich history and the legislative framework shaping its modern landscape. Discover flavor profiles, aroma nuances, and pairing principles. Through interactive sessions and guided tastings, students gain insight into whiskey appreciation and food pairing techniques. Elevate your palate, broaden your knowledge, and savor the complexities of whiskey in this immersive exploration. Ages: 21+ Instructor: Neal Strathman, nealstrathman@yahoo.com

SEC	DATE	TIME	FEE
A	06/15 (Sa)	1:00 - 3:00 PM	\$90
B	07/20 (Sa)	1:00 - 3:00 PM	\$90

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



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

## TWO BIG FEET

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**Discover the World of Pandesal Baking and Pairings** NEW! **24BFF230**

Explore the world of Filipino bread-making with Joanna, who grew up surrounded by the aroma of her family's bakery. Learn to make fluffy pandesal from scratch, shape it perfectly, and explore toppings like Ube and coconut jam. From classic pandesal to modern twists like ube and chocolate, discover Filipino culinary traditions. Whether for breakfast, snack, or dessert, pandesal holds a special place in Filipino culture. Join us for a fun-filled class where you'll master pandesal dough, shaping, and indulge in delicious treats.  
Instructor: Joanna Howe

DATE	TIME	FEE
06/08 (Sa)	10:00 - 11:30 AM	\$50

\* Enrollment deadline 06/01

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

Follow UFM



**Little Culinary Creations: Mexican Fiesta** NEW! **24BYO200**

Come have a fiesta with us as we learn basic chopping skills with kid-safe tools and build our own tacos. We'll end our party by running fresh fruit through a juicer to make a homemade, delicious sorbet! All recipes are gluten and dairy-free. Ages 4-12.

Instructor: Hannah Parker

DATE	TIME	FEE
06/13 (Th)	5:30 - 7:30 PM	\$37

**Italian Dinner Party** NEW! **24BYO201**

Join us to discover how prepping your own "kid salad" can give you a love for veggies you didn't know was possible. We will also prep and indulge in a delicious marinara pasta and brownie "energy bites" for dessert. All recipes are gluten and dairy-free. Ages 4-12.

Instructor: Hannah Parker

DATE	TIME	FEE
06/25 (T)	5:30 - 7:30 PM	\$37

**Breakfast For Dinner** NEW! **24BYO202**

From a healthier but still delicious take on home made donuts to festive fruit kabobs and a hearty breakfast casserole, come build confidence in the kitchen as we prepare a delicious "breakfast for dinner" spread. All recipes are gluten and dairy-free. Ages 4-12.

Instructor: Hannah Parker

DATE	TIME	FEE
07/11 (Th)	5:30 - 7:30 PM	\$37

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

THE FOUR CHARACTERISTICS OF HUMANISM ARE—  
**A FREE MIND,**  
& **BELIEF IN THE HUMAN RACE.**

**CURIOSITY,**  
BELIEF IN GOOD TASTE,

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



# 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 Leadership Development (For Gen Y)

**24BGC157**

Especially geared for future leaders in the Gen Y generation (born 1980-1999), the certificate provides how-to practical information on advancing your leadership potential and making a difference in both the workplace and in society. Find out what it takes to become an effective leader. Discover your style of leadership. Discuss task completion, building relationships with your subordinates, becoming socially perceptive to changes in the workplace, utilizing your emotions in a positive and effective manner, and addressing challenging goals. Then, learn the unspoken secrets that leaders know and the strategies they employ/exhibit to influence others. Leadership skills are acquired and learned. You can become a leader if you know the do's and don'ts; what to say, what not to say; what to do, what not to do. At the end of completing the three-course certificate, you will come away with a new understanding, new toolbox of leadership skills, and the information to move your leadership development into high gear.

Instructor: LERN Staff

Classes included in certificate: Leadership Principles, Developing Your Leadership Skills, & Developing Your Professional Career

DATE	TIME	FEE
06/03 - 08/30	Asynchronous online	\$395

### Entrepreneurship Certificate

**24BGC150**

Boost your chances of success for your new or small business and reduce your risks. Get the latest on planning your business, brainstorming business ideas and a checklist for going into business. Then, learn how to create a business plan, including assessing business feasibility and prepare the management and financial plans. Then, take home a step by step approach to attract and keep customers, with an emphasis on customer-driven marketing decisions and building a strong brand. At the end of this certificate, you will be able to identify the abilities required of successful entrepreneurs and how to acquire them, develop goals to help establish your business, develop an outline for your plan, and take home techniques to successfully manage and market your new business.

Classes Included in certificate: Entrepreneur Boot Camp, The Business Plan, Entrepreneurial Marketing.

Instructor: LERN Staff

DATE	TIME	FEE
06/03 - 08/30	Asynchronous online	\$495

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



Enroll today!

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

**Certificate in Online Teaching 24BGC139**

For those new to teaching online, or those already teaching online. Get the best instruction from the foremost authorities in online learning. Thousands of people have taken this fundamental yet advanced training in teaching online. From building an online course to improving an online course, fostering online discussion to encouraging student interaction, traditional assessment to online tests, this program will give you both the fundamentals of teaching online, as well as the most advanced tips and techniques in the business. Your instructors are authors, speakers and consultants in online learning and teaching.

Classes Included in certificate: Advanced Teaching Online, Designing Online Instruction, & Fostering Online Discussion  
Instructor: LERN Staff

DATE	TIME	FEE
06/03 - 08/30	Asynchronous online	\$495

**Digital Marketing Certificate 24BGC52**

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

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

DATE	TIME	FEE
06/03 - 08/30	Asynchronous online	\$495

**Certificate in Web Design 24BGC44**

Online users say a website's design is the number one criterion for deciding whether a company is credible or not, according to recent research. Understanding what it takes to produce effective web design is essential in today's highly saturated market of digital competition. First, discover the basics of web design using HTML and CSS. No prior knowledge of HTML or web design is required. After the first course you will have the info you need to plan and design effective web pages. Then, find out how to create effective and dynamic websites/applications. You will take away a functioning web application hosted on a web server that is both accessible and Search Engine Optimized. Finally, learn about responsive design process, along with advanced layout and design features using the Bootstrap framework. Plus explore CMS and other industry-standard technologies and frameworks.

Classes included in certificate: Introduction to Web Design, Intermediate Web Design, & Advanced Web Design  
Instructor: LERN Staff

DATE	TIME	FEE
06/03 - 08/30	Asynchronous online	\$595

**Certificate in Project Management 24BGC139**

Project management provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plans, schedules, and budgets can be communicated to stakeholders for quick resolution, including project cancelation. Project management is one of the fastest paths to promotion by increasing your network through greater exposure. First, gain the skills, tools and templates to confidently develop and maintain a project.

