



UFM

a University For huMankind

UFM puts the **community** in education.



HONORING OUR U.S. VETERAN STAFF AND INSTRUCTORS - THANK YOU FOR YOUR SERVICE!



*a look
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UFM **SPRING** 2025 COURSE CATALOG

tryufm.org



ufm

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YOU KNOW
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GROW

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UFM SPRING 2025 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.

Cynthia Amano	Tom Korte
Mike Bane	Travis Kraft
Sam Bane	Travus Lexroux
Carol Barta	Shane Linenberger
Christopher Beard	Sue Maes
Adolfo Blanco	Opal Marceline
James Bond	Pedro Marquez
Sydney Brinneman	David Moore
Amanda Campanella	Naho Nagai
Angie Chae	Debbie Newton
Cary Chappell	Terry Olson
Antonio Ciaccio	Josh Pappan
Melissa Copp	Georgia Nonte Perez
Andrea Curtis	Taylor "Bultur" Phelps
Derrick Doty	Little Apple Pilates Staff
Amanda Etter	Vivian Price
Gregg Eyestone	Dr. Noor Rizvi
Body First Staff	Lisa Rubin
Monica Franco	Hilary Santana
Ana Franklin	Kamron Schowalter
Jeff Freeborn	Karen Schroeder
Andy Fry	David Seamon
John Garetson	Vaishali Sharda
Sara Gilmore	Robert Smith
Melanie Highsmith	Chris Sorensen
Caity Hinnergardt	Kenyon Stacey
Dave Hoover	Jhoe Stonestreet
Jake Huber	Neal Strathman
Paul Hunt	Linda Teener
Kyoshi Pamela Johansen	Michael Wesch
David Jones	Nicole Wise
Tylor Jones	Kelly Yarbrough
Jane Kim	Lenny Zvonik
Mary Kohn	Voices For All, LLC

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JAKE HUBER Community Education Program Coordinator
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JED KILLEN YouthBuild Trade Skills Coordinator
DR. LORENZA LOCKETT YouthBuild Director
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ERIN FORD TRAUDT KSU Credit Coordinator/Lifetime Learning

Cover photo taken by Karen Schroeder

Catalog layout & design by Samantha Lovitt

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Hey community!

We're thrilled to share that UFM is a military-connected organization dedicated to supporting our veterans and their families with exciting educational opportunities this Spring!

UFM Community Learning Center is especially proud to introduce **Veteran Wellness**, a *new* and *free* class sponsored by the VA Eastern Kansas Whole Health program. This program is available to veterans who are currently enrolled or enrolling in VA Eastern Kansas Healthcare. Up to 35 qualifying veterans each semester will receive a **\$200 scholarship**, which can be applied toward any of our non-alcohol-related community enrichment classes. Don't miss this chance to prioritize your wellness while exploring new opportunities!

Our **Spring Catalog** is packed with new community enrichment classes. We offer a variety of recreational classes like *skateboarding, competitive and recreational axe throwing, Intro to Brazilian Jiu-Jitsu, Umpiring Master Class, and Elements of Mixed Martial Arts* just to name a few. We are also hosting a hodgepodge of innovative classes like a *women-only auto maintenance series, Ghost Hunting and Paranormal Investigation, Lead Guitar Concepts, Beginner Crochet, D&D Essentials, and Voice Acting* – there's truly something for everyone. We're also excited to welcome new instructors who are offering *divorce workshops* and *co-parenting workshops*, as well as to welcome back a returning instructor who is offering *Support for Chronic Stress*. At the **University For huMankind**, there is something for everyone and we believe you can come as you are: a teacher, a learner, or both! We can't wait to grow with you.

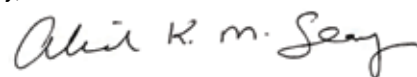
We're also inviting you to check out "**Little Apple Locals**", our community podcast *for Locals by Locals*. New episodes air live every *Friday at noon* on 91.9 FM and are available on Spotify shortly afterward. We're thrilled to be partnering with Dawson Wagner from **Wildcat 91.9** to bring the podcast to listeners each week! Join Dawson and our Education Program Coordinator, Jake Huber, as they highlight the latest and greatest community enrichment innovations and hear from local voices sharing their teaching and learning experiences.

UFM offers community enrichment courses across the human lifespan and one population we are eager to engage further is our youth. UFM has a legacy program called Teen Mentoring which is designed for middle and high school students, offering friendship, fun, food, and guidance through volunteer mentors. Our goal is to create a supportive environment where students develop positive life skills and never feel like they're navigating school alone. This *free* after-school program runs twice a week and includes transportation for the teens. Please contact us at info@tryufm.org to learn more.

