

UFM puts the **community** in education.



UFM

a University For huMankind

MANHATTAN COMMUNITY GARDEN TURNS 50!



*a look
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tryufm.org

UFM FALL 2024 COURSE CATALOG



Celebrating 50 Years of Growth and Community!

The Manhattan Community Garden, one of UFM's earliest community collaborations, celebrates its 50th anniversary with the 2024 growing season, making it the oldest continuously operating community garden in Kansas.

The garden began in 1974 with a mini-grant from ACTION, coordinated by UFM. The City of Manhattan purchased land near Riley Lane for Urban Renewal and leased it to UFM. Initially, the garden had 60 plots, but it gradually expanded to 180 plots across 3.5 acres.

In 2006, part of the Riley Lane Garden was sold to a private business, leaving two acres south of the railroad tracks. This space was replotted to maximize usage, creating 130 plots. To address the large waiting list, UFM approached the Riley County Commission for additional space on Hunter's Island.

By November 2011, Riley County granted UFM exclusive use of up to 10 acres on Collins Lane. Work commenced immediately, and by February 2012, 57 new plots were ready. The Collins Lane Garden expanded in 2013 to 156 plots, increasing the total number of usable plots to over 280.

Today, the Manhattan Community Garden operates at two sites: 9th and Riley Lane and 1435 Collins Lane. Each gardening family rents a plot to grow food, fruits, vegetables, herbs, and flowers. The produce belongs to the individual or family renting the plot.

Land is provided by the City of Manhattan and Riley County, supervised by UFM Community Learning Center. The garden fosters community engagement, supplementing food budgets, relieving stress, and building friendships.

Each year, over 200 plots are available, with rental fees on a sliding scale to accommodate all income groups. The garden provides water, mulch, tools, seeds, and advice. Orientation and plot rental for new gardeners begin each January or February and continue until all plots are rented. Returning gardeners renew their plots in November and December. An average of 180 individuals and families participate annually. For the latest signup information, visit the UFM website (tryufm.org).

The garden is managed by a volunteer Board of Directors, with thirteen elected members. Gardeners contribute two hours of volunteer service annually, participating in workdays or providing food and drink for social events. Board members supervise these workdays.

The Manhattan Community Garden proudly continues its tradition of providing food, reducing stress, and fostering social connections within the community.



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UFM FALL 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.

Olivia Arnold	David Jones
Melissa Asper	Jane Kim
Adriana Berkowitz	Tom Korte
Brian Braun	Tabatha Kurtenbach
Sydney Brinneman	Kaisha Lawrence
Glen Brown	Travus Lexroux
Amanda Campanella	Molly Lohman
Angie Chae	Clint Lowry
Cary Chappell	Opal Marceline
Edisha Coleman	Pedro Marquez
Kenny Cook	Pedro Melendez
Melissa Copp	Justin Montney
Jack Cunningham	David Moore
Karen Cunningham	Naho Nagai
Bill Dorsett	Micah Nelson
Derrick Doty	Debbie Newton
Amanda Etter	Vivian Price
Beth Fischer	Kyler Reith
Monica Franco	Sabrina Rodriguez
Ana Franklin	Leo & Joy Schell
Jeff Freeborn	Karen Schroeder
R. Todd Gabbard	David Seamon
Olinga Grover	Lucas Shivers
Vanessa Hager	Robert Smith
David Hammons	Chris Sorensen
Barbara Hanae Johnson	Chris Srackangast
Curt Herrman	Jhoe Stonestreet
Caity Hinnergardt	Neal Strathman
Nick Homburg	Dan Thornton
Dave Hoover	Stan Wilson
Joanna Howe	Liang Xinliang
Jake Huber	Jared Young
Mindy Huber	Voices For All, LLC
Kyoshi Pamela Johansen	

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Catalog layout & design by Samantha Lovitt

Hello community!

Fall is my favorite time of year in Kansas. As a youth, I remember my parents driving me up Poyntz Avenue to the Manhattan High School and I'd admire the beautiful canopy of trees bedazzled with vibrant fall colors – beautiful shades of yellows and reds and browns. After long hot humid Kansas summers, the cooler fall air and community activities are so fun to partake in!

This fall, we have a lot to enjoy at UFM Community Learning Center. We have a plethora of new community enrichment classes that are perfect for youth, families, and individuals young and old to enjoy. Our distinguished Lou Douglas Lecture Series this fall is an interfaith panel and community event to create opportunities for peacebuilding with the support of local faith leaders. We are also proudly celebrating our community garden being the oldest community garden in Kansas with 50 years of learning and growing together as a community. When I was a youth, I fondly remember growing strawberries there and enjoying how sweet and delicious they were.

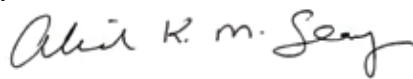
Supporting positive youth development experiences is one of the many things that we stand for at UFM. I would like to thank the UFM staff and community members who support healthy youth/adult partnerships through our year-round youth programming. Our YouthBuild program has now been in effect for over a year welcoming vulnerable youth to participant in a workforce development program where they can focus on life and leadership skills, construction certification, GED support, career development, and job placement. We also have our Teen Mentoring Program, an afterschool and summer program, that takes place twice a week supporting teens in developing leadership skills while learning about drug and alcohol prevention.

I end my director's note by sharing one way I was encouraged as a child. A caring adult mentor entered my poem into a contest to be published in Young Kansas Writers. Because this community member believed in me, I became a published poet at the age of 11. Never underestimate your valuable role in community engagement and how you can make a difference in the lives of others! There are many opportunities to contribute your skills, interests, and time to UFM by volunteering in one of our many community enrichment programs or by teaching a class. Please reach out to us if you are interested in engaging with our grassroots community learning center in a meaningful way.

The Water

*On a crisp Autumn evening
The water is bathed in moonlight
Suddenly
A ripple in the water disturbs the silence
And out of the water jumps a silver fish
Reflecting the moonlight in its scales
An egret comes flying by
It almost seems to touch the moon
Then all is silent.
But then from the valley
Comes the song of the leaves
Saying goodbye to their tree
For winter has come.*

In Community,



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



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UFM Community Learning Center is a military-friendly organization, welcoming all service members and their families. Please visit page 29 for an exciting announcement.

CREATIVE FREETIME

Creative Writing 101

NEW!

24CCF466

We will go over the stages of creative writing, the processes used to help make the story writing process easier and more productive for aspiring writers and people who'd just like to write and create.



Instructor: Opal Marceline,
jessy.r.marceline@gmail.com,

Opal is just a nerd who's spent far too much time lost in her head, but she loves creating worlds and stories for others to enjoy.

DATE	TIME	FEE
09/02 - 12/09 (M)	6:00 - 7:00 PM	\$59

Location: UFM Teaching & Learning Rm, 1221 Thurston St

Introduction to Candle Making

NEW!

24CCF467

Discover the art and science behind candle making in this hands-on course. Learn essential techniques such as choosing the right wax, wicks, and scents, and explore various candle styles. Gain knowledge of basic pillars to decorative containers, gain the skills to create beautiful and functional candles at home. Perfect for beginners or those looking to refine their skills, this course offers practical knowledge and creative inspiration for crafting personalized candles for any occasion.



Instructor: Jack & Karen Cunningham,
fragrantblendsmhk@gmail.com, Jack and Karen have owned a candle making business for over three years. They began from scratch researching and testing various components of the candle making process and enjoy sharing their knowledge with others.

SEC	DATE	TIME	FEE
A	09/02 (M)	6:00 - 7:00 PM	\$40
B	09/16 (M)	6:00 - 7:00 PM	\$40
C	09/30 (M)	6:00 - 7:00 PM	\$40
D	10/14 (M)	6:00 - 7:00 PM	\$40
E	10/28 (M)	6:00 - 7:00 PM	\$40
F	11/11 (M)	6:00 - 7:00 PM	\$40
G	11/25 (M)	6:00 - 7:00 PM	\$40
H	12/09 (M)	6:00 - 7:00 PM	\$40

Location: Fragrant Blends Candle Bar,
320 Poyntz Ave, Suite 100

Introduction to

NEW!

Adobe Lightroom Classic 24CCF462

Join us for a journey into Adobe Lightroom Classic, the industry-standard software for organizing, editing and enhancing photographs. This class is designed to equip you with essential skills to streamline your workflow and elevate your photography. Master cataloging techniques to manage and find your images. Learn fundamental editing techniques such as adjusting exposure, color, and contrast. Dive into advanced features like local adjustments, presets, and batch processing. Export photos in various formats and share online or in print. Students need Adobe Lightroom and a laptop to actively participate in class. Those without subscriptions can observe the instructor's demonstration. Ages 15+.

Instructor: Karen Schroeder,
photo@karenschroederphotography.com

DATE	TIME	FEE
08/27 - 09/17 (T)	5:30 - 7:30 PM	\$74

Location: UFM Queer Liberation Commons, 1221 Thurston

Introduction to Adobe Photoshop

NEW!

24CCF463

Unlock the full potential of Adobe Photoshop, the industry-standard software for digital imaging and photo editing. This course is designed to guide you through the basics of photo editing. Familiarize yourself with the Photoshop interface and essential tools. Learn navigation techniques and workspace customization for efficient editing. Understand essential editing techniques like cropping, resizing, and rotating images. Master adjustments for brightness, contrast, and color balance to enhance your photos. Students need Adobe Photoshop and a laptop to actively participate in class. Those without subscriptions can observe the instructor's demonstration. Ages 15+.

Instructor: Karen Schroeder,
photo@karenschroederphotography.com

DATE	TIME	FEE
10/01 - 10/22 (T)	5:30 - 7:30 PM	\$74

Location: UFM Queer Liberation Commons, 1221 Thurston

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Introduction to Digital Photography: The Basics **24CCF356**

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

Instructor: Nick Homburg, nick@fotopromedia.com
Nick is an entrepreneur, photojournalist, documentary filmmaker, fashion photographer, and has worked professionally in the visual arts since 1982.

DATE	TIME	FEE
10/03 - 10/24 (Th/Sa)	5:30 - 7:30 PM	\$79

* Enrollment deadline 10/01

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



Photo by Erin Poppe.



Learn to take creative pet portraits.

Taking Creative Pet Portraits **NEW!** **24CCF461**

Learn tips and tricks for capturing fun and unique pet portraits (our focus will be on dogs). Basic photography knowledge is recommended for this class, and you will need a DSLR or mirrorless camera. Learn about lenses and studio lighting setups suitable for pet portraits. We'll also talk about treats, props and backdrops. Learn how to read body language and work at the pet's pace. Pet models provided. You will not bring your pet to class. Ages 15+.

Instructor: Karen Schroeder, photo@karenschroederphotography.com
Karen Schroeder specializes in family, senior and pet photography. She also provides businesses with branding photography and business portraits.

DATE	TIME	FEE
09/22 (Su)	Noon - 3:00 PM	\$70

Location: Karen Schroeder Photography Studio, 2801 Claflin Rd, Suite 150

Cutting Paper Snowflakes **NEW!** **24CCF363**

Paper snowflakes can be delightful, eye-catching, and even artistic. They can be displayed numerous ways. Paper will be provided. Bring sharp scissors. Ages 8+.

Instructors: Leo & Joy Schell, joyleo@interkan.net
Leo excels at cutting paper snowflakes and has taught hundreds, from grade school to "gray hair."

DATE	TIME	FEE
12/08 (Su)	2:00 - 4:00 PM	\$17

Location: First Congregational Church, 700 Poyntz Ave

Show us your creations! Submit your UFM class photos to samantha@tryufm.org



Plumbing Craft Creations NEW! **24CCF365**

Spark your imagination with hands-on crafting using common plumbing materials! This interactive course introduces fun and educational projects that utilize everyday plumbing supplies creatively. From building structures with PVC pipes to crafting art pieces with copper fittings, students will explore various themed crafts designed to foster creativity and practical skills. Each session includes step-by-step instructions, safety guidelines, and opportunities for participants to customize their creations. Whether they're making a miniature cityscape or a whimsical sculpture, this course encourages young minds to innovate while learning about basic plumbing concepts in a playful and engaging environment. Each class will include a themed and structured craft that students will be able to take home at the end of class.

Instructor: Brian Braun, brian.braun13@yahoo.com
 Brian Braun has taught OSHA and Construction classes for the last nine years. He has been in the industry for 40 years and in that time has continuously improved his trade skills with a specialization in the field of plumbing. Brian has his Master Plumber certification and enjoys sharing his knowledge with others.

SEC	DATE	TIME	FEE
A	10/13 (Su)	2:00 - 6:00 PM	\$58
B	11/24 (Su)	2:00 - 6:00 PM	\$58

Location: UFM Queer Liberation Commons, 1221 Thurston

Coptic Bookbinding **24CCF436**

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

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

DATE	TIME	FEE
09/15 - 09/22 (Su)	2:00 - 4:00 PM	\$42

* Enrollment deadline 09/06

Location: UFM Solar Addition, 1221 Thurston St



Bookbinding examples.

Western Case Bookbinding **24CCF418**

Come try the art of bookbinding by making a hard backed custom blank journal! Supplies provided to create a small blank book with your choice of colors. Bookbinding is a great way to make a custom journal, sketchbook, or even re-bind paperback books! No skill required; art is for everyone! Ages 13+.

Instructor: Molly Lohman

DATE	TIME	FEE
11/03 - 11/10 (Su)	2:00 - 4:00 PM	\$42

* Enrollment deadline 10/25

Location: UFM Solar Addition, 1221 Thurston St

Tarot for Fun and Personal Growth **24CCF445**

Interested in tarot cards but don't know where to start? Want to know more about their use outside of the mystical? What started as a card game in medieval Italy has grown to be associated with divination, but provides surprising fun to storytelling, journaling, and fun with friends. Come play with some cards, make grandiose forecasts for the future, and use them for journal prompts and reflection or a game with friends! Ages 18+.