An overview of salaries, certification costs, education and experience requirements are provided. Then acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide. This basic information will assist you in learning the beginnings of project management, whether you are interested in project management, the project management field, or in any line of work. Finally, learn the ten Project Management Knowledge Areas and their support role and relationships to the five Project Management Processes. Classes included in certificate: Introduction to Project Management, Project Management Project Processes, & Project Management Knowledge Areas  
Instructor: LERN Staff

DATE	TIME	FEE
06/03 - 08/30	Asynchronous online	\$495



## Single Courses [online]

### Video Marketing

**24BGC145**

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

Instructor: LERN Staff

DATE	TIME	FEE
06/03 - 06/28	Asynchronous online	\$245

### Integrating Social Media in Your Organization

**24BGC73**

Learn practical strategies and techniques for implementing social networks for your organization or business. Discover how to create your own private social network using Ning, work socially using Google Docs and calendars, and move your website to an interactive Web 2.0 site. Then your instructor will help you choose which social network tools are right for your situation, and integrate them into your web site to develop a social networking strategy for your organization. Find out what you and should be doing, and take back a plan to integrate social networks into your communication and marketing. Certificate available. For additional information please see: Social Media for Business Certificate.

Instructor: LERN Staff

DATE	TIME	FEE
02/05 - 03/01	Asynchronous online	\$195

### QuickBooks Online Level 1

**24BGC169**

Get a comprehensive understanding of QuickBooks Online, one of the most popular cloud based accounting programs and preferred choice for small business managers, owners, bookkeepers and accounting professionals. In four hands-on units learn how to use QuickBooks Online to enter sales, purchases, receive and make payments and add inventory.

Instructor: LERN Staff

DATE	TIME	FEE
06/03 - 06/28	Asynchronous online	\$195

### Mastering Microsoft Excel

**24BGC26**

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. Stay current with this class, as it is always up-to-date and will change as the features of Excel change over time. Examine the life of an Excel worksheet and workbook, from creation to presentation. Learn how an Excel worksheet is constructed, populated with content, and edited for delivery. Master the options that can take your Excel worksheet from plain, drab numbers to exciting and engaging multimedia. You will leave class with a set of skills that are in high demand and will be a deciding factor in your future success. Certificate available. For additional information please see: Certificate in Mastering Computer Skills for the Workplace.

Instructor: LERN Staff

DATE	TIME	FEE
06/03 - 06/28	Asynchronous online	\$195

### Conflict Management

**24BGC75**

A recent study conducted by the American Management Association (AMA) revealed that the average manager spends more than 20 percent of their day engaged in or reacting to a conflict situation. This study also identified that out of twenty-five management skills, conflict management was the only one positively correlated to higher earnings and promotion. Discover a workable conflict management model, discuss case studies in conflict management, and then take away successful conflict management strategies to apply in your workplace. Certificate available. For additional information please see: Workplace Conflict Solutions Certificate.

Instructor: LERN Staff

DATE	TIME	FEE
06/03 - 06/28	Asynchronous online	\$245

### DEI and Organizational Success

**24BGC181**

Diverse organizations are found to be more creative, more productive, have higher levels of employee engagement, and experience lower rates of attrition. Diversity is also shown to return higher profits. This unit will guide students in an understanding of why diversity, equity, and inclusion are important to organizational success. Students will learn to appreciate and work effectively with diverse groups, confront unconscious biases that hinder workplace inclusion, and identify essential factors that contribute to an inclusive workplace environment.

Instructor: LERN Staff

DATE	TIME	FEE
08/05 - 08/30	Asynchronous online	\$195



# COMMUNICATION

## Queer Liberation

### Community Workshops

24BPI217

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 June - August.

Instructor: Community Led

DATE	TIME	FEE
06/24 - 08/26 (M)	7:00 - 8:30 PM	No Charge

Location: UFM Queer Liberation Commons, 1221 Thurston

### Basic Hangeul (Korean Alphabet):

#### Writing My Name in Korean

24BLA76

Hangeul (Korean alphabet) is one of the easiest and most fun writing systems to learn, thanks to its logical design. Explore the creator, principles, and historical background of Hangeul along with Korean culture. By the end of the course, you'll be able to write your name in Korean.

Instructor: Jane Kim

Jane is a certified Korean language instructor who has a passion for sharing Korean culture.

DATE	TIME	FEE
06/01 - 06/29 (Sa)	10:30 - 11:50 AM	\$43

\* Enrollment deadline 05/31

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

### Basic Korean:

#### Introduce myself in Korean

24BLA77

This beginner-friendly course will guide you in introducing yourself in Korean while exploring Korean culture. Enjoy picking up the must-know Korean words and expressions for self-introduction.

Instructor: Jane Kim

DATE	TIME	FEE
05/28 - 06/25 (T)	7:00 - 8:20 PM	\$43

\* Enrollment deadline 05/27

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



UFM puts the **community** in education.

### Basic Korean: Travel & Etiquette

24BLA80

This basic-level course will equip you with essential language skills and cultural knowledge. We will focus on practical phrases and etiquette needed for interacting with Korean communities worldwide during travel and social interactions.

Instructor: Jane Kim

DATE	TIME	FEE
05/31 - 06/28 (F)	11:00 AM - 12:20 PM	\$43

\* Enrollment deadline 03/31

Location: UFM Teaching & Learning Rm, 1221 Thurston St

### Basic Spanish Language

24BLA45

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 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 currently lives in Ecuador.

DATE	TIME	FEE
05/20 - 06/24 (M)	6:00 - 7:00 PM	\$90

Location: Online - LIVE

**NEW!**

### Beginning French

24BLA82

Would you like to learn French? Do you have little to no experience with French? Bienvenue! In this class we will learn basic skills in French, specifically writing and speaking, and master easy concepts such as greetings, hobbies, etc.

Instructor: Camille Meritan, cameritan2@gmail.com

Camille has a PhD in French and has been teaching French at the collegiate level for over 10 years.

DATE	TIME	FEE
05/20 - 06/25 (M/T) (No class 05/27)	5:30 - 6:30 PM	\$85

\* Students may enroll up to 3 days after start date

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



## Community ESL for Adults 24BLA73

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.

Instructor: Cary Chappell, [caryc@ksu.edu](mailto:caryc@ksu.edu)  
Cary has been teaching adults in Manhattan for 10 years.