At UFM, we value community and lifelong learning – and *you* are at the heart of it all. Whether you're interested in teaching, attending classes, or volunteering in our many community programs, we'd love to meet you and support your lifelong learning.

See you real soon!

In Community,



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



a University For huMankind

UFM Community Learning Center is a military-friendly organization, welcoming all service members and their families. Please visit page 24 for an exciting opportunity.

CREATIVE FREETIME

Pine Needle Basket

25ACF271

Join instructor, Georgia, and learn how to create one small pine needle basket using techniques passed down from her grandmother. She will provide shells, beads, and Indian corn for optional decorative accents. All supplies will be available for use during the class. Georgia will also discuss other styles of pine needle weaving that she may teach in future sessions.

Instructor: Georgia Nonte Perez

Georgia Nonte Perez has taught Dream Catcher making for over 30 years. She has dedicated her life to learning and teaching folk arts, which she learned at the feet of her grandmother starting at 3 years old. Skills taught to her were beading, weaving, basketry, embroidery, herbal lore, and many other skills. Georgia has taught classes for UFM, Manhattan Parks and Recreation, and private lessons to KSU Native American students and others in her art studio.



Pine Needle Basket (final projects will vary).

DATE	TIME	FEE
04/05 (Sa)	9:30 AM - 12:30 PM	\$40

Location: UFM Solar Addition, 1221 Thurston St

Grimoire Crafting

NEW!

25ACF478

Learn to take some raw materials and make a decorated leather grimoire! This class will not only give you your first blank grimoire, but you will have a skill you can use and build on! Ages 13+.

Instructor: Taylor "Bultur" Phelps

SEC	DATE	TIME	FEE
A	02/08 (Sa)	4:00 - 8:00 PM	\$60
B	03/01 (Sa)	4:00 - 8:00 PM	\$60
C	04/05 (Sa)	4:00 - 8:00 PM	\$60
D	05/03 (Sa)	4:00 - 8:00 PM	\$60

Location: UFM Solar Addition, 1221 Thurston St

Beginner Crochet I

NEW!

25ACF473

Join our 6-week beginner crochet course designed to teach you the basics of this relaxing and creative craft! Whether you're new to crochet or need a refresher, this class covers foundational techniques, including how to hold your hook, create basic stitches, and read simple patterns. Each week builds on the last, with fun projects like coasters, dishcloths, or amigurumi. Most supplies are included, so you can dive right in without any hassle. By the end, you'll have the skills to start creating your own crochet pieces with confidence. No prior experience is necessary! Ages 13+.

Instructor: Sara Gilmore, seragsdale03@gmail.com

An experienced business owner and passionate crocheter, Sara is also a dedicated student, continuously expanding their knowledge while sharing expertise in crafting and entrepreneurship through creative and educational ventures.

SEC	DATE	TIME	FEE
A	02/04 - 03/11 (T)	7:00 - 8:00 PM	\$78
B	02/06 - 03/13 (Th)	7:00 - 8:00 PM	\$78
C	02/08 - 03/15 (Sa)	2:00 - 3:00 PM	\$78

Location: UFM Fireplace Room, 1221 Thurston St



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Beginning Machine Sewing 25ACF329

Use the sewing machine in your closet to make a couple of gift ideas. This class will focus on basic sewing skills with emphasis on using a sewing machine. In the first class we will explore your machine, any special features and practice sewing some stitch samples. In the second class we will make a fancy pillowcase and in the third class we will create a simple zippered bag. For each class, students are required to provide their own sewing machine as well as a basic sewing kit including scissors, hand sewing needles, sewing machine needles, pins, a pin cushion or pin holder of some kind, thread, a small ruler and a seam ripper. Other supplies will be specified for each class. For the first class, bring 1/4 yard of a solid, light colored cotton fabric and a spool of contrasting thread. Ages 16+.

Instructor: Linda Teener, linda@tryufm.org
Linda has been sewing since she was six years old and has used a variety of sewing machines. She enjoys sewing everything from garments to home decor and quilting projects.

DATE	TIME	FEE
02/18 - 03/04 (T)	6:30 - 8:00 PM	\$34

Location: UFM Solar Addition, 1221 Thurston

Yosakoi Japanese Dance Lesson 25ARF240

“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 to learn about a new culture! All ages are welcome. No dance experience needed.

Instructor: Naho Nagai, ksutatsumakiosakoi@gmail.com

SEC	DATE	TIME	FEE
A	02/01 (Sa)	10:30 AM - Noon	\$15
B	03/08 (Sa)	10:30 AM - Noon	\$15
C	05/17 (Sa)	10:30 AM - Noon	\$15

Location: UFM Teaching & Learning Rm, 1221 Thurston St

Voice Acting 101

NEW!