Instructor: Molly Lohman

SEC	DATE	TIME	FEE
A	09/15 - 09/22 (Su)	4:30 - 6:30 PM	\$22
B	11/03 - 11/10 (Su)	4:30 - 6:30 PM	\$22

Location: UFM Solar Addition, 1221 Thurston St



Warhammer 40,000 Basics NEW! 24CCF464

This class will introduce students to the basic gameplay of Warhammer 40,000 10th Edition. Students will be taught the core rules of the 40K and taken through basic overviews of some of the faction rules within the game, as well as lore/background information for those factions. Gameplay materials will be provided, but students are encouraged to bring their own 6-sided dice if they wish.



Instructor: Micah Nelson

Micah Nelson is a long-time gamer with extensive experience in many different games and gameplay formats.

DATE	TIME	FEE
09/08 - 10/06 (Su)	4:00 - 9:00 PM	\$140

Location: UFM Queer Liberation Commons, 1221 Thurston

Magic the Gathering - The Basics NEW! 24CCF465

This class will introduce students to the fundamentals of Magic: The Gathering game play and familiarize them with basic strategies and procedures.

Instructor: Micah Nelson



SEC	DATE	TIME	FEE
A	09/09 (M)	6:00 - 8:00 PM	\$40
B	09/16 (M)	6:00 - 8:00 PM	\$40
C	09/23 (M)	6:00 - 8:00 PM	\$40
D	09/30 (M)	6:00 - 8:00 PM	\$40

Location: UFM Fireplace Room, 1221 Thurston St

Cosplay Prop Creation (Staffs) NEW! 24CCF470

Delve into the enchanting world of fantasy crafting as you learn to sculpt and adorn a custom fantasy-themed staff for costumes and cosplay. From concept design to practical construction techniques, explore materials and painting to bring your vision to life. Led by skilled artisans, this hands-on workshop guides you through every step, ensuring your staff reflects both authenticity and personal creativity. Whether channeling arcane powers or embodying a mythical character, this course equips you with the skills to craft a mesmerizing prop that enhances any fantasy ensemble.

Instructor: Jake Huber, titanofitusdm@gmail.com



DATE	TIME	FEE
10/09 (W)	5:30 - 7:30 PM	\$100

Location: UFM Teaching & Learning Rm, 1221 Thurston St

Cosplay Prop Creation (Tomes) NEW! 24CCF471

Embark on a journey into the realms of fantasy crafting as you master the art of creating a mystical tome for costumes and cosplay. Dive into design techniques, material selection, and aging effects to authentically replicate ancient manuscripts or arcane spell books. Guided by experienced artisans, you'll learn binding methods, embellishment, and distressing techniques to personalize your tome with intricate details. Whether portraying a wise mage or a mysterious adventurer, this workshop empowers you to craft a captivating prop that adds depth and authenticity to your fantasy persona.

Instructor: Jake Huber, titanofitusdm@gmail.com



DATE	TIME	FEE
10/16 (W)	5:30 - 7:30 PM	\$100

Location: UFM Teaching & Learning Rm, 1221 Thurston St

Tabletop Miniature Painting 101 24CCF455

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 need to bring their own paints and supplies to the class and will leave with any miniatures that they bring to class. Ages 16+.

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.



SEC	DATE	TIME	FEE
A	09/18 - 09/19 (W/Th)	5:00 - 8:00 PM	\$70
B	10/16 - 10/17 (W/Th)	5:00 - 8:00 PM	\$70
C	11/20 - 11/21 (W/Th)	5:00 - 8:00 PM	\$70

Location: UFM, 1221 Thurston St



Tabletop miniature painting example, projects vary.



DANCE & MUSIC

Yosakoi Japanese Dance Lesson **24CRF240**

“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
09/03 - 10/01 (T)	5:45 - 6:45 PM	\$25

Location: UFM Teaching & Learning Rm, 1221 Thurston St

Beginning Guitar **24CCF458**

NEW!

So you want to play guitar? This is an easy method I've used for years and it's great for young and old alike. We start with the very basics, learn music theory, and learn to read music as we play. This class is offered in two sessions, the first focuses on fundamentals, technique, and learning the notes on the first three strings. The second session continues with learning the notes on the 4th, 5th, and 6th strings, and beginning chords. Students must attend the first session to take the second but are not obligated to take the second. Books are included with the class; students will need their own acoustic guitar and music stand.

Instructor: Derrick Doty, flinhillsfiddler@gmail.com
Derrick has taught fiddle and fretted string instruments for over 20 years. He plays fiddle in Tallgrass Express String Band, is a Humanities Kansas speaker, and is the 2023 Kansas State Banjo champion.

DATE	TIME	FEE
08/21 - 10/09 (W)	6:30 - 7:15 PM	\$111

Location: UFM Solar Addition, 1221 Thurston St



UFM is proud to recognize our Active Duty, Reservist, and Military Veteran instructors with a military dog tag icon next to their name or class. We are grateful for their service and dedication.

Family Ukulele **24CCF460**

NEW!

Whether you're new to the uke or already play and would like a fresh approach, this is the class for you! This family-friendly class is offered in two 8-week sessions. The first session focuses on the basics, technique, and learning to read music and TAB. The second session picks up where the first ends, and we'll learn more chords and more complex techniques. Students must attend the first session to take the second but are not obligated to take the second. An instruction book is included, students will need their own soprano or concert ukulele and music stand.

Instructor: Derrick Doty, flinhillsfiddler@gmail.com

SEC	DATE	TIME	FEE
A	08/21 - 10/09 (W)	7:30 - 8:15 PM	\$97
B	10/16 - 12/04 (W)	7:30 - 8:15 PM	\$97

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

Beginning 5-String Banjo **24CCF441**

This class is an introduction to what is commonly called 'classic' banjo, or fingerstyle. This style of playing was popular from the mid-19th century through the 1920s. It is the precursor of Scruggs style bluegrass banjo and is an excellent foundation for learning three-finger bluegrass style. In this class, we'll learn to play fun and simple pieces together. You'll also learn about the instrument and its history, C tuning, chords, technique, reading music, and TAB. Students will need their own instruments and music stand.

Instructor: Derrick Doty, flinhillsfiddler@gmail.com

DATE	TIME	FEE
10/07 - 11/25 (M)	6:30 - 7:15 PM	\$89

Location: UFM Solar Addition, 1221 Thurston St

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Beginning Clawhammer Banjo NEW! **24CCF456**

You may know it as clawhammer, frailing, old-time, drop thumb, or stroke-style banjo. Not only will we discuss those terms and their differences, or if there are any, but this 8-week class will teach you the basics of clawhammer banjo. We'll explore different techniques while learning to play some familiar pieces from the mid-19th century. While reading music isn't necessary for this class, we will look at early banjo music and history and its development over time. Tablature (TAB) will be provided with this class. Students will need their own 5-string banjo and music stand.

Instructor: Derrick Doty, flinthillsfiddler@gmail.com

DATE	TIME	FEE
10/07 - 11/25 (M)	7:30 - 8:15 PM	\$89

Location: UFM Solar Addition, 1221 Thurston St

Fiddle 101 NEW! **24CCF457**

Do you play the violin and want to venture into the realm of fiddling? Then you don't want to miss this opportunity to learn the basics of traditional American fiddling. You'll learn about bow hold, technique, chording, double stops, variation, ornamentation, scordatura, and most importantly, learning by ear. Each week we'll learn at least one new piece. Weekly homework will explore diverse fiddling traditions by listening to selected fiddlers. You'll learn fun tunes and walk away with an appreciation for the music. Not to mention, you'll understand the difference between a violin and a fiddle! This class is geared toward 7th-grade orchestra students to adults.

Instructor: Derrick Doty, flinthillsfiddler@gmail.com

DATE	TIME	FEE
08/24 - 09/14 (Sa)	10:00 - 11:00 AM	\$TBD

Location: UFM Solar Addition, 1221 Thurston St



Piano

24CCF468

Learn to play piano in a supportive, encouraging group class! Open to all levels of experience playing piano and reading music. Each student will receive one-on-one instruction to meet them where they are at, no matter if they are a beginner playing, "Hot Cross Buns," or advanced playing, "Für Elise!" Students will experience success over 8 weeks by building their confidence as a musician and improving music reading skills. Playing piano fosters a love of music and can be an excellent outlet for relieving stress and accessing the creative side of our brains!

Instructor: Olivia Arnold, arnold.olivia94@gmail.com
Olivia Arnold is a music educator and choral director at Cloud CC. Olivia has taught K-12 general music and choir for seven years as well as voice and piano.

DATE	TIME	FEE
TBA	TBA	\$TBA

Location: TBD

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THE MAC



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

24CCF450

Covers levels 1-5 and is a prerequisite for all other D&D classes. Full details at tryufm.org. Ages 13+. Instructor: Jake Huber, titanofitUSDm@gmail.com



SEC	DATE	TIME	FEE
A	09/06 - 10/04 (F)	5:00 - 10:00 PM	\$74
B	10/25 - 11/22 (F)	5:00 - 10:00 PM	\$74

Location: UFM Teaching & Learning Rm, 1221 Thurston St

An Intermediate Guide to Dungeons & Dragons 5E

24CCF451

Covers levels 6-10. Prerequisite: A Beginner's Guide. Full details at tryufm.org. Ages 13+. Instructor: Jake Huber



SEC	DATE	TIME	FEE
A	09/06 - 10/04 (F)	5:00 - 10:00 PM	\$74
B	10/25 - 11/22 (F)	5:00 - 10:00 PM	\$74

Location: UFM Teaching & Learning Rm, 1221 Thurston St

An Advanced Guide to Dungeons & Dragons 5E

24CCF452

Covers levels 11-15. Prerequisite: An Intermediate Guide. Full details at tryufm.org. Ages 13+. Instructor: Jake Huber



SEC	DATE	TIME	FEE
A	09/06 - 10/04 (F)	5:00 - 10:00 PM	\$74
B	10/25 - 11/22 (F)	5:00 - 10:00 PM	\$74

Location: UFM Teaching & Learning Rm, 1221 Thurston St

An Expert Guide to Dungeons & Dragons 5E

24CCF453

Covers levels 16-20. Prerequisite: An Advanced Guide. Full details at tryufm.org. Ages 13+. Instructor: Jake Huber



SEC	DATE	TIME	FEE
A	09/06 - 10/04 (F)	5:00 - 10:00 PM	\$74
B	10/25 - 11/22 (F)	5:00 - 10:00 PM	\$74

Location: UFM Teaching & Learning Rm, 1221 Thurston St

Mastering Dungeons & Dragons: Becoming a 5e Dungeon Master

NEW!

24CCF469

Unlock the art of storytelling and strategy in Dungeons & Dragons 5e as you learn to master the role of Dungeon Master (DM). Dive deep into world-building, encounter design, and narrative weaving while honing improvisational skills crucial for guiding epic adventures. From crafting compelling NPCs to managing player dynamics, this course provides essential tools and techniques to create immersive gameplay experiences. Taught by seasoned DMs, it offers hands-on practice and constructive feedback to empower you in crafting unforgettable campaigns. Whether new to DMing or seeking to refine your craft, this course equips you to lead legendary quests with confidence.

Instructor: Jake Huber



Jake Huber is a Marine Corps veteran, husband, father, and business owner. His vast work and life experiences has earned him the title, "Jake-of-all-trades." Over the past several years, Jake has turned his obsession with Dungeons & Dragons from hobby to career with goals to create a franchise.

SEC	DATE	TIME	FEE
A	10/11 (F)	6:00 - 9:00 PM	\$35
B	12/06 (F)	6:00 - 9:00 PM	\$35

Location: UFM Teaching & Learning Rm, 1221 Thurston St



EARTH & NATURE

Great Gardening: A Month-by-Month Guide to Kansas Vegetable Gardens **24CEN174**

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 achieve 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. He's an educator and can't wait to work with you to find success as a great gardener.

DATE	TIME	FEE
10/01 - 10/15 (T)	5:00 - 6:00 PM	\$42

Location: 9th & Riley Lane, Manhattan Community Gardens

Solar Heat Pumps: Heating and Cooling **24CEN196**

NEW!

Nearly everyone lives with a heat pump in their home. Known as "refrigerators" these devices collect heat from the inside of the box and deposit it into the air blowing past its outside coils. Today larger versions can do the same for our entire home, moving heat out of the house to cool it and moving heat indoors to warm it. A new report from households in Germany, Spain, and Italy, shows that by pairing solar PV with heat pumps families can save between 62% and 84% on their annual energy bills. In this class, we will discuss these newest technologies, how much they cost, and where they are trending.

Instructor: FHREEC, & Bill Dorsett, wm.c.dorsett@gmail.com, Solar energy in many of its forms has been Bill's profession and UFM topic since the earliest Earth Days.

DATE	TIME	FEE
09/08 (Su)	1:00 - 3:00 PM	Community Sponsored

Location: UFM Solar Addition, 1221 Thurston St

Interested in
teaching
a class for UFM?



Spring 2025
submission
deadline is
Oct 4, 2024



For more
information email
jake@tryufm.org

Flint Hills Solar Co-op

Neighbors helping Neighbors

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

fhreec.org
mail@fhreec.org



Bike Maintenance 101

24CEN201

Beginners bike maintenance! We will go over terms, bicycle assessment and estimation, cleaning and lubing, flat repair, and open question and answer time. Ages: 13+.

Instructor: Kyler Reith

SEC	DATE	TIME	FEE
A	12/07 (Sa)	4:00 - 6:00 PM	\$60
B	12/14 (Sa)	4:00 - 6:00 PM	\$60

Location: Bike Tek, 1620 Fort Riley Blvd #105



Bike maintenance.

Backyard Chicken Keeping

NEW!

24CEN203

This course is set up to provide general information and covers specific topics/areas of interest relevant to backyard chicken keeping and will offer hands on learning about chickens, chicken feed, housing for chickens, potential illnesses/problems chicken owners may encounter, brooder set up, raising chicks, and more. Live chickens will be available for viewing and handling. Individuals enrolled will be able to share their knowledge and what they hope to learn before or at the beginning of the session and the course will be adapted based on the information gathered. Please Note: This course will not cover information on breeding chickens or incubation.

Instructor: Mindy Huber, mindy@tryufm.org

DATE	TIME	FEE
10/20 (Su)	3:00 - 4:30 PM	\$20

Location: UFM Solar Addition, 1221 Thurston St



Backyard chicken.