DATE	TIME	FEE
06/10 - 08/12 (M) (No class 05/27)	7:30 - 9:00 PM	\$34

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

## American Sign Language for Beginners 24BLA75

This class is for anyone who has been interested in learning American Sign Language but doesn't know where to start. We will go over basic signs that can be used in daily conversation and build vocabulary around content that is interesting to participants. Individuals of any age are welcome to join. However, children under the age of 8 are required to have a parent in the session.

Instructor: Sabrina Handy, [sabrinahandy@ksu.edu](mailto:sabrinahandy@ksu.edu)  
Sabrina is a graduate student at Kansas State University who is studying to become a drama therapist. She will be moving back to Texas this summer but would like to continue working with the community in Manhattan, KS through teaching ASL.

DATE	TIME	FEE
06/18 - 06/27 (T/Th)	2:00 - 3:00 PM	\$58

\* Enrollment deadline 06/14

**Location:** Online - LIVE



American Sign Language class.

## American Sign Language - Intermediate 24BLA83 NEW!

Individuals in this class must have taken a class with the instructor or elsewhere before enrolling. We will review basic signs in daily conversations, build further vocabulary around content that is interesting to participants, and apply what is learned in dialogue that challenges us.

Instructor: Sabrina Handy, [sabrinahandy@ksu.edu](mailto:sabrinahandy@ksu.edu)

SEC	DATE	TIME	FEE
A	06/17 - 06/26 (M/W)	2:00 - 3:00 PM	\$58
B	07/13 - 08/03 (Sa)	2:00 - 3:00 PM	\$58

\* Enrollment deadlines: A - 06/14; B - 07/12

**Location:** Online - LIVE

## American Sign Language for Caregivers and Kiddos 24BLA84 NEW!

Give the gift of language to the children you care for by taking this class on your own, or with them. Sign Language has many proven benefits for children especially if spoken language is inaccessible to them due to developmental stage, ability, or hearing loss. We welcome parents, grandparents, caregivers, teachers, and children of any age to join!

Instructor: Sabrina Handy, [sabrinahandy@ksu.edu](mailto:sabrinahandy@ksu.edu)

SEC	DATE	TIME	FEE
A	06/18 - 06/27 (T/Th)	10:00 - 11:00 AM	\$56
B	07/13 - 08/03 (Sa)	10:00 - 11:00 AM	\$56

\* Enrollment deadlines: A - 06/14; B - 07/12

**Location:** Online - LIVE

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





# CAREER & LEADERSHIP

## Getting to know the U.S. Navy <sup>NEW!</sup> 24BFC177

Instructor, John, wants to educate people that are thinking about joining the world's greatest Navy. He is not a recruiter by any means, but when he was an 18-year-old wanting to serve, he didn't have anyone to tell him what to expect. What to prepare for. What to memorize. How to put yourself above the rest before even getting to bootcamp. John wants to be that voice for others, not to encourage or discourage people from joining the Navy, but to help them succeed if that is the path they intend to take. Ages 13+.

Instructor: John Epps, epps55@gmail.com  
John Epps active-duty Navy veteran 2015-2022, current Navy reservist, and current full-time student at K-State.

SEC	DATE	TIME	FEE
A	07/20 (Sa)	8:00 - 11:00 AM	\$69
B	07/20 (Sa)	1:00 - 4:00 PM	\$69

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

## YouTube Channel Creation <sup>NEW!</sup> 24BFC178

Learn to launch a successful YouTube channel in this concise course. From content ideation to channel setup, discover strategies for engaging audiences and building a brand. Topics include video production basics, audience targeting, and SEO techniques. Gain insights into monetization options and community management. Whether you're a content creator or a business seeking to expand your online presence, this course equips you with essential tools for YouTube success. Must bring Smart Phone or Laptop. Ages 16+.

Instructor: Mark Grimsley, mark.f.grimsley@gmail.com  
Mark F. Grimsley is a 13-year U.S. Army Veteran that started his career as an enlisted Abrams tank crewman. He has served in 3 overseas tours that include Korea in 2002 followed by Iraq in 2003 as a tank gunner, and finally Afghanistan in 2010-11 as a logistics officer with the 101st Airborne Division. He has completed numerous schools in the Army to include Air Assault and Airborne. As a civilian, Mark has completed over 120 hours of firearms training and runs a modest YouTube channel called Fit'n Fire.

SEC	DATE	TIME	FEE
A	06/12 - 06/26 (W)	5:00 - 8:00 PM	\$71
B	07/10 - 07/24 (W)	5:00 - 8:00 PM	\$71

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

## OSHA 10 Certification Training <sup>NEW!</sup> 24BFC179

Gain essential workplace safety knowledge with our OSHA 10 Certification course. Learn OSHA standards, hazard identification, and injury prevention strategies in just 10 hours. Delivered through engaging lectures and interactive modules, this course covers topics such as fall protection, electrical safety, and hazardous material handling. Equip yourself with the skills to recognize and mitigate workplace hazards, ensuring compliance and promoting a safer work environment. Ideal for entry-level workers and supervisors alike, this certification is a valuable asset in various industries, emphasizing a commitment to workplace safety and regulatory compliance. Ages: 18+

Instructor: Brian Braun, brian.braun13@yahoo.com  
Brian Braun has been teaching OSHA and Construction classes for nine years. With 40 years of industry experience, specializing in plumbing, he holds a Master Plumber certification and enjoys sharing his expertise with others.

SEC	DATE	TIME	FEE
A	06/01 - 06/15 (Sa)	1:00 - 5:30 PM	\$100
B	07/13 - 07/27 (Sa)	1:00 - 5:30 PM	\$100

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

## Introduction to Voiceovers 24BCF129

Do you have a passion for voiceovers? Want to earn income using your talents from the comfort of your home? Explore the fun, rewarding possibilities of the growing remote voiceover industry! Discover the current trends in the industry and how easy and affordable it can be to learn, set up and work from home. You'll learn about different types of voiceovers and tools you'll need to find success. Your instructor, a professional voice actor from Voices For All, will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. You'll receive a professional voiceover evaluation later in a follow up call. One-time, 90-minute, introductory class. Learn more at <http://www.voicesforall.com/ooo>. Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience. \*Requirements: Students must have internet access and video chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS). Ages 18+.