25ACF474

Warm up routines, voice changing tactics, do's and don'ts, and other essentials for the aspiring voice actor/singer. Ages 13+.



Instructor: Antonio Ciaccio, (405) 432-6558
Antonio Ciaccio is a professional voice actor working on his own animated project. A lifelong singer, he spent four years in choir and band, combining his love for music and performance.

DATE	TIME	FEE
04/07 - 04/18 (M/W/F)	5:00 - 7:00 PM	\$245

Location: UFM Solar Addition, 1221 Thurston

Introduction to Voiceovers 25ACF129

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](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 methods such as: Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS). Ages 18+.

Instructor: Voices For All, LLC, info@voicesforall.com
The Voices For All Voice Coaches/Producers/Instructors 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. Full bio at tryufm.org.

DATE	TIME	FEE
01/15 - 05/18 (W)	TBD	\$49

Location: One on One Video Chat

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Creative Writing 101

NEW!

25ACF475

Creative Writing: Exploring Voice and Imagination. In this course, students will dive into the world of storytelling, poetry, and personal expression. Through interactive workshops, creative exercises, and peer feedback, they will develop their unique writing voice while mastering narrative techniques. We'll explore character development, world-building, and the art of crafting dialogue, with an emphasis on both fiction and nonfiction genres. By the end of the course, students will produce a polished portfolio of original work and gain confidence in their creative abilities. This class is perfect for those looking to challenge their imagination and refine their writing skills. All levels welcome. Ages 13+.

Instructor: Dr. Noor Rizvi, noorr@ksu.edu

Dr. Rizvi has a PhD in English Language Teaching/Applied Linguistics. She is currently working as an English faculty member at Kansas State University, teaching Expository Writing. Dr. Rizvi is from India and was also a recipient of the Fulbright Program at the University of Kansas, where she taught two semesters of the Hindi language program. She loves teaching, sharing about different cultures, and exploring them. She also enjoys hiking and nature exploration.

DATE	TIME	FEE
03/24 - 04/14 (M)	5:00 - 6:00 PM	\$81

Location: UFM Solar Addition, 1221 Thurston St

Extreme Scrapbooking: Dangerously Creative Memory Keeping 25ACF479

Take scrapbooking to the next level with this action-packed class. Glue photos while bungee jumping, craft layouts on rollercoasters, and bedazzle on zip lines. Warning: May require a helmet and a strong heart. You've never seen memories kept like this before!

Instructor: Scrapz "The Edge" Cutter

DATE	TIME	FEE
04/07 (M)	5:00 - 7:00 PM	\$20

Location: UFM Solar Addition, 1221 Thurston



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NEW!

Introduction to Adobe Lightroom 25ACF463

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 them 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,

karen@karenschroederphotography.com

Karen Schroeder specializes in family, senior and pet photography.

DATE	TIME	FEE
02/04 - 02/25 (T)	5:30 - 7:30 PM	\$74

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

Introduction to Adobe Photoshop 25ACF472

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,

karen@karenschroederphotography.com

DATE	TIME	FEE
03/04 - 03/25 (T)	5:30 - 7:30 PM	\$74

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



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

25ACF450

This covers all things about getting started from nothing to something. What everything means, how everything is set up and how to expand your learning through roleplay experiences. Participants will understand various items ranging from non-magical to uncommon magical items, spells, and various racial and class features. Players will start at level 1 and make their way to level 5 by the end of the course. This class is a prerequisite for all other D&D classes. Ages 13+.

Instructor: Jake Huber, titanoftitusdm@gmail.com



SEC	DATE	TIME	FEE
A	02/21 - 03/21 (F)	5:00 - 10:00 PM	\$64
B	04/18 - 05/16 (F)	5:00 - 10:00 PM	\$64

Location: UFM Teaching & Learning Rm, 1221 Thurston St

An Intermediate Guide to Dungeons & Dragons 5E

25ACF451

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

Instructor: Jake Huber, titanoftitusdm@gmail.com



SEC	DATE	TIME	FEE
A	02/21 - 03/21 (F)	5:00 - 10:00 PM	\$64
B	04/18 - 05/16 (F)	5:00 - 10:00 PM	\$64

Location: UFM Teaching & Learning Rm, 1221 Thurston St

An Advanced Guide to Dungeons & Dragons 5E

25ACF452

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

Instructor: Jake Huber, titanoftitusdm@gmail.com



SEC	DATE	TIME	FEE
A	02/21 - 03/21 (F)	5:00 - 10:00 PM	\$64
B	04/18 - 05/16 (F)	5:00 - 10:00 PM	\$64

Location: UFM Teaching & Learning Rm, 1221 Thurston St

An Expert Guide to Dungeons & Dragons 5E

25ACF453

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

Instructor: Jake Huber, titanoftitusdm@gmail.com



SEC	DATE	TIME	FEE
A	02/21 - 03/21 (F)	5:00 - 10:00 PM	\$64
B	04/18 - 05/16 (F)	5:00 - 10:00 PM	\$64

Location: UFM Teaching & Learning Rm, 1221 Thurston St



Mastering Dungeons & Dragons:

Becoming a 5e Dungeon Master **25ACF469**

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 DMed or seeking to refine your craft, this course equips you to lead legendary quests with confidence.