Alien Arboreals: Exploring Extraterrestrial Plant Life and Genetic Modification **24CEN197**

Embark on a speculative journey into the realm of extraterrestrial botany with our course on alien plant life and genetic modification. Delve into the hypothetical biology of alien trees, examining potential adaptations to diverse planetary environments. Through hands-on experiments and theoretical discussions, explore the principles of genetic modification applied to extraterrestrial flora, considering implications for colonization, terraforming, and biodiversity in space. Ideal for astrobiologists, speculative fiction enthusiasts, and biotechnologists, this course invites you to imagine and engineer the future of interstellar horticulture and the expansion of life beyond Earth's boundaries.

Instructor: Quan'Tum Conifer

DATE	TIME	FEE
10/22 (Tu)	7:00 - 8:30 PM	\$24

Location: UFM Solar Addition, 1221 Thurston St


UFM is proud to recognize our Active Duty, Reservist, and Military Veteran instructors with a military dog tag icon next to their name or class. We are grateful for their service and dedication.



FUN FOODS

BBQ Ribs and Chicken NEW! 24CFF232

Explore the art of preparing and smoking chicken and ribs in this hands-on culinary class. Learn essential knife skills as you expertly trim and season meats for smoking. Discover techniques for achieving tender, flavorful results through proper marination and seasoning. Dive into the nuances of smoking methods, mastering temperatures and wood choices for optimal flavor profiles. Gain confidence in using sharp knives safely and effectively under expert guidance. Whether you're a novice or seasoned cook, this course promises to elevate your understanding and skills in preparing and smoking chicken and ribs to perfection.


Instructor: Dan Thornton, thornton1975@hotmail.com 
Award-winning KCBS Masters Series Pit-master Dan has been competing professionally in BBQ for over seven years.

SEC	DATE	TIME	FEE
A	09/14 (Sa)	9:00 AM - 3:00 PM	\$98
B	10/19 (Sa)	9:00 AM - 3:00 PM	\$98

Location: UFM Queer Liberation Commons, 1221 Thurston

Smoked Thanksgiving Turkey NEW! 24CFF233

Delve into the art of preparing and smoking a Thanksgiving turkey in this comprehensive culinary class. Master the fundamentals of poultry preparation, from proper handling and seasoning to intricate carving techniques. Explore the nuances of smoking methods, selecting wood types, and controlling temperatures for succulent, flavorful results. Safely wield sharp knives as you learn essential cutting skills under expert guidance. Whether you're a novice or seasoned chef, this course ensures you'll confidently create a memorable smoked turkey centerpiece, perfect for any holiday feast.

Instructor: Dan Thornton, thornton1975@hotmail.com 

DATE	TIME	FEE
11/09 - 11/09 (Sa)	9:00 - 3:00 PM	\$98

Location: UFM Queer Liberation Commons, 1221 Thurston



Recipes will vary.

The World of Whiskey 24CFF229

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 

Neal is a retired 22-year-Veteran of the U.S. Navy and Navy Reserves. He started his appreciation of whiskey (American and Irish) and whisky (Scottish, Canadian, or Japanese) shortly after turning 21 while stationed near Seattle. Neal joined the Navy Reserves at the age of 30 where he was deployed to Japan several times assisting in radiation surveys after the Fukushima reactor accident and shipyard maintenance. It was here that he discovered the possibility of good whisky being made in any place where care is taken to ensure quality. Neal is grateful for the ability to share his passion for great drinks with friends and family.

SEC	DATE	TIME	FEE
A	09/14 (Sa)	4:00 - 6:00 PM	\$90
B	11/09 (Sa)	4:00 - 6:00 PM	\$90

Location: UFM Queer Liberation Commons, 1221 Thurston

Discover the World of Pandesal Baking and Pairings 24CFF230

Explore the world of Filipino bread-making with Joanna who grew up in the Philippines 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
10/05 (Sa)	10:00 - Noon	\$40

Location: Mennonite Church, 1000 Fremont St



**DoughBro Designs
(Cinnamon Rolls)**

NEW!

24CFF234

Join our Pop-Up Bakery Class to learn the art of shaping and baking your own delicious cinnamon rolls! You'll get step-by-step instructions on dough preparation, rolling techniques, and baking tips. By the end of the class, you'll have your very own batch of freshly baked cinnamon rolls to take home and enjoy. Don't miss out on this fun and tasty experience! This hands-on, interactive class is perfect for ages 8 and up.
Instructor: Melissa Asper

SEC	DATE	TIME	FEE
A	10/12 (Sa)	10:00 - 11:30 AM	\$41
B	11/09 (Sa)	10:00 - 11:30 AM	\$41

Location: Mennonite Church, 1000 Fremont St

**The DoughBro Designs
(Biscuits & Gravy)**

NEW!

24CFF235

Join our Pop-Up Biscuits and Gravy Class to master the fundamentals of making this classic comfort food from scratch! In this hands-on session, you'll learn to prepare flaky biscuits and rich, savory gravy. Perfect for all skill levels, this interactive class provides step-by-step guidance and tips. By the end, you'll have your own delicious, homemade meal to enjoy. Don't miss this chance to elevate your breakfast game!
Instructor: Melissa Asper

SEC	DATE	TIME	FEE
A	10/26 (Sa)	10:00 - 11:30 AM	\$41
B	11/30 (Sa)	10:00 - 11:30 AM	\$41

Location: Mennonite Church, 1000 Fremont St



Recipes will vary.



Cakes decorated by Edisha.

The Cake Decorating 101

NEW!

24CFF238

Basic cake decorating is for students who wish to learn the basics of cake decorating using basic piping techniques. Students will be able to level, crumb coat, ice, and decorate a buttercream cake using a piping bag and buttercream icing.
Instructor: Edisha Coleman, (785) 210-5561

SEC	DATE	TIME	FEE
A	09/12 (Th)	6:00 - 8:00 PM	\$118
B	09/26 (Th)	6:00 - 8:00 PM	\$118
C	11/07 (Th)	6:00 - 8:00 PM	\$118
D	11/21 (Th)	6:00 - 8:00 PM	\$118

Location: UFM Teaching & Learning Rm, 1221 Thurston St

**Cake Decorating 102 - 3D Cake Making/
Working with Fondant**

NEW!

24CFF239

For students who wish to learn the art of 3D cake making using fondant techniques. (Students who wish to take this class should already possess basic cake decorating skills.) Students will be able to level, crumb coat, ice, and decorate a 3D cake using fondant.

Instructor: Edisha Coleman, (785) 210-5561

SEC	DATE	TIME	FEE
A	08/29 (Th)	6:00 - 8:30 PM	\$144
B	10/03 (Th)	6:00 - 8:30 PM	\$144
C	10/17 (Th)	6:00 - 8:30 PM	\$144
D	12/05 (Th)	6:00 - 8:30 PM	\$144

Location: UFM Teaching & Learning Rm, 1221 Thurston St



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



Certificates [online]

Bookkeeping Certificate

24CGC149

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

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

- Understanding Debits and Credits
- General Ledger and Month End Procedures
- Closing Procedures a

Instructor: LERN Staff

DATE	TIME	FEE
09/03 - 11/29	Asynchronous online	\$495

Certificate in Mastering Excel

24CGC25

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

Classes included in certificate:

Mastering Microsoft Excel, Intermediate Excel, & Advanced Excel

Instructor: LERN Staff

DATE	TIME	FEE
09/03 - 11/29	Asynchronous online	\$495



Enroll today!

For additional certificate and class options, visit tryufm.org

PROFESSIONAL DEVELOPMENT

Social Media for Business Certificate 24CGC70

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

DATE	TIME	FEE
09/03 - 11/29	Asynchronous online	\$495

Coding Certificate 24CGC48

Coding is becoming one of the most in-demand skills in the workplace today. As a result, coding has become a core skill that bolsters one's chances of becoming highly valued by organizations. The highest demand is for programming languages with broad applicability. Begin by getting introduced to the basics of computer programming and various programming languages. Then, go to the next level and acquire all the basics of HTML and CSS. You will learn the relationship between these two industry-standard web page coding languages and the step-by-step process of hand-coding and building web pages. Finally, discover the advanced features of CSS and learn how to use this very powerful language. Classes included in certificate: Introduction to Coding, HTML Fundamentals, & CSS Fundamentals
Instructor: LERN Staff

DATE	TIME	FEE
09/03 - 11/29	Asynchronous online	\$595

Management Certificate 24CGC152

Enhance your management skills through this program for supervisors, managers, and emerging leaders. Nothing creates success like a solid foundation. Discover the keys for effectively managing your employees. Find out how to create clear expectations, engage and motivate employees, and increase your effectiveness. Then you will explore the principles of collaborative management and gain insight into how to expand your collaborative skills for the success of your team or organization. Finally, get the keys to manage different generations in your workplace. Discover what motivates each generation at work, what incentives they respond to, and what messages they value. Classes included in certificate: Management Bootcamp, Managing Generations in the Workplace, & Collaborative Management
Instructor: LERN Staff

DATE	TIME	FEE
09/03 - 11/29	Asynchronous online	\$595

Certificate in Marketing 24CGC164

Discover advanced and new best practices in Integrated Marketing, the growing field that integrates traditional print marketing with digital marketing for even greater marketing success. Young generations are embracing print as well as online media, creating this exciting new area of marketing. Find out the keys to success in the almost forgotten but still remarkably effective area of print, including catalogs, direct mail letters and post cards. Gain advanced marketing concepts and principles such as R, F, & M analysis, AIDA, and the 3-30-3 principle, that lead directly to practical marketing success. Acquire an understanding of how digital and print marketing complement and enhance each other, and how to integrate both kinds of marketing for even greater overall effectiveness. Classes Included in certificate: Advanced Marketing Concepts, Successful Print Marketing, & Integrated Marketing Best Practices
Instructor: LERN Staff

DATE	TIME	FEE
09/03 - 11/29	Asynchronous online	\$495

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



Single Courses [online]

Mastering Microsoft Excel 24CGC26

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
09/03 - 09/28	Asynchronous online	\$195

Conflict Management 24CGC75

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
09/03 - 09/28	Asynchronous online	\$245

Follow UFM



Writing Marketing Copy 24CGC166

Power up your copy. Acquire practical, how-to tips in writing marketing copy. Move ordinary words to savvy copy and greater results. Whether writing for email promotions, website, or print marketing, discover the keys to tapping into the reader's emotions. Discover the secrets of two of the masters in writing marketing copy. Secure specific practical techniques to start using on Monday morning. Score with new-found steps and no-nonsense tips to delight your audience. Certificate available. See Certificate in Marketing.

Instructor: LERN Staff

DATE	TIME	FEE
10/07 - 11/01	Asynchronous online	\$195

Introduction to Data Analysis 24CGC21

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. This course will give you a basic understanding of how to analyze data in a business setting. Businesses look for candidates with an understanding of how to analyze the data they have been collecting; this course will help you start on that journey. Certificate available. See Certificate in Data Analysis.

Instructor: LERN Staff

DATE	TIME	FEE
09/03 - 09/28	Asynchronous online	\$195

Spanish for Medical Professionals 24CGC05

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

Instructor: LERN Staff

DATE	TIME	FEE
09/03 - 11/01	Asynchronous online	\$290



LANGUAGE & CULTURE

Community ESL for Adults

24CLA73

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

DATE	TIME	FEE
09/09 - 11/11 (M)	7:30 - 9:00 PM	\$34

Location: UFM, 1221 Thurston St

ESL for Parents

NEW!

of School-aged Children

24CLA46

This ESL (English as a second language) course will help parents communicate with their child's teachers, school staff, coaches, or doctors. Participants will learn how to produce speech acts such as complimenting, requesting, responding to requests, seeking clarification, apologizing, and complaining. Students whose parents stay involved in their children's school get better grades, have better attendance and behavior, demonstrate better social skills, and adapt better to school. Invest in your child's future by investing in your own education today.

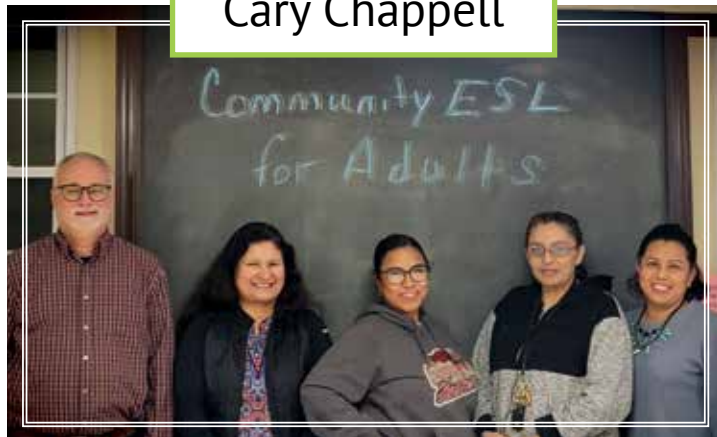
Instructor: Adriana Berkowitz, mariaadriana@tryufm.org
 Adriana Berkowitz is in the process of completing her Master of Arts in Teaching English as a Second Language. She volunteered as an ESL teacher at various posts during her 25+ years of U.S. Army service. She has experience teaching students from diverse linguistic backgrounds, with native languages other than English.