Instructor: Voices For All, LLC, info@voicesforall.com

DATE	TIME	FEE
05/13 - 08/18 (M)	TBD	\$49

**Location:** One-on-One Video Chat



# PERSONAL INTEREST

## Firearms Safety (No Live Firearms)

**NEW!**

**24BPI221**

Explore the fundamentals of firearm safety without handling actual firearms. Learn to identify, handle, unload, and store firearms securely. This course prioritizes theoretical knowledge and practical demonstrations using replicas and dummy ammunition. Develop essential skills in muzzle awareness, trigger discipline, and safe storage practices. Emphasizing a culture of safety, participants will leave equipped with the confidence to responsibly interact with firearms. Ages 18+.

Instructor: Mark Grimsley, mark.f.grimsley@gmail.com

Mark F. Grimsley is a 13-year U.S. Army Veteran that started his career as an enlisted Abrams tank crewman. He has served in 3 overseas tours that include Korea in 2002 followed by Iraq in 2003 as a tank gunner, and finally Afghanistan in 2010-11 as a logistics officer with the 101st Airborne Division. He has completed numerous schools in the Army to include Air Assault and Airborne. As a civilian, Mark has completed over 120 hours of firearms training and runs a modest YouTube channel called Fit'n Fire.

SEC	DATE	TIME	FEE
A	06/03 - 06/24 (M)	6:00 - 8:00 PM	\$86
B	07/08 - 07/29 (M)	6:00 - 8:00 PM	\$86

**Location:** TBD



# HEALTH & WELLNESS

## Youth Mental Health First Aid Training

**24BHW342**

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.

Ages 18+.

Instructor: Michelle Toews, MLToews@ksu.edu, & Amber Vennum

SEC	DATE	TIME	FEE
A	06/01 (Sa)	9:00 AM - 5:00 PM	\$40
B	06/14 (F)	9:00 AM - 5:00 PM	\$40

\* Enrollment deadlines: A - 05/24; B - 06/07

**Location:** TBA

## Blended Learning: First Aid/CPR/AED

**24BHW70**

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	05/26 (Su)	1:00 - 3:00 PM	\$76
B	06/16 (Su)	1:00 - 3:00 PM	\$76

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



Ask about our traveling CPR classes. Our instructor comes to your organization! Contact [samantha@tryufm.org](mailto:samantha@tryufm.org).



# YOGA

## Yoga Flow

NEW!

24BHW343

In Yoga Flow learn proper alignment, how to calm the mind, and detoxify the body. Yoga Flow is a combination of mindfulness practice, breathwork, and core-focused yoga postures. Expect to stretch and strengthen your muscles as the class builds up to peak postures. Ages 13+.

Instructor: Vanessa Hager, littleapplepilates@gmail.com  
Vanessa is a Certified Yoga teacher who loves community, health and helping people feel their best. Throughout the 6-month course of the certification, Vanessa enjoyed creating yoga sequences and learning to teach poses. Once the course ended, Vanessa knew she wanted to teach classes to help others benefit from yoga with increased mobility, learning to be present in the moment, or just learning to have fun.



DATE	TIME	FEE
06/04 - 06/27 (T/Th)	5:30 - 6:30 PM	\$99

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

## Summer Yoga for All

NEW!

24BHW345

Get expert instruction from a LIVE Yoga teacher in the comfort of your home. This online class is definitely superior to video classes. Some question/answer sessions that will inspire you to try new things in your Yoga practice. If you are new to Yoga, this class is beginner friendly but not without some challenges. Your instructor, Ana, has decades of experience as a student and a teacher of traditional Yoga practices.

Instructor: Ana Franklin, yogaconnection@gmail.com  
Ana Franklin began practicing yoga in the 1970s. However, Ana's exposure to yoga started in early childhood as her father practiced yoga faithfully every day since 1951 making this a regular part of the household activities. Then in 1963, Ana's mother began to attend yoga class and also became a faithful practitioner.

DATE	TIME	FEE
06/05 - 07/10 (W)	6:00 - 7:15 PM	\$85

**Location:** Online - LIVE

## Chair Yoga

24BHW156

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	05/28 - 06/25 (T)	12:15 - 1:15 PM	\$37
B	07/02 - 07/30 (T)	12:15 - 1:15 PM	\$37

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

## Evening Yoga

24BHW88

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	06/10 - 07/08 (M)	5:30 - 6:30 PM	\$37
B	07/15 - 08/12 (M)	5:30 - 6:30 PM	\$37

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



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# 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.

## The Feldenkrais Method® Classes

NEW!

The Feldenkrais Method® is a unique approach to movement improvement. Developed by physicist and engineer Moshe Feldenkrais, the Method refines the fidelity of our neuromotor functions by close attending to the sensations, feelings, thoughts, and actions. Anyone engaging with Awareness Through Movement® lessons can develop better self-organization and self-regulation so that people know what they are doing and can do what they want. Dr. Feldenkrais said this about his Method: "What I am after isn't flexible bodies but flexible brains. What I'm after is to restore each person to their human dignity." **Prepare:** You'll explore these Awareness Through Movement® lessons while you are seated on a chair. Use a sturdy chair with no arms and a relatively flat, lightly cushioned seat. Your feet should be able to rest completely and comfortably on the floor. Wear layered clothing, which is comfortable, warm, and easy to move in.

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

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.

## Improve Posture: Feldenkrais Method® for Easier Turning

NEW!

24BLL86

DATE	TIME	FEE
06/18 - 06/25 (T)	2:30 - 3:30 PM	\$20

## Improve Stability and Mobility: Feldenkrais Method® for

NEW!

## Easier Sitting, Standing, and Walking 24BLL87

DATE	TIME	FEE
07/09 - 07/16 (T)	2:30 - 3:30 PM	\$20

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

## Young Generals of the

NEW!

## American Civil War - the Union 24BLL84

The Civil War witnessed a significant expansion of America's military forces. Both the Union and the Confederacy assembled armies of unprecedented size requiring a significant number of general officers. As a result, many general officers attained high rank while being relatively young. The class will focus on Union senior leaders under the age of forty who attained high command. The first class will examine and evaluate the military careers of the young generals of the eastern theater's Army of the Potomac such as Joshua Chamberlain, George Custer, Alfred Pleasonton, and Philip Sheridan. The second class will focus on young Union leaders in the western theater such as Benjamin Grierson, Judson Kilpatrick, John Schofeld, James Wilson, and James McPherson. The final class will exclusively examine the military career of William T. Sherman who achieved command of the entire western theater at the age of 35. \***Meadowlark Hills residents** see message below.