SEC	DATE	TIME	FEE
A	08/22 - 11/14 (Th) (No class 10/31)	6:30 - 8:30 PM	\$39
B	08/27 - 11/12 (T)	1:00 - 3:00 PM	\$39
C	09/04 - 11/20 (W)	9:30 - 11:30 AM	\$39

* Enrollment deadlines: A - 08/30, B - 09/04, C - 09/12

Location: UFM, 1221 Thurston St

COMMUNITY SPOTLIGHT Cary Chappell



- As a part of the land grant mission, UFM Community Learning Center and an instructor from the K-State English Language Program (ELP) have partnered to bring community English as a Second Language (ESL) classes to Manhattan and the surrounding area for non-traditional second language learners. We value our shared mission and vision as a land grant institution.
- One of the dedicated educators leading this initiative is Cary Chappell. Originally from Alabama, Cary began his career as an ESL educator while serving as an outreach worker for the public library system in Tuscaloosa, and an adult ESL teacher for Shelton State Community College, trained at the University of Alabama – Birmingham (UAB).
- During the 2010-2011 academic year, he served as an English Language Fellow with the U.S. Department of State's Regional English Language Office (RELO) in Jakarta, Indonesia, assigned to the University of Tanjungpura's teacher training faculty in Pontianak, West Borneo. Following his return to the U.S., he taught beginning reading and writing at the University of Alabama's intensive English program for international students.
- Since joining the English Language Program at Kansas State University in 2012, Cary has continued assisting adult learners and English as a Foreign Language (EFL) educators in their professional development. He currently instructs academic ESL classes, coordinates upper-level speaking and pronunciation for the ELP, and hosts the program's Conversations with Kansans, a series of informal discussions connecting people from around the world to Kansas State University.





American Sign Language class.

American Sign Language for Beginners 24CLA75

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 Rodriguez, sabrinahandy@ksu.edu
 Sabrina is an alumna of Kansas State University who studied to become a drama therapist. She moved back to Texas to serve her hometown but would like to continue working with the community in Manhattan, KS through teaching ASL.

SEC	DATE	TIME	FEE
A	09/05 - 09/26 (Th)	5:30 - 6:30 PM	\$61
B	09/09 - 09/30 (M)	10:00 - 11:00 AM	\$61

* Enrollment deadlines: A - 09/03; B - 09/06

Location: Online - LIVE

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

Interested in teaching a class for UFM?
 Spring 2025 submission deadline is Oct. 4, 2024.
 For more information please email jake@tryufm.org.

American Sign Language - Intermediate 24CLA83

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 Rodriguez, sabrinahandy@ksu.edu

DATE	TIME	FEE
09/05 - 10/03 (Th)	10:00 - 11:00 AM	\$68

* Enrollment deadline 09/03

Location: Online - LIVE

Basic Korean: Travel & Etiquette 24CLA80

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

Instructor: Jane Kim

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

DATE	TIME	FEE
09/09 - 10/07 (M)	5:20 - 6:40 PM	\$43

* Enrollment deadline 09/08

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

Basic Hangeul (Korean Alphabet): Writing My Name in Korean 24CLA76

Hangeul, Korean alphabet, is one of the easiest and most fun writing systems to learn due to its logical design. In this course, you'll explore its inventor, principles, and historical background along with Korean culture. By the end of the course, you'll be able to write your name in Korean.

Instructor: Jane Kim

DATE	TIME	FEE
10/21 - 11/18 (M)	5:20 - 6:40 PM	\$41

* Enrollment deadline 10/20

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



Basic Korean:

Introduce myself in Korean 24CLA77

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
10/25 - 11/22 (F)	11:00 - 12:20 AM	\$41

* Enrollment deadline 10/24

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

Intermediate Spanish Language NEW! 24CLA85

Join our Intermediate Spanish course to enhance your language skills and deepen your understanding of Spanish-speaking cultures. This course focuses on expanding vocabulary, improving grammar, and developing fluency through interactive activities, discussions, and practical exercises. You will engage in debates, readings, and writing assignments, alongside ample conversation practice to boost your confidence and proficiency. Designed for learners with a basic foundation in Spanish, our dynamic and supportive environment will help you achieve greater command of the language. Whether for personal growth, travel, or professional development, this course will take your Spanish to the next level.

Instructor: Monica Franco, lidimoni.franco@gmail.com

Monica Franco Franco is a certified Spanish instructor with 10+ years of experience teaching at intermediate levels. Passionate about cultural immersion and personalized learning to enhance fluency and comprehension.

SEC	DATE	TIME	FEE
A	08/19 - 09/23 (M)	6:00 - 7:00 PM	\$85
B	09/30 - 11/04 (M)	6:00 - 7:00 PM	\$85

Location: Online - LIVE

Queer Liberation

Community Workshops 24CPI217

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.

Instructor: Community Led

DATE	TIME	FEE
09/30 - 12/30 (M)	7:00 - 8:30 PM	Community Sponsored

Location: UFM Queer Liberation Commons, 1221 Thurston

Chinese History NEW! 24CPI224

Welcome to our course on the History of China, where we will explore the rich tapestry of Chinese civilization from its origins to modern times. We'll journey through the rise and fall of dynasties, uncover fascinating stories of historical figures, and delve into the depths of classical Chinese literature and philosophy. Together, we'll examine the profound thoughts of Confucianism, Taoism, and Buddhism that have shaped Chinese culture. This course aims to provide a comprehensive understanding of China's historical evolution and its enduring impact on the world. Join us for an enlightening exploration of one of the world's oldest civilizations.

Instructor: Liang Xinliang, xinliangliu8@gmail.com

Liang, from China, has enormous history books and amazing history stories happened. Liang is a big fan of history, a die-hard fan of Chinese history.

DATE	TIME	FEE
09/03 - 09/26 (T/Th)	10:00 - 11:00 AM	\$62

Location: UFM Queer Liberation Commons, 1221 Thurston



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CAREER DEVELOPMENT

OSHA 10 Certification Training

24CFC179

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 taught OSHA and Construction classes for the last nine years. He has been in the industry for 40 years and in that time has continuously improved his trade skills with a specialization in the field of plumbing. Brian has his Master Plumber certification and enjoys sharing his knowledge with others.

DATE	TIME	FEE
10/05 - 10/19 (Sa)	1:00 - 5:30 PM	\$100

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

Introduction to Voiceovers

24CCF129

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 the 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

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

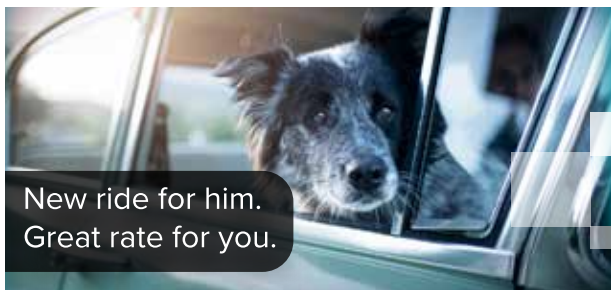
DATE	TIME	FEE
08/19 - 12/13 (M)	TBD	\$49

Location: One on One Video Chat

Interested in teaching
a class for UFM?

Spring 2025 submission
deadline is Oct. 4, 2024.

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Philosophy of

Gurdjieff & Ouspensky

24CPI136

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

Instructor: David Seamon

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

DATE	TIME	FEE
09/11 - 12/18 (W)	7:00 - 9:30 PM	\$43

Location: UFM Solar Addition, 1221 Thurston St

A Comprehensive Guide to Bail Bonds:

NEW!

Industry Insights and Best Practices 24CPI222

Dive into the world of bail bonds with this comprehensive guide. Led by an industry expert with nine years of experience, this course covers the fundamentals of bail bonding, legal procedures, ethical considerations, and real-world applications. Students will gain valuable insights into the bail bonds industry, learn practical skills, and understand the critical role bail bonds play in the justice system. Whether you're considering a career in this field or simply want to learn more, this course provides the essential knowledge you need.

Instructor: Tabatha Kurtenbach, t-kurtenbach@hotmail.com

With nine years experience in bail bonds and bounty hunting, Tabatha brings expertise in fugitive tracking, legal procedures, and client management. Her class offers practical skills and insights into the dynamic world of bounty hunting.

DATE	TIME	FEE
09/03 - 09/26 (T/Th)	6:00 - 8:00 PM	\$279

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

Mastering Bounty Hunting:

NEW!

Pursuit, Law, and Ethics

24CPI223

Explore the art and ethics of bounty hunting. This course delves into the techniques of fugitive recovery, legal considerations, and the ethical responsibilities involved. Students will learn practical skills in tracking and apprehension, while gaining insights into the legal framework that governs the profession. Whether you're intrigued by the adrenaline of pursuit or interested in the legal complexities, this class provides a comprehensive understanding of bounty hunting. Join us to uncover the challenges and rewards of this dynamic field, guided by real-world expertise and practical knowledge.

Instructor: Tabatha Kurtenbach, t-kurtenbach@hotmail.com

SEC	DATE	TIME	FEE
A	09/27 (F)	6:00 - 8:00 PM	\$65
B	10/01 (T)	6:00 - 8:00 PM	\$65

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



2024 FILMS

9/08 CODA

9/15 Concerning Barriers: Three Films on Disability and Society

9/22 Sound and Fury: The Communication Wars of the Deaf

*Films start at 6:30pm, with speakers at 6:00pm before each film.
Location: Town Hall, Leadership Studies

For live updates visit:
WWW.K-STATE.EDU/MOG

ALL FILMS ARE
FREE
AND OPEN TO THE PUBLIC

Special thanks to Commerce Bank for their donation.





UFM is proud to recognize our Active Duty, Reservist, and Military Veteran instructors with a military dog tag icon next to their name or class. We are grateful for their service and dedication.



EDUCATIONAL ADVOCACY

Navigating the World of Special Education

This course is offered to provide support in understanding your/your child's IEP. My goal is to help families better understand the world of special education, IEP's, and provide support/answer questions families may have. Families new to special education can start from the very basics/beginning and 'veteran' families can bring specific questions/requests. Students who are seeking to learn more about their IEP and special education (this may include basic information, their role in the IEP and IEP meetings, etc.) must be at least 14 years of age or older and accompanied by a guardian. Guardians/parents/grown-ups can choose a class time and date that best meets their needs and bring other educational decision makers and/or the student if applicable.

Each private session with enrolled stake holders will include time to discuss goals for take aways from the session, an informational portion of our meeting, and time allotted to answer any specific questions or areas of clarification.

Please Note: Any information shared identifying specific schools and/or student names is to be redacted or kept confidential to the best of the family's ability. Specific feedback on local districts or schools cannot be given. All information/questions answered will be answered in a way that is applicable to any school district/location.

24CPI235

NEW!

Instructor: Mindy Huber, mindy@tryufm.org
Mindy currently works as a Level 4 Special Education Teacher. She received both her undergraduate and graduate degrees through Kansas State University. Prior to teaching Mindy worked as a paraprofessional for several years and worked for 3.5 years with adults with disabilities. Supporting individuals with disabilities is a passion of Mindy's and is a part of her everyday life.

SEC	DATE	TIME	FEE
A	09/18 (W)	6:00 - 7:00 PM	\$30
B	10/16 (W)	6:00 - 7:00 PM	\$30
C	11/13 (W)	6:00 - 7:00 PM	\$30

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

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FALL 2024...

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Fall classes start September 7th!

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Visit tryufm.org for additional information.



UFM puts the community in education!



HOME MAINTENANCE

Maintaining Home Comfort: **NEW!** Water Softeners & Water Heaters 24CPI225

Explore the essential care and maintenance required to ensure optimal performance and longevity of water softeners and water heaters in your home. Gain a comprehensive understanding of how these vital systems function, including their components and operational principles. Learn practical skills such as regular cleaning, troubleshooting common issues, and identifying signs of wear. Discover efficient upkeep techniques to prevent costly repairs and extend the lifespan of these appliances. Whether you're a homeowner or a renter, this course equips you with the knowledge to confidently manage and maintain water softeners and water heaters, enhancing comfort and efficiency in your living environment.

Instructor: Brian Braun, brian.braun13@yahoo.com
Brian has taught OSHA and construction classes for the last nine years. He has been in the industry for 40 years and has continuously improved his trade skills with a specialization in the field of plumbing. Brian has his Master Plumber certification and enjoys sharing his knowledge with others.

SEC	DATE	TIME	FEE
A	09/04 (W)	5:30 - 7:30 PM	\$40
B	11/13 (W)	5:30 - 7:30 PM	\$40

Location: UFM Queer Liberation Commons, 1221 Thurston

Mastering Toilet Care: **NEW!** Servicing and Maintenance 24CPI226

Delve into the essential maintenance and upkeep practices for toilets, ensuring they function flawlessly and efficiently in any home or facility. Gain a fundamental understanding of toilet mechanics, including how flushing mechanisms, valves, and seals operate. Learn practical skills such as diagnosing and repairing common issues like leaks, clogs, and running toilets. Explore preventive maintenance techniques to prolong the lifespan of toilet components and avoid costly repairs. This course empowers participants with the knowledge and confidence to handle toilet servicing independently, promoting sustainability, comfort, and operational efficiency in residential and commercial settings alike.

Instructor: Brian Braun, brian.braun13@yahoo.com

SEC	DATE	TIME	FEE
A	09/18 (W)	5:30 - 7:30 PM	\$40
B	11/20 (W)	5:30 - 7:30 PM	\$40

Location: UFM Queer Liberation Commons, 1221 Thurston

Clear Flow: Preventing Clogs **NEW!** and Sewer Line Maintenance 24CPI227

Discover effective strategies to prevent clogs and maintain clear sewer lines, essential for hassle-free living and avoiding holiday disasters. Learn comprehensive maintenance techniques for drains including toilets, sinks, garbage disposals, and lavatories. Gain insights into identifying common causes of clogs and implementing preventive measures. Explore best practices for routine upkeep, such as safe disposal practices and eco-friendly drain cleaning methods. Equip yourself with practical skills in diagnosing and addressing potential issues before they escalate, ensuring smooth drainage and optimal functionality throughout your home. This course empowers participants to safeguard against disruptions, promoting efficiency and peace of mind year-round.

Instructor: Brian Braun, brian.braun13@yahoo.com

SEC	DATE	TIME	FEE
A	09/02 (M)	5:30 - 6:30 PM	\$25
B	10/07 (M)	5:30 - 6:30 PM	\$25

Location: UFM Queer Liberation Commons, 1221 Thurston

Plumbing Q&A: **NEW!** Separating Fact from Fiction 24CPI228

Explore the world of plumbing with this interactive Q&A session designed to clarify common misconceptions and reveal industry truths. Engage in discussions covering a wide range of topics, from basic plumbing principles to advanced troubleshooting techniques. Learn to distinguish between facts and myths surrounding plumbing practices, fixtures, and maintenance tips. Gain valuable insights from a seasoned professional on topics such as water conservation, pipe materials, DIY repairs, and more. Whether you're a homeowner, renter, or aspiring plumber, this course equips you with the knowledge to make informed decisions and effectively manage plumbing challenges with confidence.

Instructor: Brian Braun, brian.braun13@yahoo.com

SEC	DATE	TIME	FEE
A	09/02 (M)	6:30 - 7:30 PM	\$20
B	10/07 (M)	6:30 - 7:30 PM	\$20

Location: UFM Queer Liberation Commons, 1221 Thurston

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



Winterizing Your Home Plumbing: **NEW!** Preventing Costly Repairs **24CPI229**

Prepare your home for winter with expert guidance on safeguarding your plumbing from costly damage. Learn essential techniques to prevent frozen and burst pipes both indoors and outdoors. Explore insulation strategies, temperature monitoring, and effective sealing methods to protect vulnerable areas. Gain practical skills in identifying potential risks and implementing proactive measures to maintain water flow and prevent disruptions during cold weather. Whether you're a homeowner or property manager, this course equips you with the knowledge and confidence to effectively winterize your plumbing system, ensuring peace of mind and avoiding the expense of emergency repairs.

Instructor: Brian Braun, brian.braun13@yahoo.com

SEC	DATE	TIME	FEE
A	08/25 (Su)	4:30 - 5:30 PM	\$25
B	09/22 (Su)	4:30 - 5:30 PM	\$25

Location: UFM Teaching & Learning Rm, 1221 Thurston St

Home Electrical Essentials: **NEW!** Outlets, Switches, and Lights **24CPI230**

Gain hands-on expertise in essential home electrical tasks, including replacing outlets, repairing switches, and installing lighting fixtures. Learn step-by-step procedures for safely handling electrical components, from basic tools and techniques to troubleshooting common issues. Explore wiring principles, circuitry basics, and safety protocols to ensure compliance with electrical codes. Develop practical skills through demonstrations and practice sessions, empowering you to confidently manage electrical repairs and installations in your home. Whether you're a novice or looking to enhance your DIY skills, this course provides the knowledge and confidence to tackle home electrical projects efficiently and safely.

Instructor: Brian Braun, brian.braun13@yahoo.com

SEC	DATE	TIME	FEE
A	08/25 (Su)	1:00 - 4:00 PM	\$40
B	09/22 (Su)	1:00 - 4:00 PM	\$40

Location: UFM Teaching & Learning Rm, 1221 Thurston St

Perfect Picture Hanging: **NEW!** Tools and Techniques **24CPI231**

Master the art of picture hanging with precision and confidence in this comprehensive workshop. Learn essential skills such as selecting the right screws or nails for different wall types, reading a tape measure accurately, using a laser level for straight alignment, and efficiently locating studs with a stud finder. Discover tips for arranging and spacing artwork effectively to enhance your home décor. Hands-on practice ensures you can confidently handle various hanging scenarios, from lightweight frames to heavier pieces. Whether you're decorating a new space or refreshing your home's ambiance, this course equips you with the skills to showcase your art beautifully and securely.

Instructor: Brian Braun, brian.braun13@yahoo.com

SEC	DATE	TIME	FEE
A	09/23 (M)	6:30 - 7:30 PM	\$20
B	11/04 (M)	6:30 - 7:30 PM	\$20

Location: UFM Teaching & Learning Rm, 1221 Thurston St

Power Tools Demystified: **NEW!** Q&A for Homeowners **24CPI232**

Delve into the world of household power tools with this interactive Q&A session covering drills, drill bits, saw blades, and Sawzalls. Learn essential tips on selecting the right tool for your project, understanding different drill bit types, choosing appropriate saw blades for various materials, and maximizing the versatility of Sawzalls. Explore safety practices, maintenance tips, and troubleshooting common issues to ensure optimal tool performance and longevity. Whether you're a DIY enthusiast or a novice homeowner, this course provides valuable insights and practical knowledge to empower you in using power tools effectively and confidently for your home improvement projects.

Instructor: Brian Braun, brian.braun13@yahoo.com

SEC	DATE	TIME	FEE
A	09/23 (M)	5:30 - 6:30 PM	\$20
B	11/04 (M)	5:30 - 6:30 PM	\$20

Location: UFM Teaching & Learning Rm, 1221 Thurston St

Interested in
teaching
a class for UFM?



Spring 2025
submission
deadline is
Oct 4, 2024



For more
information email
jake@tryufm.org



HEALTH & WELLNESS

Blended Learning:

First Aid/CPR/AED

24CHW70

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.

Instructor: Melissa Copp

SEC	DATE	TIME	FEE
A	09/09 (M)	5:30 - 7:45 PM	\$76
B	10/07 (M)	5:30 - 7:45 PM	\$76
C	11/04 (M)	5:30 - 7:45 PM	\$76

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



Student practicing CPR skills.



Ask about our traveling CPR classes. Our instructor comes to your organization! Contact samantha@tryufm.org.



Support for Chronic Stress

NEW!

24CHW346

Practice gentle movements and breathing techniques to allow your body to let go of held stress. Learn strategies to notice how stress shows up in our bodies and how we have more power to manage it than we think. No experience necessary.

Instructor: Amanda Campanella

Amanda has practiced yoga since 2000. She has added various nervous system regulation strategies to help manage symptoms in herself, her children, and children she works with in schools.

DATE	TIME	FEE
08/27 - 10/01 (T)	7:00 - 8:00 PM	\$60

Location: Mennonite Church, 1000 Fremont St, Manhattan

Meditation & Movement

24CHW311Z

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

Instructor: Jhoe Stonestreet, jhoe.de.mesa@gmail.com

Jhoe Stonestreet desires to impart a holistic approach to mind-body-soul renewal. She is a certified Pietra Fitness Pro instructor, group exercise Instructor, and personal trainer. She has been leading various class formats since 2013.

DATE	TIME	FEE
08/19 - 12/09 (M)	5:30 - 6:30 PM	\$118
(No class 11/25)		

Location: KSU West Stadium Room 117, 704 Denison Ave



Doing the Heart Work: Calm Anxiety For Good & Reduce Your Risk of Heart Dis-ease NEW! **24CHW348**

In this 10-week course, you will discover the 10 essential steps to calm your anxiety and significantly reduce your risk of heart disease (the leading cause of death for women in America.) Kaisha will guide you step-by-step out of anxiety and into a state of peace, empowering you to handle whatever life throws at you with confidence and resilience.

This course is for you if:

- Despite your efforts, your willpower always seems to let you down, preventing you from sticking to your goals.
- You've tried various methods, yet you still struggle with exhaustion, anxiety, and overwhelm.
- You've attempted to eliminate certain foods, only to give up and revert back to old habits.
- You make efforts to manage stress, exercise regularly, and get sufficient sleep but still don't see any real, sustainable improvements.

Instructor: Kaisha Lawrence, (785) 537-4800, kaisha@lotushealthworks.com

Kaisha is a Certified Integrative Nutrition Health Coach and Massage Therapist. After years of unknown symptoms, debilitating fatigue, and anxiety Kaisha finally broke free from her soul sucking life when she healed her heart and her gut. She now empowers other women struggling with exhaustion, anxiety, and cravings to regain their energy, focus, and stability so they can actively live a life they love for many years to come.


DATE	TIME	FEE
08/27 - 10/29 (T)	5:30 - 6:30 PM	\$500

Location: UFM Solar Addition, 1221 Thurston St



David Hammons, instructor of the beard care classes.

Beards, Mustaches, and Traditional Shaving NEW! **24CHW347**

This workshop is a introduction to facial hair care and men's traditional wet shaving. There will be tips and how to presentations on beard care, products as well as classical shaving tools and products as well. 

Instructor: David Hammons, hammonsdavidw@gmail.com
David is an avid beard and mustache enthusiast. He is also well versed in facial hair car and traditional shaving and men's grooming.

SEC	DATE	TIME	FEE
A	09/28 (Sa)	5:30 - 8:30 PM	\$50
B	10/26 (Sa)	5:30 - 8:30 PM	\$50

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



UFM is proud to recognize our Active Duty, Reservist, and Military Veteran instructors with a military dog tag icon next to their name or class. We are grateful for their service and dedication.



UFM is excited to announce a new pilot program in collaboration with Veteran Affairs (VA) Whole Health to further support our military-affiliated community! Please visit our website (tryufm.org) and follow us on Facebook and Instagram (@UFMclc) for the latest updates on how to enroll in Veteran scholarship opportunities and take advantage of these new resources.



YOGA

Evening Yoga

24CHW88

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

SEC	DATE	TIME	FEE
A	08/19 - 09/16 (M)	5:30 - 6:30 PM	\$37
B	09/23 - 10/21 (M)	5:30 - 6:30 PM	\$37
C	10/28 - 11/18 (M)	5:30 - 6:30 PM	\$37
D	11/25 - 12/16 (M)	5:30 - 6:30 PM	\$37

Location: First Congregational Church, 700 Poyntz Ave

Chair Yoga

24CHW156

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

SEC	DATE	TIME	FEE
A	08/06 - 09/03 (T)	12:15 - 1:15 PM	\$37
B	09/10 - 10/08 (T)	12:15 - 1:15 PM	\$37
C	10/15 - 11/12 (T)	12:15 - 1:15 PM	\$37
D	11/19 - 12/17 (T)	12:15 - 1:15 PM	\$37

Location: First Congregational Church, 700 Poyntz Ave



Yoga.

Yoga Flow

24CHW343

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.

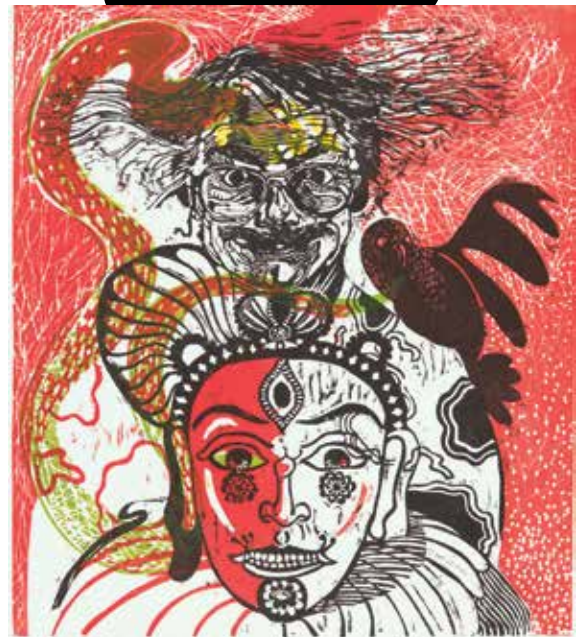
SEC	DATE	TIME	FEE
A	08/11 - 09/01 (Su)	6:30 - 7:30 PM	\$99
B	09/08 - 09/29 (Su)	6:30 - 7:30 PM	\$99
C	10/06 - 10/27 (Su)	6:30 - 7:30 PM	\$99
D	11/03 - 11/24 (Su)	6:30 - 7:30 PM	\$99

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

August 13, 2024 – May 31, 2025

PRINTING BEYOND BORDERS

CONTEMPORARY INDIAN PRINTS AT KANSAS STATE UNIVERSITY



Charles Stroth, *The Artist at 41 with Bhagavati*, 2014, 30

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Yoga for All

24CHW345

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.

*Please call UFM at (785) 539-8763 if you are interested in enrolling in only a select few classes.

Instructor: Ana Franklin, yogaconnection@gmail.com
 Ana Franklin began practicing yoga in the 1970s.

SEC	DATE	TIME
A	08/20 - 10/08 (T)	11:00 AM - Noon
B	10/15 - 12/10 (T) (No class 11/26)	11:00 AM - Noon

FEE: 8 classes - \$89; \$44.50 - 4 classes

Location: Online - LIVE



Yoga.



Yoga 1

24CHW15Z

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

Instructor: Ana Franklin, yogaconnection@gmail.com

SEC	DATE	TIME	FEE
A	08/19 - 10/09 (M/W)	4:30 - 5:30 PM	\$99
B	08/19 - 10/09 (M/W)	10:30 - 11:30 AM	\$99
C	10/14 - 12/11 (M/W) (No class 11/25, 11/27)	4:30 - 5:30 PM	\$99
D	10/14 - 12/11 (M/W) (No class 11/25, 11/27)	10:30 - 11:30 AM	\$99

Location: Online - LIVE

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

TWO BIG FEET
 TREE PRUNING & REMOVAL

twobigfeettreepruning.com | [@TwoBigFeetKS](https://www.instagram.com/TwoBigFeetKS) | 785.317.1364



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.


Modern Astronomy

NEW!

24CLL89

This class will review what's happening in the night sky regarding positions of the moon, planets and stars and their motions. We will then explore the nature of these objects and others unseen to the naked eye. In the end we will marvel at the magnitudes and diversity of the furniture of our universe and gain a sense of how we belong.

*Meadowlark Hills residents see message below.

Instructor: Chris Sorensen,  sor@phys.ksu.edu, Dr. Chris Sorensen is the Cortelyou-Rust University Distinguished Professor and University Distinguished Teaching Scholar Emeritus. He is a lifelong amateur astronomer.

DATE	TIME	FEE
09/18 - 10/02 (W)	7:00 - 8:00 PM	\$25

Location: Meadowlark Hills Community Room, 2121 Meadowlark Road

Appreciating Art: Form and Content

NEW!

24CLL90

This course will introduce the tools for understanding how great works of art are composed (the formal elements of line, shape, and color) and will examine various kinds of content that great works can convey (historical biographical, expressive, analytical, etc.)

*Meadowlark Hills residents see message below.

Instructor: Glen Brown
Glen Brown is a Professor of Art History at Kansas State University. Elected to membership in the International Academy of Ceramics, Geneva, Switzerland, he has written extensively about contemporary and historical ceramics.

DATE	TIME	FEE
08/28 - 09/04 (W)	7:00 - 8:00 PM	\$20

Location: Meadowlark Hills Community Room, 2121 Meadowlark Road

World War I:

NEW!