Instructor: Robert Smith, Robert Smith was born in Nebraska and attended Nebraska University where he majored in history. Bob has always had a love for history and a particular interest in military history as he comes from a military family. Prior to his return to academia and advanced degrees Bob managed a family operated business where he learned management and organizational skills. He returned to academia in 1998 attending Kansas State University receiving a Master of Arts in military history in 2004 and a Ph.D. in military history in December 2008. Currently Bob is the Director of the Fort Riley Museum Complex, Fort Riley, Kansas.

DATE	TIME	FEE
05/29 - 06/12 (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.



**History of Jewelry Making** NEW! **24BLL85**

This class explores the rich history of jewelry making and metalsmithing across various cultures. We'll examine significant techniques, designs, and renowned artists, both historical and contemporary.

\***Meadowlark Hills residents** see message on page 20.

Instructor: Dukno Yoon

Dukno Yoon is an Associate Professor in the Department of Art at Kansas State University as well as the Area Coordinator of Metalsmithing and Jewelry.

DATE	TIME	FEE
07/16 - 07/30 (T)	1:00 - 2:00 PM	\$35

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



**Understanding Medicare:**

**Introduction to the Basics** **24BLL27**

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 which 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.

DATE	TIME	FEE
07/10 - 07/24 (W)	6:30 - 7:30 PM	Community Sponsored

**Location:** Online - LIVE

**Work,  
Volunteer  
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# SELF-DEFENSE

## Women's Boxing 101

24BMA31

A beginners boxing class geared for women & led by a female instructor. Learn to box in with hands on exercises, equipment, and teaching. Start your morning off with a great boxing workout to give you the energy you need for the rest of your day! Hand wraps (can be purchased at KO) \$20  
Instructor: Caity Hinnergardt, koboxingusa@gmail.com

SEC	DATE	TIME	FEE
A	06/03 - 06/26 (M/W)	6:30 - 7:30 AM	\$72
B	06/04 - 06/27 (T/Th)	4:30 - 5:30 PM	\$72
C	07/01 - 07/24 (M/W)	6:30 - 7:30 AM	\$72
D	07/02 - 07/30 (T/Th) (No class 07/04)	4:30 - 5:30 PM	\$72

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

## Adult Beginner Boxing

24BMA26

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+.

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	06/03 - 06/26 (M/W)	6:30 - 7:30 PM	\$72
B	06/04 - 06/27 (T/Th)	6:30 - 7:30 PM	\$72
C	07/01 - 07/24 (M/W)	6:30 - 7:30 PM	\$72
D	07/02 - 07/30 (T/Th) (No class 07/04)	6:30 - 7:30 PM	\$72

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

## 9Round: Foundations of Fight Fitness (Beginner)

NEW!

24BMA33

Discover your strength with Foundations of Fight Fitness, led by Tim Vettel. This 60-minute, non-contact class, perfect for beginners, blends the basics of kickboxing and boxing with functional lifting and weight training. Spend 30 minutes mastering combat techniques, followed by a dynamic 30-minute circuit training led by the instructor. No experience? No problem. Tim's expertise will guide you through each punch and lift, ensuring a compressive workout that not only challenges your body but also empowers your mind. Get ready to punch, kick, and lift your way to a stronger, healthier you. Ages 14+.

Instructor: Tim Vettel, tim@gai-co.com  
Tim Vettel, owner and lead trainer at our Manhattan, KS fitness center, brings seven years of experience managing multiple locations and guiding over 1000 clients. His certifications in Kickboxology and as a Master Trainer offer diverse, challenging workouts, inspired by his collegiate football background, emphasizing perseverance and teamwork.

SEC	DATE	TIME	FEE
A	06/05 (W)	1:00 - 2:00 PM	\$97
B	06/12 (W)	1:00 - 2:00 PM	\$97
C	06/19 (W)	1:00 - 2:00 PM	\$97
D	06/26 (W)	1:00 - 2:00 PM	\$97
E	07/10 (W)	1:00 - 2:00 PM	\$97
F	07/17 (W)	1:00 - 2:00 PM	\$97
G	07/24 (W)	1:00 - 2:00 PM	\$97
H	07/31 (W)	1:00 - 2:00 PM	\$97

**Location:** 9Round, 1620 Fort Riley Blvd, Suite 111

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**9Round: Foundations of Fight Fitness (Intermediate) NEW! 24BMA34**

Elevate your skills with our intermediate-level class designed as the next step for those who have completed our Foundations of Fight Fitness class for beginners. This 60-minute, non-contact session delves deeper into the art of kickboxing and boxing, introducing more advanced kickboxing combinations and lifting movements that challenge your strength, power, and agility. With a focus on refining technique, enhancing speed, and boosting endurance, this class pushes you beyond the basics into more advanced drills and circuit training. You'll explore the intricacies of fight fitness in a safe, supportive environment, where the emphasis is on personal growth and mastery without physical sparring. Prepare to sweat, sculpt, and soar to new heights of fitness achievement, all while maintaining our commitment to a non-contact atmosphere. Ages 14+.

Instructor: Tim Vettel, tim@gai-co.com

SEC	DATE	TIME	FEE
A	06/05 (W)	2:00 - 3:00 PM	\$82
B	06/19 (W)	2:00 - 3:00 PM	\$82
C	07/10 (W)	2:00 - 3:00 PM	\$82
D	07/24 (W)	2:00 - 3:00 PM	\$82

**Location:** 9Round, 1620 Fort Riley Blvd, Suite 111

**9Round: Foundations of Fight Fitness (Advanced) NEW! 24BMA35**

This class is an advanced class designed for those who have successfully completed both our Foundations of Fight Fitness Beginner and Intermediate. This 60-minute session is the ultimate test of your kickboxing and boxing prowess, focusing on high-intensity combinations, advanced movement techniques, and peak performance challenges in strength, power, and agility. In this non-contact class, you'll engage in sophisticated drills that demand precision, speed, and strategic thinking, all while pushing your physical limits. Tim leads you through rigorous circuit training segments, integrating advanced functional lifting to maximize muscle engagement and cardiovascular endurance. Prepare to unleash your full potential, elevate your fitness, and embody the spirit of an elite warrior, with the confidence and capability that come from rigorous, disciplined training. Ages 14+.

Instructor: Tim Vettel, tim@gai-co.com

SEC	DATE	TIME	FEE
A	06/12 (W)	2:00 - 3:00 PM	\$82
B	06/26 (W)	2:00 - 3:00 PM	\$82
C	07/17 (W)	2:00 - 3:00 PM	\$82
D	07/31 (W)	2:00 - 3:00 PM	\$82

**Location:** 9Round, 1620 Fort Riley Blvd, Suite 111



**The Manhattan Self-Defense Project Level 1 24BMA30**

This class is for people with no martial 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 Kung Fu. He owns over 400 books and 400 DVDs based on martial arts and self-defense.

DATE	TIME	FEE
06/03 - 06/24 (M)	7:00 - 8:00 PM	\$41

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

**The Manhattan Self-Defense Project: Level 2 Phase 1 24BMA32**

This class is for people with some martial 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
06/06 - 07/25 (Th) (No class 07/04)	7:00 - 8:00 PM	\$58

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



# RECREATION & FITNESS

## Trampoline Fitness

NEW!

24BRF136

Trampoline Fitness is a cardio fitness class that is 60 minutes long and combines plyometrics, cardio, and strength-building exercises to create a full-body workout that can burn up to 1,000 calories! Studies show that 10 minutes of jumping on a trampoline is equivalent to 45 minutes of jogging! Other reasons why jumping on a trampoline is good exercise include increased circulation, improved balance and coordination. Ages 18+.

Instructor: Mary Kohn, [littleapplepilates@gmail.com](mailto:littleapplepilates@gmail.com)

Mary has been doing Aerial since 2018. She started on hammocks, moved to Lyra, and has now found her home on silks. She believes fitness should be fun and inspiring. After twenty-five years of yoga, she's found her inspiration in the air. Aerial combines strength, grace, flexibility, and performance into a workout that truly feels like play. Join Mary for a Silks or Trampoline class.

DATE	TIME	FEE
06/04 - 06/27 (T/Th)	3:00 - 4:00 PM	\$99

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

## Cloud Jumping

24BRF149

Explore the art of parkour in a whole new dimension—literally, up in the clouds. This dynamic class takes traditional parkour techniques to soaring heights as you navigate various types of cloud formations, and obstacles (birds) with agility and precision. Learn to flow seamlessly through the air, using the sky as your playground and the clouds as your steppingstones. Led by an experienced instructor, you'll develop strength, coordination, and mental confidence while pushing your boundaries in an open and surreal environment. Whether you're a beginner or seasoned practitioner, Cloud Jumping promises an exhilarating journey where every leap is a testament to the power of parkour.

Instructor: Luke Skyhopper

DATE	TIME	FEE
08/10 (Sa)	1:30 - 3:30 PM	\$26

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

## Bungee

24BRF198

Bungee fitness is a motion-based, resistance training program that allows the needed buoyancy, provided by the bungee cord and harness attached at your hip, to perform exercises that you may not be able to do without assistance and no pain on the joints! We use a combination of fitness training and a full-body cardio workout that is high-intensity all while you float weightlessly. ALL FITNESS LEVELS ARE WELCOME. Ages 13+.

Instructor: Sydney Brinneman, [littleapplepilates@gmail.com](mailto:littleapplepilates@gmail.com),

DATE	TIME	FEE
07/06 - 07/27 (Sa)	1:30 - 2:00 PM	\$80

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



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Fall 2024  
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deadline is  
June 7, 2024



For more  
information email  
[jake@tryufm.org](mailto:jake@tryufm.org)





## Pilates Reformer

24BHW310

The Reformer is an excellent tool for stretching, working, and moving your body in new and powerful ways. The best part is you can change your body. Reformer allows your body to change since the movement itself is so foreign and gentle, you can take on new muscle patterns, like a boss. Instructors: A - Travus Lexroux & B - Sarah Denton, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/04 - 06/27 (T/Th)	6:30 - 7:00 AM	\$129
B	06/04 - 06/27 (T/Th)	9:30 - 10:00 AM	\$129

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

## Kukuwa® Dance Workout

24BRF246

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 KDW 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.

**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.

DATE	TIME	FEE
06/04 - 06/27 (T/Th)	5:30 - 6:30 PM	\$99

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



UFM PUTS THE  
**COMMUNITY**  
IN EDUCATION

## Yosakoi Japanese Dance Lesson

24BRF240

“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.

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

DATE	TIME	FEE
06/02 - 06/30 (Su)	1:30 - 2:30 PM	\$25

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



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## Adding Physical Activity into Your Life

**NEW!**

**24BRF137**

This class isn't just about exercise - it's about learning to independently motivate yourself once the class is over. We'll begin by brainstorming your personal fitness goals, whether it's building strength, boosting endurance, or improving flexibility. Together, we'll craft a personalized plan (at your own pace) with achievable milestones. Using researched activity motivational approaches, we will tailor to your goals, with guidance on execution. You'll track your progress and celebrate achievements, all in a supportive group setting (optional Zoom meetings) or individually (email/Zoom) if you prefer. This class is perfect for anyone who wants to take control of their fitness journey and stay motivated. Ages 13+.

Instructor: Justin Montney, JLMontney@ksu.edu  
Justin Montney is a Ph.D. Teaching Assistant for the KSU Kinesiology Department. He has 5+ years of field experience working with students and clinical patients related to instructing exercise and performance.

SEC	DATE	TIME	FEE
A	05/28 - 06/14 (F)	Asynchronous online	\$64
B	06/18 - 07/05 (F)	Asynchronous online	\$64
C	07/09 - 07/26 (F)	Asynchronous online	\$64
D	07/30 - 08/16 (F)	Asynchronous online	\$64

**Location:** Online



## FAST: Functional

**NEW!**

## Acceleration and Speed Training 24BRF139

Dominate the field with this dynamic course designed to skyrocket your athletic performance. Sharpen your top speed, launch faster with improved acceleration, and develop explosive power. Master your first step and reaction time for unmatched agility. Through proven training methods, this course equips you with the tools to become a force to be reckoned with on the court, field, or track. This course is for anyone looking to improve their explosive speed, agility, or stability/balanced (all levels of athlete to nonathlete). This class can also be great for reducing injury. Ages 10+.

Instructor: Justin Montney, JLMontney@ksu.edu

SEC	DATE	TIME	FEE
A	05/28 - 06/14 (F)	10:00 - 11:00 AM	\$87
B	06/18 - 07/05 (F)	10:00 - 11:00 AM	\$87
C	07/09 - 07/26 (F)	10:00 - 11:00 AM	\$87
D	07/30 - 08/16 (F)	10:00 - 11:00 AM	\$87

**Location:** KSU Memorial Stadium & Lafene Exercise Studio (1105 Sunset Ave, MKH - 3rd fl next to the nurse's station)

**NEW!**

## Soccer: Beginner to Intermediate 24BRF141

Elevate your soccer game in "Soccer: Beginner to Intermediate"! This class is designed for players looking to build a strong foundation and take their skills to the next level. We'll start by mastering the basics – receiving, passing, and controlling the ball. Then, we'll boost your soccer IQ with tactical strategies and formations. As your confidence grows, you'll refine your dribbling, shooting, and footwork. The class culminates in applying your skills in simulated game situations, preparing you to dominate on the field! Great for anyone looking to learn more about the sport or improve their abilities over the summer! Ages 10+.