Europe's Collective Suicide

24CLL88

This class consists of a series of three lectures. The first week's lecture will focus on the causes of Great War and the first year of the conflict. The class will examine the Imperial German Army's Schlieffen Plan intended to defeat France in a matter of weeks before turning its might against the Czarist armies on the Eastern Front. The second class will examine the widening war of 1915 with the entrance of Italy on the side of the Allies. The class will also concentrate on the great battles of Verdun and the Somme of 1916. The third lecture will concentrate on America's entrance into the war, the collapse of Czarist Russia, the end of the war, and the Treaty of Versailles. The events of the first Great War of the 20th century still impact the world into the 21st century.

*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
10/30 - 11/13 (W)	6:30 - 8:00 PM	\$35

Location: Meadowlark Hills Community Room, 2121 Meadowlark Road

Interested in volunteering with the Lifetime Learning program?
Email Erin at erin@tryufm.org.

* Meadowlark Hills residents:

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



History of Western Music:

NEW!

Classical - Romantic

24CLL91

Olivia Arnold, music instructor at Cloud County Community College, will be offering music history lectures on the Classical and Romantic eras. Classical music, regarded as structured and elegant, led by figures like Haydn and Mozart, clashes against the raw emotions and virtuosity of Romantic music, from Beethoven and Liszt to Tchaikovsky and Fauré. How did musical ideas and tastes change so dramatically over these roughly 150 years? This three-session class will highlight composers, educators, historical movements, and musicians that shaped the development of these musical eras.

*Meadowlark Hills residents see message on page 32.

Instructor: Olivia Arnold, arnold.olivia94@gmail.com

Olivia Arnold is a music educator and choral director at Cloud CC. Olivia has taught K-12 general music and choir for seven years as well as voice and piano.

DATE	TIME	FEE
08/13 - 08/27 (T)	1:00 - 2:30 PM	\$35

Location: Meadowlark Hills Community Room,
2121 Meadowlark Road

LIFETIME LEARNING

NEW!

History of the Kansas City Chiefs

24CLL92

Join Curt Herrman, the proud holder of the Guinness World Record for the largest collection of Kansas City Chiefs memorabilia, for an engaging and informative class on the fascinating history of the Kansas City Chiefs. In this class, Curt will share his extensive collection, showcasing rare and unique items that chronicle the journey of the Chiefs from their early days as the Dallas Texans to their current status as NFL champions. Each item tells a story, and Curt will delve into the origins and evolution of the team, highlighting key moments, legendary players, and pivotal games that have defined the Chiefs' legacy.

*Meadowlark Hills residents see message on page 32.

Instructor: Curt Herrman

Curt Herrman, Guinness Book of World Records holder for the largest Kansas City Chiefs Memorabilia Collection.

DATE	TIME	FEE
10/01 (T)	6:00 - 8:00 PM	\$20

Location: Meadowlark Hills Community Room,
2121 Meadowlark Road



UFM is proud to recognize our Active Duty, Reservist, and Military Veteran instructors with a military dog tag icon next to their name or class. We are grateful for their service and dedication.

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**Understanding Medicare:
Introduction to the Basics**

24CLL27

Medicare presents a surprisingly complicated and often confusing set of decisions with significant financial consequences for those turning 65, retiring after 65, disabled, or otherwise eligible for this health insurance program that covers over 67 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
Retired as a campus pastor at KSU, David is an independent insurance agent who has been educating individuals about Medicare and assisting them with their health insurance decisions since 2019.

DATE	TIME	FEE
09/24 - 10/08 (T)	5:30 - 6:30 PM	Community Sponsored

Location: Online - LIVE

**Medicare: How Legislation is
Affecting Your Benefits**

NEW!

24CLL93

Come join us for an informational meeting regarding Medicare. We will spend time discussing what Medicare covers on your behalf as well as recent legislation that will have a significant impact on your Medicare benefits.

Instructor: Clint Lowry, (785) 877-7046,
clint@myinsurancecentral.com
Current Health & Life Agent and Ahip certified since 2014.

SEC	DATE	TIME	FEE
A	09/04 (W)	7:00 - 8:00 PM	\$15
B	10/02 (W)	7:00 - 8:00 PM	\$15
C	11/06 (W)	7:00 - 8:00 PM	\$15
D	12/04 (W)	7:00 - 8:00 PM	\$15

Location: UFM Teaching & Learning Rm, 1221 Thurston St

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

Chair Yoga

24CHW156

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

SEC	DATE	TIME	FEE
A	08/06 - 09/03 (T)	12:15 - 1:15 PM	\$37
B	09/10 - 10/08 (T)	12:15 - 1:15 PM	\$37
C	10/15 - 11/12 (T)	12:15 - 1:15 PM	\$37
D	11/19 - 12/17 (T)	12:15 - 1:15 PM	\$37

Location: First Congregational Church, 700 Poyntz Ave



Chair Yoga.



SELF-DEFENSE

Adult Beginner Boxing

24CMA26

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

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

SEC	DATE	TIME	FEE
A	08/19 - 10/09 (M/W)	5:30 - 6:30 PM	\$93
B	08/20 - 10/10 (T/Th)	6:30 - 7:30 PM	\$95
C	10/14 - 12/11 (M/W)	5:30 - 6:30 PM	\$93
D	10/15 - 12/12 (T/Th)	6:30 - 7:30 PM	\$95

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

Youth Beginner Boxing

24CYO149

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

Instructor: Pedro Marquez, koboxingusa@gmail.com

SEC	DATE	TIME	FEE
A	09/03 - 09/26 (T/Th)	4:30 - 5:30 PM	\$79
B	09/04 - 09/30 (W/M)	4:30 - 5:30 PM	\$79

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

Women's Boxing 101

24CMA31

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 K.O. Boxing for \$20.

Instructor: Caity Hinnergardt, koboxingusa@gmail.com

SEC	DATE	TIME	FEE
A	08/19 - 10/09 (M/W)	6:00 - 7:00 AM	\$93
B	08/20 - 10/10 (T/Th)	4:30 - 5:30 PM	\$95
C	10/14 - 12/11 (M/W)	6:00 - 7:00 AM	\$93
D	10/15 - 12/12 (T/Th)	4:30 - 5:30 PM	\$95

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

Women's Self-Defense

24CHW118Z

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

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

DATE	TIME	FEE
09/22 - 10/20 (Su)	1:00 - 4:00 PM	\$199

Location: KSU West Stadium Rm 117, 704 Denison Ave

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The Manhattan Self-Defense

Project Level 1

24CMA30

This is an introductory class, for students with no experience, to teach a very basic level of self-defense knowledge. It is a very short class, to give basic ideas about self-defense. The book, "Theory of Self-Defense, Volume One," is included in the fee.

Instructor: Stan Wilson. (785) 313-5488

Stan Wilson has studied martial arts since 1970 and has a black belt in Hakkoryu Jujutsu and a black sash in Pai Lum Kung Fu.

DATE	TIME	FEE
09/09 - 09/30 (M)	7:00 - 8:00 PM	\$41

Location: UFM Solar Addition, 1221 Thurston St

The Manhattan Self-Defense

Project: Level 2 Phase 1

24CMA32

Second level, phase 1 Manhattan Self-defense Project: This consists of working on the 16 fists from Toguakure Ryu, and 20 Jujutsu self-defense techniques done over and over as the formal training base of self-defense. The book, "The Ultimate Self-Defense Book," is included in the fee.

Instructor: Stan Wilson, (785) 313-5488

DATE	TIME	FEE
09/12 - 10/31 (Th)	7:00 - 8:00 PM	\$58

Location: UFM Solar Addition, 1221 Thurston St

Tae Kwon Do I

24CMA01Z

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

Instructor: David Moore

DATE	TIME	FEE
08/27 - 12/05 (T/Th) (No class 11/26, 11/28)	5:30 - 6:30 PM	\$72

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



Tae Kwon Do.

Returning Gardeners

Annual Meeting & Signup:

November 3rd @ 2:00 PM

[Annual meeting, potluck, & returning gardener signup at Collins Lane.

Plot registration from 2:00-3:00 PM & Meeting at 3:00 PM with food to follow!!]



RECREATION & FITNESS

Pickleball 101

24CRF226

You have just heard about Pickleball and are ready to join in on all the fun. A Newbie would start their pickleball journey in this introductory class where you will learn all the basics of Pickleball. At the end of the 3-week course you will be ready to start playing some basic games with your friends.

Instructor: Beth Fischer

DATE	TIME	FEE
09/17 - 10/01 (T)	6:30 - 8:30 PM	\$110

Location: Anthony Recreation Center, 2415 Browning Ave

Pickleball 202

NEW!

24CRF247

This class is designed for players (2.0-2.5) who want to keep improving skills and take their game to the next level. You should have a basic understanding of the rules of Pickleball and be able to keep score. Class goals include improving your shots (dinking, serving, return of serve, drop shots, resetting the point, overheads, and volleys) and learning where to positioning yourself on the court to make the best shot. You will be working on building your "complete game."

Instructor: Beth Fischer & Kenny Cook

Beth is a lifelong Manhattanite, tennis player, and as of 2020, a USAPA (United States Pickleball Association) Ambassador! She is excited to share her passion for this game with a crazy name! Kenny Cook is an experienced pickleball player and (PPR) Certified Instructor. He travels all over the Midwest to play pickleball and is ready to help take your game to the next level!

SEC	DATE	TIME	FEE
A	08/27 - 09/10 (T)	6:30 - 8:30 AM	\$110
B	10/08 - 10/22 (T)	6:30 - 8:30 AM	\$110

Location: Anthony Recreation Center, 2415 Browning Ave



Pickleball.

Disc Golf:

Beginner to Intermediate

24CRF138

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

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	09/04 - 09/18 (W)	5:15 - 7:15 PM	\$57
B	10/02 - 10/16 (W)	5:15 - 7:15 PM	\$57
C	11/06 - 11/20 (W)	5:15 - 7:15 PM	\$57

**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



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Archery student practicing.

Archery for Adults

24CRF01AZ

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

SEC	DATE	TIME	FEE
A	08/20 - 12/10 (T) (No class 11/26)	7:30 - 8:30 PM	\$101
B	08/20 - 12/10 (T) (No class 11/26)	8:35 - 9:35 PM	\$101

Location: KSU West Stadium Rm 117, 704 Denison Ave

Super FUNctional Training NEW! **24CRF248**

“The journey of a thousand miles begins with one step,” - Lao Tzu. Ready to put the, “FUN,” in functional? Join us as we are inspired by cinematic superhuman powers. Let’s get Spiderman flexible with a side of Hulk power. Why not search for our Chi like the Kung Fu Panda? Dare we, “Go the Distance” like, “Rocky” or “Field of Dreams?” Whether you are looking for a weekend workout or building on current skills, this program is for you. Designed to develop and enhance strength, flexibility, balance, mobility, performance, and focus. It offers training to improve functionality of the body and introduces ways to maximize overall health. Each session will offer movements based on participants’ level of abilities toward set achievable goals. Participate individually or in groups and be ready to have some FUN. Show up, move your human machine, feel better and stronger, and conquer the rest of your week. “Your real strength comes from being the best YOU, you can be” - Po (Kung Fu Panda 3)



Instructor: Amanda Etter
 Amanda Etter is a Marine Corps veteran and mother of two. She holds a Master of Science from K-State in Adult Occupational and Continuing Education. Her history of training and practice include yoga, military training, boxing, biking, and mixed martial arts. She believes movement in life is essential for a healthy and fun lifestyle and enjoys the camaraderie developed in group fitness activities.

DATE	TIME	FEE
09/07 - 10/26 (Sa)	9:30 - 11:00 AM	\$54

Location: TBD

Pilates Reformer

24CHW310

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. Instructor: Travus Lexroux
 littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	08/11 - 09/01 (Su)	3:00 - 3:30 PM	\$129
B	09/08 - 09/29 (Su)	3:00 - 3:30 PM	\$129
C	10/06 - 10/27 (Su)	3:00 - 3:30 PM	\$129
D	11/03 - 11/24 (Su)	3:00 - 3:30 PM	\$129

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

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UFM is proud to recognize our Active Duty, Reservist, and Military Veteran instructors with a military dog tag icon next to their name or class. We are grateful for their service and dedication.

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Beginning Tennis

24CRF164Z

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

Instructor: Dave Hoover

SEC	DATE	TIME	FEE
A	09/16 - 12/02 (M) (No class 11/25)	1:00 - 2:30 PM	\$99
B	09/17 - 12/03 (T) (No class 11/26)	1:00 - 2:30 PM	\$99

Location: Body First, 3615 Claflin Rd



Tennis.

Beginning Fencing

24CRF21Z

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

Instructor: R. Todd Gabbard

DATE	TIME	FEE
08/19 - 12/02 (M) (No class 11/25)	7:00 - 8:30 PM	\$60 - Has equipment \$93 - Use instructors

Location: KSU West Stadium Rm 117, 704 Denison Ave

Intermediate Bowling

24CRF168Z

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

Instructor: Chris Srackangast

DATE	TIME	FEE
08/19 - 12/09 (M) (No class 11/25)	2:30 - 3:30 PM	\$80

Location: KSU Student Union - Bowling Alley



Fencing students practicing.





Scuba diving.

Scuba Diving

24CAQ105Z

This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$115 will be assessed at the time of check-out dives. However, neither UFM nor K-State are responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins, and snorkels which will be available for purchase at the first session; equipment cost ranges from \$100-\$175. Required textbook for class: "NAUI Scuba Diver," ISBN 0-9679903-0-0. Available on the first day of class for \$38 or students can purchase or borrow the book on their own. Available for KSU credit.

Instructor: Jeff Freeborn



SEC	DATE	TIME	FEE
A	08/19 - 10/06 (M/Su)	Times vary	\$257
B	10/14 - 12/08 (M/Su)	Times vary	\$257

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

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

UFM is proud to recognize our Active Duty, Reservist, and Military Veteran instructors with a military dog tag icon next to their name or class. We are grateful for their service and dedication.



Baby Shark Swim Lessons Ages:

NEW!

0-5 with Parent

24CAQ125

Infants can enter the water with a parent and navigate through movements and techniques designed to acclimate to the aquatic environment.