Instructor: Justin Montney, JLMontney@ksu.edu

SEC	DATE	TIME	FEE
A	05/28 - 06/14 (F)	12:15 - 1:15 PM	\$87
B	06/18 - 07/05 (F)	12:15 - 1:15 PM	\$87
C	07/09 - 07/26 (F)	12:15 - 1:15 PM	\$87
D	07/30 - 08/16 (F)	12:15 - 1:15 PM	\$87

\*\* Students, please bring your own soccer ball to class.

**Location:** KSU Memorial Stadium



Interested in teaching a class for UFM?  
Fall 2024 submission deadline is June 7, 2024.  
For more information please email [jake@tryufm.org](mailto:jake@tryufm.org).



**JUMP - Increase Vertical Power and Stability**

**NEW!**

**24BRF140**

Elevate your jump game with JUMP - Increase Vertical Power and Stability! This dynamic class propels you to new heights by honing your vertical jump technique. Through targeted exercises, you'll build explosiveness, improve coordination, and develop rock-solid stability for powerful leaps. Master jump timing and unleash your inner athlete, maximizing your vertical potential. Join JUMP and reach for the sky! This course is for anyone looking to improve their explosive vertical, stability/balanced, or timing (all levels of athlete to nonathlete). This class can also be great for reducing injury. Ages 10+.

Instructor: Justin Montney, JLMontney@ksu.edu

SEC	DATE	TIME	FEE
A	05/28 - 06/14 (F)	11:10 AM - 12:10 PM	\$87
B	06/18 - 07/05 (F)	11:10 AM - 12:10 PM	\$87
C	07/09 - 07/26 (F)	11:10 AM - 12:10 PM	\$87
D	07/30 - 08/16 (F)	11:10 AM - 12:10 PM	\$87

**Location:** KSU Memorial Stadium & Lafene Exercise Studio (1105 Sunset Ave, MKH - 3rd fl next to the nurse's station)



**RECREATION & FITNESS**

**Disc Golf: Beginner to Intermediate**

**NEW!**

**24BRF138**

Fall in love with the art of disc golf in "Disc Golf: Beginner to Intermediate"! This class welcomes all skill levels, teaching you about various discs and their uses. Through fun drills, you'll refine your throwing form and boost accuracy. Implement unique shots such as hyzer flips, anhyzers, back hands and forehands. We'll translate those skills to the course, where you'll play alongside classmates, building connections and enjoying the thrill of the game. Get ready to elevate your disc golf skills and have a blast doing it! Great for anyone looking to learn more about the sport/improve their abilities! Ages 6+ if accompanied by an adult.

Instructor: Justin Montney, JLMontney@ksu.edu

SEC	DATE	TIME	FEE
A	05/28 - 06/14 (F)	1:20 - 2:20 PM	\$64
B	06/18 - 07/05 (F)	1:20 - 2:20 PM	\$64
C	07/09 - 07/26 (F)	1:20 - 2:20 PM	\$64
D	07/30 - 08/16 (F)	1:20 - 2:20 PM	\$64

\*\*Student will need to purchase and bring to class a Disc Golf Starter set that includes 3 discs: putter, mid-range, and fairway driver. Available on Amazon for approximately \$20-30 for 3 discs.

**Location:** KSU Memorial Stadium & Local Disc Golf Parks

**Tennis for Adults**

**NEW!**

**24BRF243**

This is an instructional program for beginner adults. In this lesson format you will learn the basics of the game, quickly and easily in a fun, active and encouraging group environment. Racquets are available for borrowing. Ages 18+.

Instructor: Body First Staff

SEC	DATE	TIME	FEE
A	06/07 - 06/28 (F)	1:00 - 2:00 PM	\$100
B	07/12 - 08/02 (F)	1:00 - 2:00 PM	\$100

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



# YOUTH

## #RelationshipGoals

**24BYO196**

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 & Eliana Gueron

DATE	TIME	FEE
07/15 - 07/19 (M/T/W/Th/F)	1:00 - 5:30 PM	\$24

\* Enrollment deadline 07/15

**Location:** TBA

## Learning Algebra 1

NEW!

**24BYO198**

This course is designed to provide students with a solid foundation in algebraic concepts and techniques. The course will cover essential topics such as solving linear equations and inequalities, understanding functions, working with real numbers, and exploring polynomials and factoring. This course is ideal for students beginning the journey in algebra or those looking to strengthen their math skills.

Instructor: Angie Chae

DATE	TIME	FEE
07/03 - 07/24 (W)	4:00 - 5:30 PM	\$24

**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 [pamela@tryufm.org](mailto:pamela@tryufm.org)



## Youth STEAM Birthday Bash!

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

**24BYO164**

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).

## Programming with Python

**24BYO191**

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
07/06 - 07/27 (Sa)	4:00 - 5:30 PM	\$24

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

## The Art of Origami

**24BYO194**

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 a 12-year-old who loves Origami. He has been doing Origami for over 5 years and loves teaching other people this fascinating art form.

DATE	TIME	FEE
06/03 - 06/24 (M)	6:30 - 7:15 PM	\$35

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



**Aerial Arts**

**24BYO199**

Aerial increases your flexibility, circulation, muscle strength, and balance. It also adds stress relief all while learning a new skill and having fun. Ages 3-12.

**NEW!**

Instructor: Sydney Brinneman, littleapplepilates@gmail.com  
 Sydney has been training in aerial arts for the last six years. She competes in national competitions and is eager to teach your children the love of aerial.

SEC	DATE	TIME	FEE
A	07/06 - 07/27 (Sa)	11:00 - 11:30 AM	\$50
B	07/07 - 07/28 (Su)	2:00 - 2:30 PM	\$50

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



**Aerial Arts - Sensory Play**

**NEW!**

**24BYO162**

Aerial arts sensory play is designed for children 2+ to come in and play on the hammocks. It is great for brain organization and regulation. It improves motor skills while helping form muscles. Aerial arts sensory play is also great for sensory and body regulation to create a calming experience. Ages 2+. Instructor: Sydney Brinneman, littleapplepilates@gmail.com

DATE	TIME	FEE
07/07 - 07/28 (Su)	1:30 - 2:00 PM	\$50

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

**Youth Beginner Boxing**

**24BYO149**

Participants will learn the importance of discipline and hard work along with boxing skills. Ages 6-15.