Instructor: Jared Young



Jared grew up near the ocean. In the Marine Corps, he was a water survival instructor. Since then, Jared has helped people at all skill levels from basic swimming principles to lifeguard readiness.

SEC	DATE	TIME	FEE
A	11/05 - 11/14 (Tu/Th)	6:00 - 6:30 PM	\$74
B	11/05 - 11/14 (Tu/Th)	6:45 - 7:15 PM	\$74

Location: TBA

Water Survival

NEW!

24CAQ126

This course is a prerequisite to enroll in the Riptide class. It will teach the basic rules and requirements for attending the Riptide class as well as guidelines and expectations.

Instructor: Jared Young



SEC	DATE	TIME	FEE
A	11/01 (F)	5:15 - 6:45 PM	\$28
B	11/08 (F)	5:15 - 6:45 PM	\$28

Location: TBA

Riptide

NEW!

24CAQ127

Dive into Riptide, an intensive aquatic training program blending survival swimming techniques with rigorous fitness routines. Perfect for beginners and athletes alike, this course emphasizes water safety skills alongside cardiovascular endurance and muscle strength development. Participants will master essential survival swimming techniques, build confidence in deep water scenarios, and achieve peak physical fitness through dynamic aquatic workouts. Led by a certified instructor, Riptide ensures a challenging yet supportive environment, fostering both individual growth and team camaraderie. Whether aiming to conquer open water challenges or enhance overall fitness levels, Riptide is your gateway to aquatic excellence. Water Survival course is required before enrolling in Riptide.

Instructor: Jared Young



SEC	DATE	TIME	FEE
A	11/04 - 11/08 (M/W/F)	7:00 - 7:45 PM	\$72
B	11/11 - 11/15 (M/W/F)	7:00 - 7:45 PM	\$72

Location: TBA



YOUTH

NEW!

Plumbing Craft Creations (Kids) 24CYO203

Spark your child's imagination with hands-on crafting using common plumbing materials! This interactive course introduces fun and educational projects that utilize everyday plumbing supplies creatively. Crafting art pieces with PVC pipes, children will explore various themed crafts designed to foster creativity and practical skills. Each session includes step-by-step instructions, safety guidelines, and opportunities for kids to customize their creations. Whether making a miniature cityscape or a whimsical sculpture, this course encourages young minds to innovate while learning about basic plumbing concepts in a playful and engaging environment. Each class will include a themed and structured craft that students will be able to take home.

Instructor: Brian Braun, brian.braun13@yahoo.com

SEC	DATE	TIME	FEE
A	10/13 (Su)	1:00 - 2:00 PM	\$43
B	11/24 (Su)	1:00 - 2:00 PM	\$43

Location: UFM Queer Liberation Commons, 1221 Thurston

Cutting Paper Snowflakes 24CCF363

Paper snowflakes can be delightful, eye-catching, and even artistic. They can be displayed numerous ways. Paper will be provided. Bring sharp scissors. Ages 8+.

Instructors: Leo & Joy Schell, joyleo@interkan.net
Leo excels at cutting paper snowflakes and has taught hundreds, from grade school to "gray hair."

DATE	TIME	FEE
12/08 (Su)	2:00 - 4:00 PM	\$17

Location: First Congregational Church, 700 Poyntz Ave



Paper snowflakes, projects will vary.

TEEN MENTORING

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

The Art of Origami 24CYO194

Learn Origami learn 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 is an 12-year-old who loves Origami. He has been doing Origami for 5 years and loves teaching other people this fascinating art form.

DATE	TIME	FEE
TBA	TBA	\$35

Location: UFM, 1221 Thurston St

Programming with Python 24CYO191

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
10/05 - 10/26 (Sa)	11:00 AM - 12:30 PM	\$24

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



Aerial Arts

24CYO199

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.

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	08/10 - 08/31 (Sa)	11:00 - 11:30 AM	\$50
B	08/11 - 09/01 (Su)	2:00 - 2:30 PM	\$50
C	11/02 - 11/23 (Sa)	11:00 - 11:30 AM	\$50
D	11/03 - 11/24 (Su)	2:00 - 2:30 PM	\$50

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

Aerial Arts - Sensory Play

24CYO162

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

SEC	DATE	TIME	FEE
A	08/11 - 09/01 (Su)	1:30 - 2:00 PM	\$50
B	11/03 - 11/24 (Su)	1:30 - 2:00 PM	\$50

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

Youth Beginner Boxing

24CYO149

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

Instructor: Pedro Marquez, koboxingusa@gmail.com
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	09/03 - 09/26 (T/Th)	4:30 - 5:30 PM	\$79
B	09/04 - 09/30 (W/M)	4:30 - 5:30 PM	\$79

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



Aerial Arts for youth.

Disc Golf:

Beginner to Intermediate

24CRF138

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.

See page 37 for more information.

Instructor: Justin Montney, JLMontney@ksu.edu

DoughBro Designs (Cinnamon Rolls)

NEW!

24CFF234

Join our Pop-Up Bakery Class to learn the art of shaping and baking your own delicious cinnamon rolls!

The DoughBro Designs (Biscuits & Gravy)

NEW!

24CFF235

Join our Pop-Up Biscuits and Gravy Class to master the fundamentals of making this classic comfort food from scratch! Both of these hands-on, interactive classes are perfect for ages 8 and up. **See page 15 for more information.**

Instructor: Melissa Asper

Youth STEAM Birthday Bash!

We set it up. You have fun!

24CYO164

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 Jackie Hernandez Cuevas, jackie@tryufm.org.



YOUTH TENNIS

Pre-K Tennis (Age 4 - 5)

24CYT1

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	08/20 - 09/05 (T/Th)	5:00 - 5:30 PM
B	09/10 - 10/03 (T/Th)	5:00 - 5:30 PM
C	10/08 - 10/31 (T/Th)	5:00 - 5:30 PM
D	11/05 - 11/21 (T/Th)	5:00 - 5:30 PM
E	12/03 - 12/19 (T/Th)	5:00 - 5:30 PM

FEES: *Select Tuesdays OR Thursdays OR Both*

A, D & E: Tues - \$59 / Thurs - \$59 / Tues & Thurs - \$77

B & C: Tues - \$75 / Thurs - \$75 / Tues & Thurs - \$99

Location: Body First, 3615 Claflin Rd

Red Ball Tennis (Kindergarten - Age 8) 24CYT2

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	08/20 - 09/05 (T/Th)	5:30 - 6:10 PM
B	09/10 - 10/03 (T/Th)	5:30 - 6:10 PM
C	10/08 - 10/31 (T/Th)	5:30 - 6:10 PM
D	11/05 - 11/21 (T/Th)	5:30 - 6:10 PM
E	12/03 - 12/19 (T/Th)	5:30 - 6:10 PM

FEES: *Select Tuesdays OR Thursdays OR Both*

A, D & E: Tues - \$65 / Thurs - \$65 / Tues & Thurs - \$97

B & C: Tues - \$83 / Thurs - \$83 / Tues & Thurs - \$125

Location: Body First, 3615 Claflin Rd

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

Orange Ball Tennis (Ages 9-10) 24CYT3

24CYT3

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	08/20 - 09/05 (T/Th)	6:15 - 7:15 PM
B	09/10 - 10/03 (T/Th)	6:15 - 7:15 PM
C	10/08 - 10/31 (T/Th)	6:15 - 7:15 PM
D	11/05 - 11/21 (T/Th)	6:15 - 7:15 PM
E	12/03 - 12/19 (T/Th)	6:15 - 7:15 PM

FEES: *Select Tuesdays OR Thursdays OR Both*

A, D & E: Tues - \$79 / Thurs - \$79 / Tues & Thurs - \$116

B & C: Tues - \$101 / Thurs - \$101 / Tues & Thurs - \$150

Location: Body First, 3615 Claflin Rd

CHECK THIS OUT!

Scholarship Opportunity!



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

Contact UFM

for more information

and an application at

info@tryufm.org or 785.539.8763.



Green Ball Tennis (Ages 10-12) **24CYT4**

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	08/19 - 09/04 (M/F)	5:00 - 6:15 PM
B	09/09 - 10/04 (M/F)	5:00 - 6:15 PM
C	10/07 - 11/01 (M/F)	5:00 - 6:15 PM
D	11/04 - 11/22 (M/F)	5:00 - 6:15 PM
E	12/02 - 12/20 (M/F)	5:00 - 6:15 PM

FEES: *Select Mondays OR Fridays OR Both*
 A: Mon - \$67 / Friday - \$95 / Mon & Friday - \$117
 B & C: Mon - \$122 / Friday - \$122 / Mon & Friday - \$180
 D & E: Mon - \$95 / Friday - \$95 / Mon & Friday - \$138

Location: Body First, 3615 Claflin Rd

Teen Tennis (Ages 13+) **24CYT5**

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	08/19 - 09/04 (M/F)	6:15 - 7:30 PM
B	09/09 - 10/04 (M/F)	6:15 - 7:30 PM
C	10/07 - 11/01 (M/F)	6:15 - 7:30 PM
D	11/04 - 11/22 (M/F)	6:15 - 7:30 PM
E	12/02 - 12/20 (M/F)	6:15 - 7:30 PM

FEES: *Select Mondays OR Fridays OR Both*
 A: Mon - \$67 / Friday - \$95 / Mon & Friday - \$117
 B & C: Mon - \$122 / Friday - \$122 / Mon & Friday - \$180
 D & E: Mon - \$95 / Friday - \$95 / Mon & Friday - \$138

Location: Body First, 3615 Claflin Rd

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



- 👉 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



These Recreation, Dance, and Fitness Credit courses are offered for KSU credit through the K-STATE ACADEMIC AFFAIRS & INNOVATION 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

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

REFERENCE # - TITLE	TIME	DATE	LOCATION
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DANCE 599

15382 - Yoga	4:30-5:30pm	8/19-10/11 (M/W)	Online
13719 - Yoga	10:30-11:30am	8/19-10/11 (M/W)	Online
13721 - Yoga	4:30-5:30pm	10/14-12/13 (M/W)	Online
13685 - Yoga	10:30-11:30am	10/14-12/13 (M/W)	Online
16834 - African Dance Fitness	5:30-6:30pm	1/16-3/08 (T/TH)	West Stadium 117 & Zoom
16835 - African Dance Fitness	5:30-6:30pm	3/18-5/10 (T/TH)	West Stadium 117 & Zoom
17316 - Salsa Dancing	1:00-2:15pm	8/27-11/22 (Th)	BDS
17317 - Salsa Dancing	1:00-2:15pm	8/27-11/22 (Tu)	BDS

MUSIC 211

17644 - Piano 1	3:00-4:00pm	8/19-12/06 (Th)	McCain 324
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KIN 101

16407 - Intro to Cross Fit	9:30-10:45am	8/19-10/11 (T/TH)	CrossFit 785
16408 - Intro to Cross Fit	9:30-10:45am	10/14-12/13 (T/TH)	CrossFit 785
17042 - Intro to Cross Fit	4:30-5:45pm	8/19-10/11 (T/TH)	CrossFit 785
17052 - Intro to Cross Fit	4:30-5:45pm	10/14-12/13 (T/TH)	CrossFit 785
13761 - Intro to Powerlifting	3:00-4:15pm	8/19-10/11 (T/TH)	CrossFit 785
13760 - Intro to Powerlifting	3:00-4:15pm	10/14-12/13 (T/TH)	CrossFit 785
16409 - Intro to Weightlifting	10:15-11:30am	8/19-10/11 (T/TH)	CrossFit 785
16410 - Intro to Weightlifting	10:15-11:30am	10/14-12/13 (T/TH)	CrossFit 785



KIN 101 (continued)

15387 - Marathon Training: 5K - Half Marathon	1:00-2:15pm	8/19-10/11 (T/TH)	CrossFit 785
16007 - Marathon Training: 5K - Half Marathon	1:00-2:15pm	10/14-12/13 (T/TH)	CrossFit 785
17629 - Beginner Tumbling	10:00-11:00am	8/19-10/11 (T/TH)	CrossFit 785
17630 - Beginner Tumbling	10:00-11:00am	10/14-12/13 (T/TH)	CrossFit 785
17625 - Advanced Tumbling	11:00am-12:00pm	8/19-10/11 (T/TH)	CrossFit 785
17626 - Advanced Tumbling	11:00am-12:00pm	10/14-12/13 (T/TH)	CrossFit 785
17064 - Pole Fitness	2:30-3:30pm	8/19-10/11 (M/W)	Elevation Studios
15767 - Pole Fitness	2:30-3:30pm	10/14-12/13 (M/W)	Elevation Studios
17063 - Pole Silks	2:30-3:30pm	8/19-10/11 (T/TH)	Elevation Studios
15768 - Pole Silks	2:30-3:30pm	10/14-12/13 (T/TH)	Elevation Studios
14130 - Pole Fitness	4:30-5:30pm	8/19-10/11 (T/TH)	Elevation Studios
14129 - Pole Fitness	4:30-5:30pm	10/14-12/13 (T/TH)	Elevation Studios
17065 - Pole Fitness	4:30-5:30pm	8/19-10/11 (M/W)	Elevation Studios
15477 - Pole Fitness	4:30-5:30pm	10/14-12/13 (M/W)	Elevation Studios
17062 - Pole Fitness II	3:30-4:30pm	8/19-10/11 (M/W)	Elevation Studios
15476 - Pole Fitness II	3:30-4:30pm	10/14-12/13 (M/W)	Elevation Studios
14446 - Pilates Reformer	8:00-9:00am	8/19-10/11 (M/W)	LAP
14447 - Pilates Reformer	8:00-9:00am	10/14-12/13 (M/W)	LAP
14449 - Pilates Reformer	8:00-9:00am	8/19-10/11 (T/TH)	LAP
14442 - Pilates Reformer	8:00-9:00am	10/14-12/13 (T/TH)	LAP
17077 - Pilates Reformer	10:15-11:15am	8/19-10/11 (M/W)	LAP
17076 - Pilates Reformer	10:15-11:15am	10/14-12/13 (M/W)	LAP
17079 - Pilates Reformer	3:30-4:30pm	8/19-10/11 (M/W)	LAP
17078 - Pilates Reformer	3:30-4:30pm	10/14-12/13 (M/W)	LAP
13736 - Pilates	9:00-10:00am	8/19-10/11 (M/W)	LAP
14419 - Pilates	9:00-10:00am	10/14-12/13 (M/W)	LAP
13737 - Pilates	9:00-10:00am	8/19-10/11 (T/TH)	LAP
13735 - Pilates	9:00-10:00am	10/14-12/13 (T/TH)	LAP
17071 - Pilates	5:30-6:30pm	8/19-10/11 (M/W)	LAP
17066 - Pilates	5:30-6:30pm	10/14-12/13 (M/W)	LAP
17073 - Pilates	5:30-6:30pm	8/19-10/11 (T/TH)	LAP
17072 - Pilates	5:30-6:30pm	10/14-12/13 (T/TH)	LAP
13747 - Aerial Silks	10:15-11:15am	8/19-10/11 (T/TH)	LAP
14471 - Aerial Silks	10:15-11:15am	10/14-12/13 (T/TH)	LAP
13751 - Hot Yoga	12:00-1:00pm	8/19-10/11 (M/W)	LAP
14451 - Hot Yoga	12:00-1:00pm	10/14-12/13 (M/W)	LAP
13734 - Hot Yoga	6:30-7:30pm	8/19-10/11 (T/TH)	LAP
14450 - Hot Yoga	6:30-7:30pm	10/14-12/13 (T/TH)	LAP
13733 - Hot Pilates	12:00-1:00pm	8/19-10/11 (T/TH)	LAP
13732 - Hot Pilates	12:00-1:00pm	10/14-12/13 (T/TH)	LAP
14468 - Men's Yoga	1:15-2:15pm	8/19-10/11 (M/W)	LAP
13750 - Men's Yoga	1:15-2:15pm	10/14-12/13 (M/W)	LAP
15401 - Acro Yoga	1:15-2:15pm	8/19-10/11 (T/TH)	LAP
13746 - Acro Yoga	1:15-2:15pm	10/14-12/13 (T/TH)	LAP
14444 - Trampoline Cardio	3:30-4:30pm	8/19-10/11 (T/TH)	LAP
14443 - Trampoline Cardio	3:30-4:30pm	10/14-12/13 (T/TH)	LAP
13745 - Aerial Hammock Fitness	4:30-5:30pm	8/19-10/11 (M/W)	LAP



KIN 101 (continued)

13744 - Aerial Hammock Fitness	4:30-5:30pm	10/14-12/13 (M/W)	LAP
17312 - Dance Fitness	4:30-5:30pm	8/19-10/11 (T/TH)	LAP
17313 - Dance Fitness	4:30-5:30pm	10/14-12/13 (T/TH)	LAP

RRES 200

15935 - First Aid CPR	12:00-7:30pm	8/31-9/01 (Sa/Su)	UFM
15936 - First Aid CPR	12:00-7:30pm	9/28-9/29 (Sa/Su)	UFM
17606 - First Aid CPR	12:00-7:30pm	10/5-10/6 (Sa/Su)	UFM
17607 - First Aid CPR	12:00-7:30pm	11/16-11/17 (Sa/Su)	UFM
15938 - First Aid CPR	12:00-7:30pm	11/23-11/24 (Sa/Su)	UFM
15939 - First Aid CPR	12:00-7:30pm	12/07-12/08 (Sa/Su)	UFM
13800 - Women's Self Defense	1:00-4:00pm	9/22-10/20 (Su)	West Stadium 117
16224 - Meditation & Movement	5:30-6:30pm	8/19-12/13 (M)	West Stadium 117
16215 - Archery	7:30-8:30pm	8/19-12/13 (T)	West Stadium 117
16216 - Archery	8:35-9:35pm	8/19-12/13 (T)	West Stadium 117
16084 - Beginning Fencing	7:00-8:30pm	8/19-12/6 (M)	West Stadium 117
13801 - Tae Kwon Do	5:30-6:30pm	8/27-12/5 (T/TH)	Sun Yi's Academy
16039 - Golf	11:00am-1:00pm	8/19-10/11 (W)	Stagg Hill
13819 - Golf	2:30-4:30pm	8/19-10/11 (W)	Stagg Hill
17590 - Comp Fit Circuit Train	7:15-8:15pm	8/19-12/6 (TH)	9Round Fitness
13809 - Beginning Bowling	10:30-11:20am	8/19-12/13 (M)	Student Union
13810 - Beginning Bowling	10:30-11:20am	8/19-12/13 (T)	Student Union
13812 - Beginning Bowling	2:30-3:20pm	8/19-12/13 (T)	Student Union
13814 - Beginning Bowling	2:30-3:20 pm	8/19-12/13 (W)	Student Union
13807 - Intermediate Bowling	2:30-3:20 pm	8/19-12/13 (M)	Student Union
13847 - Beginning Tennis	1:00-2:30 pm	9/16-12/2 (M)	Body First
13848 - Beginning Tennis	1:00-2:30 pm	9/17-12/3 (T)	Body First
15393 - Scuba	Various Times	8/19-10/6(M/Su)	JC YMCA/Zoom
14936 - Scuba	Various Times	10/14-12/8 (M/Su)	JC YMCA/Zoom
13753 - Co-Ed Boxing 1	9:00-10:00am	8/19-10/11 (M/W)	KO Boxing
13833 - Co-Ed Boxing 1	6:30-7:30pm	8/19-10/11 (M/W)	KO Boxing
13830 - Co-Ed Boxing 2	8:00-9:00am	8/19-10/11 (M/W)	KO Boxing
14473 - Co-Ed Boxing 2	5:30-6:30pm	8/19-10/11 (M/W)	KO Boxing
13826 - Co-Ed Boxing 3	8:00-9:00am	8/19-10/11 (M/W)	KO Boxing
13839 - Co-Ed Boxing 3	5:30-6:30pm	8/19-10/11 (M/W)	KO Boxing
13845 - Co-Ed Boxing 4	8:00-9:00am	8/19-10/11 (M/W)	KO Boxing
13829 - Co-Ed Boxing 4	5:30-6:30pm	8/19-10/11 (M/W)	KO Boxing
13754 - Co-Ed Boxing 1	9:00-10:00am	8/19-10/11 (T/TH)	KO Boxing
17318 - Co-Ed Boxing 1	1:00-2:00pm	8/19-10/11 (T/TH)	KO Boxing
13834 - Co-Ed Boxing 1	6:30-7:30pm	8/19-10/11 (T/TH)	KO Boxing
14472 - Co-Ed Boxing 2	8:00-9:00am	8/19-10/11 (T/TH)	KO Boxing
13832 - Co-Ed Boxing 2	5:30-6:30pm	8/19-10/11 (T/TH)	KO Boxing
16101 - Co-Ed Boxing 2	7:30-8:30pm	8/19-10/11 (T/TH)	KO Boxing
13827 - Co-Ed Boxing 3	8:00-9:00am	8/19-10/11 (T/TH)	KO Boxing
13840 - Co-Ed Boxing 3	5:30-6:30pm	8/19-10/11 (T/TH)	KO Boxing
16103 - Co-Ed Boxing 3	7:30-8:30pm	8/19-10/11 (T/TH)	KO Boxing
13828 - Co-Ed Boxing 4	8:00-9:00am	8/19-10/11 (T/TH)	KO Boxing
13846 - Co-Ed Boxing 4	5:30-6:30pm	8/19-10/11 (T/TH)	KO Boxing
16105 - Co-Ed Boxing 4	7:30-8:30pm	8/19-10/11 (T/TH)	KO Boxing



RRES 200 (continued)

13835 - Co-Ed Boxing 1	9:00-10:00am	10/14-12/13 (M/W)	KO Boxing
13837 - Co-Ed Boxing 1	6:30-7:30pm	10/14-12/13 (M/W)	KO Boxing
14323 - Co-Ed Boxing 2	8:00-9:00am	10/14-12/13 (M/W)	KO Boxing
14474 - Co-Ed Boxing 2	5:30-6:30pm	10/14-12/13 (M/W)	KO Boxing
13841 - Co-Ed Boxing 3	8:00-9:00am	10/14-12/13 (M/W)	KO Boxing
13843 - Co-Ed Boxing 3	5:30-6:30pm	10/14-12/13 (M/W)	KO Boxing
15002 - Co-Ed Boxing 4	8:00-9:00am	10/14-12/13 (M/W)	KO Boxing
15004 - Co-Ed Boxing 4	5:30-6:30pm	10/14-12/13 (M/W)	KO Boxing
13836 - Co-Ed Boxing 1	9:00-10:00am	10/14-12/13 (T/TH)	KO Boxing
17319 - Co-Ed Boxing 1	1:00-2:00pm	10/14-12/13 (T/TH)	KO Boxing
13838 - Co-Ed Boxing 1	6:30-7:30pm	10/14-12/13 (T/TH)	KO Boxing
14324 - Co-Ed Boxing 2	8:00-9:00am	10/14-12/13 (T/TH)	KO Boxing
14475 - Co-Ed Boxing 2	5:30-6:30pm	10/14-12/13 (T/TH)	KO Boxing
16102 - Co-Ed Boxing 2	7:30-8:30pm	10/14-12/13 (T/TH)	KO Boxing
13842 - Co-Ed Boxing 3	8:00-9:00am	10/14-12/13 (T/TH)	KO Boxing
13844 - Co-Ed Boxing 3	5:30-6:30pm	10/14-12/13 (T/TH)	KO Boxing
16104 - Co-Ed Boxing 3	7:30-8:30pm	10/14-12/13 (T/TH)	KO Boxing
15003 - Co-Ed Boxing 4	8:00-9:00am	10/14-12/13 (T/TH)	KO Boxing
15005 - Co-Ed Boxing 4	5:30-6:30pm	10/14-12/13 (T/TH)	KO Boxing
16106 - Co-Ed Boxing 4	7:30-8:30pm	10/14-12/13 (T/TH)	KO Boxing
15773 - Women's Boxing 1	4:30-5:30pm	8/19-10/11 (T/TH)	KO Boxing
15774 - Women's Boxing 1	4:30-5:30pm	10/14-12/13 (T/TH)	KO Boxing
15777 - Women's Boxing 2	4:30-5:30pm	8/19-10/11 (T/TH)	KO Boxing
15778 - Women's Boxing 2	4:30-5:30pm	10/14-12/13 (T/TH)	KO Boxing
13822 - Women's Boxing 3	4:30-5:30pm	8/19-10/11 (T/TH)	KO Boxing
13823 - Women's Boxing 3	4:30-5:30pm	10/14-12/13 (T/TH)	KO Boxing
13824 - Women's Boxing 4	4:30-5:30pm	8/19-10/11 (T/TH)	KO Boxing
13825 - Women's Boxing 4	4:30-5:30pm	10/14-12/13 (T/TH)	KO Boxing

In-person locations:

- BDS: Ballroom Dance School, 416 Laramie St
- Body First Wellness & Recreation Center, 3615 Claflin Rd
- Crossfit 785, 511 Richards Drive
- Elevation Studios MHK, 1125 Laramie, Suite A
- K.O. Boxing, 2048 Tuttle Creek Blvd. (In the basement under Shelter Insurance)
- KSU Student Union, Union Bowling Alley, KSU Campus
- LAP, Little Apple Pilates Co., 121 S. 4th St. Suite 106 (next door to Wine Dive)
- Stagg Hill Golf Club, 4441 Stagg Hill Rd
- Sun Yi's Academy, 1125 Laramie Plaza, Suite H
- UFM, UFM Community Learning Center, 1221 Thurston St (UFM Community Learning Center)
- West Stadium, Rm 117, KSU Campus

Combination in-person/online:

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

Online (Live online via Zoom):

- Yoga

- African Dance Fitness - KSU West Stadium Room 117 & Live Online via Zoom





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.

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 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/.

CONTACT US

Phone: (785) 539-8763 • Email: 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 or Erin, eford23@ksu.edu at UFM.

KANSAS STATE UNIVERSITY TUITION AND FEES FALL 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.

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 2024/Spring 2025/Summer 2025 Comprehensive Fee Schedule for complete details at: <https://www.k-state.edu/finsvcs/cashiers/costs/comprehensive-tuition-fee-schedules/documents/2024-2025/FY25%20KSU%20Comprehensive%20Fee%20Schedule.pdf> which includes rates specific to cohort-based programs and specialty programs.

STUDENT ACCESS CENTER

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

INCLEMENT WEATHER POLICY

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

CREDIT AND NONCREDIT LIABILITY STATEMENT

Individual participants should be aware of the risks and hazards involved in recreational sports and fitness activities. They should voluntarily elect to utilize KSU and UFM facilities and participate in programs recognizing present conditions and further agree to voluntarily assume all risks of loss, damage, or injury that may be sustained while using KSU or UFM facilities or participating in programs. K-State Academic Affairs & Innovation/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of UFM or University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

Follow UFM



REGISTRATION FORM



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



Student Name _____ Email _____
 Address _____ City _____ State _____ Zip _____
 Day Phone (_____) _____ Evening Phone (_____) _____
 Parent's name if student is under age 18 _____ Age if under 18 _____
 Participant Statistics: K-State Student _____ K-State Faculty/Staff _____ Fort Riley _____ Other _____
 Age Group: 18-24 _____ 25-59 _____ 60+ _____

24CFF232	B	BBQ Ribs and Chicken	98.00

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 _____



*Scan me
& enroll!*

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.





INTERFAITH COMMUNITY PEACEBUILDING

SHARED STORIES. SHARED SERVICE. SHARED ACTION.



UFM Community Learning Center
Lou Douglas Lectures Series on Public issues Fall 2024

How do we build unity, diversity, and peace across lines of faith? Join local faith leaders to explore ways to learn from each other and build stronger communities together.

LECTURE: Oct 15 • 7 pm
Forum Hall,
K-State Student Union

INTERFAITH COMMUNITY EVENT:
Nov 3 • 3 pm
Douglass Activity Center, 900 Yuma St

All Lou Douglas events are free and open to the public.
For more information visit tryufm.org or contact UFM at info@tryufm.org





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