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	06/03 - 06/26 (M/W)	4:30 - 5:30 PM	\$72
B	06/04 - 06/27 (T/Th)	4:30 - 5:30 PM	\$72
C	07/01 - 07/24 (M/W)	4:30 - 5:30 PM	\$72
D	07/02 - 07/30 (T/Th) (No class 07/04)	4:30 - 5:30 PM	\$72

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

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

**Little Culinary Creations: Mexican Fiesta**

**NEW!**

**24BYO200**

Come have a fiesta with us as we learn basic chopping skills with kid-safe tools and build our own tacos. We'll end our party by running fresh fruit through a juicer to make a homemade, delicious sorbet! All recipes are gluten and dairy-free. Ages 4-12.

Instructor: Hannah Parker

DATE	TIME	FEE
06/13 (Th)	5:30 - 7:30 PM	\$37

**Italian Dinner Party**

**NEW!**

**24BYO201**

Join us to discover how prepping your own "kid salad" can give you a love for veggies you didn't know was possible. We will also prep and indulge in a delicious marinara pasta and brownie "energy bites" for dessert. All recipes are gluten and dairy-free. Ages 4-12.

Instructor: Hannah Parker

DATE	TIME	FEE
06/25 (T)	5:30 - 7:30 PM	\$37

**Breakfast For Dinner**

**NEW!**

**24BYO202**

From a healthier but still delicious take on home made donuts to festive fruit kabobs and a hearty breakfast casserole, come build confidence in the kitchen as we prepare a delicious "breakfast for dinner" spread. All recipes are gluten and dairy-free. Ages 4-12.

Instructor: Hannah Parker

DATE	TIME	FEE
07/11 (Th)	5:30 - 7:30 PM	\$37

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



# YOUTH TENNIS

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

24BYT1

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	06/04 - 06/27 (T/Th)	5:00 - 5:30 PM
B	07/09 - 08/01 (T/Th)	5:00 - 5:30 PM

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

A & B: Tues - \$68 / Thurs - \$68 / Tues & Thurs - \$90

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

## Red Ball Tennis (Kindergarten - Age 8) 24BYT2

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	06/04 - 06/27 (T/Th)	5:30 - 6:10 PM
B	07/09 - 08/01 (T/Th)	5:30 - 6:10 PM

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

A & B: Tues - \$76 / Thurs - \$76 / Tues & Thurs - \$116

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



## Orange Ball Tennis (Ages 9-10) 24BYT3

24BYT3

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	06/04 - 06/27 (T/Th)	6:15 - 7:15 PM
B	07/09 - 08/01 (T/Th)	6:15 - 7:15 PM

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

A & B: Tues - \$92 / Thurs - \$92 / Tues & Thurs - \$140

**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](mailto:info@tryufm.org) or 785.539.8763.



## Green Ball Tennis (Ages 10-12)

24BYT4

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	06/03 - 06/28 (M/F)	5:00 - 6:15 PM
B	07/08 - 08/02 (M/F)	5:00 - 6:15 PM

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

A & B: Mon - \$112 / Friday - \$112 / Mon & Friday - \$168

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

## YOUTH TENNIS

## Teen Tennis (Ages 13+)

24BYT5

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	06/03 - 06/28 (M/F)	6:15 - 7:30 PM
B	07/08 - 08/02 (M/F)	6:15 - 7:30 PM

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

A & B: Mon - \$112 / Friday - \$112 / Mon & Friday - \$168

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

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

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)



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
<b><u>DANCE 599</u></b>			
11618 - Yoga	11:00am-12:00pm	6/03-7/26 (M)	Online
<b><u>KIN 101</u></b>			
12016 - Pole Silks	2:30-3:30pm	6/03-7/26 (T/TH)	Elevation Studios
<b><u>RRES 200</u></b>			
11791 - Women's Boxing 1	4:30-5:30pm	6/03-7/26 (T/TH)	K.O. Boxing
11798 - Women's Boxing 2	4:30-5:30pm	6/03-7/26 (T/TH)	K.O. Boxing
11799 - Women's Boxing 3	4:30-5:30pm	6/03-7/26 (T/TH)	K.O. Boxing
11800 - Women's Boxing 4	4:30-5:30pm	6/03-7/26 (T/TH)	K.O. Boxing
12015 - First Aid/CPR	12:00-7:30pm	7/13-7/14 (Sa/Su)	UFM
10919 - Co-Ed Boxing 1	6:30-7:30pm	6/03-7/26 (M/W)	K.O. Boxing
11359 - Co-Ed Boxing 2	5:30-6:30pm	6/03-7/26 (M/W)	K.O. Boxing
11360 - Co-Ed Boxing 3	5:30-6:30pm	6/03-7/26 (M/W)	K.O. Boxing
11361 - Co-Ed Boxing 4	5:30-6:30pm	6/03-7/26 (M/W)	K.O. Boxing

### In-person locations:

- Elevation Studios MHK, 1125 Laramie, Suite A
- K.O. Boxing, 2048 Tuttle Creek Blvd. (In the basement under Shelter Insurance)
- UFM, 1221 Thurston St (UFM Community Learning Center)

### 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 SUMMER 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.

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# 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+ \_\_\_\_\_

24BEN201	B	Bike Maintenance 101	60.00

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.



35<sup>TH</sup> ANNUAL

# GARDEN TOUR

Saturday, June 22, 2024  
8:30 AM - 1 PM



## GARDENS ON THE TOUR

Kitra Cooper .....	302 S. Manhattan Ave.
Tim Lindemuth .....	500 Denison Ave.
Barbara & Ron Meitler.....	1736 Westbank Way
Susan & Kim Nelson .....	3001 Pinewood Circle
Doris Proudfoot .....	1739 Fairchild Ave.
K-State Gardens .....	1500 Denison Ave.
Manhattan Community Gardens .....	703 S 9th St.
.....	1435 Collins Lane

Tickets not required. Suggested \$10 donation. Proceeds benefit Kansas State University Gardens. For more information call 785-537-6350.

K-State Research and Extension is an equal opportunity provider. K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to physical, vision or hearing disability or a dietary restriction contact Gregg Eyrestone at 785-537-6350. <https://www.riley.k-state.edu/master-gardener/>

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Riley County

**CHECK  
OUT**



page 9 for information on the  
Manhattan Community Garden turns 50!



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