Instructor: Jake Huber, titanofitusdm@gmail.com

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	03/28 (F)	6:00 - 9:00 PM	\$35
B	04/04 (F)	6:00 - 9:00 PM	\$35

Location: UFM Teaching & Learning Rm, 1221 Thurston St

DUNGEONS & DRAGONS

D&D Essentials Workshop **NEW!** **25ACF477**

A D&D Essentials Workshop introduces you to the world of Dungeons & Dragons, covering the basics of gameplay, character creation, and collaborative storytelling. Learn how to choose a class, build your character, and interact within a party. Understand core mechanics like combat, roleplaying, and skill checks while discovering what makes each role—whether player or Dungeon Master—essential to the game. Perfect for beginners and experienced players wanting a refresher, this workshop guides you through everything needed to start or improve your D&D adventures. Join us to unlock your creativity and bring your first campaign to life! Ages 18+.

Instructor: Adolfo Blanco, (785) 375-7410

Adolfo has been playing for about eight years both text based DnD and in person/online call DnD. He runs over three different campaigns for people across the world with one of them being The #1 Podcast in Kansas, The Nat 1 Podcast.

DATE	TIME	FEE
02/07 (F)	5:00 - 9:00 PM	\$26

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

Did you know that UFM partners with Wildcat 91.9 to produce the Little Apple Locals podcast? This weekly series, created in collaboration with K-State's student-run radio station, highlights events and activities happening at UFM and in the Manhattan community. Each week features a new guest, ranging from local business owners discussing their work to volunteers promoting upcoming community events. You can listen live every Friday from 12 to 12:30 p.m. on 91.9 FM or online at Wildcat919.com. Episodes are also available on Spotify shortly after airing. Tune in to stay connected with UFM and the local community!

Little Apple Locals Podcast



Tune in Fridays



A collaboration with UFM Community Learning Center and Wildcat 91.9.



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MUSIC

Lead Guitar Concepts

NEW!

25ACF476

In this class we will explore the concepts of how to play solid lead guitar. Scales, guitar soloing, and some basic music theory will be covered. Guitar experience is not required but will add to your learning. Will practice soloing and playing rhythm guitar and learn a scale exercise that greatly improves ones playing.

Instructor: Christopher Beard, beardman32@yahoo.com
Christopher has been teaching guitar and writing music for over 24 years. He played in several bands for many years and now focuses on composing solo fingerstyle guitar pieces. Christopher has experience teaching students of all ages.

DATE	TIME	FEE
02/07 - 05/02 (F)	4:00 - 5:15 PM	\$209

Location: UFM Solar Addition, 1221 Thurston St

Beginning 5-String Banjo

25ACF441

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, flinthillsfiddler@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
03/24 - 05/12 (M)	6:30 - 7:15 PM	\$89

Location: UFM Solar Addition, 1221 Thurston St



Beginning Clawhammer Banjo

25ACF456

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
03/24 - 05/12 (M)	7:30 - 8:15 PM	\$89

Location: UFM Solar Addition, 1221 Thurston St

Fiddle 101

25ACF457

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
04/26 - 05/17 (Sa)	10:00 - 11:00 AM	\$96

Location: UFM Solar Addition, 1221 Thurston St

Family Ukulele

25ACF460

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 focuses on the basics, technique, learning music and TAB, and chords. An instruction book is included, students will need their own soprano or concert ukulele and a music stand.

Instructor: Derrick Doty, flinthillsfiddler@gmail.com

DATE	TIME	FEE
03/26 - 05/14 (W)	6:30 - 7:15 PM	\$97

Location: UFM Solar Addition, 1221 Thurston St



EARTH & NATURE

Home Landscape Design

25AEN08

Make the most of your outdoor living space with thoughtful design elements. Single homeowners or couples are encouraged to enroll.

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

DATE	TIME	FEE
02/26 (W)	6:30 - 8:30 PM	\$15 - Individual \$25 - Couple

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

Everyday Permaculture

NEW!

25AEN204

Using the principles of Permaculture, what are the daily practices and decisions you can use to create a more sustainable home and lifestyle?

Instructor: Carol Barta, snowsage54@hotmail.com
Carol Barta is a founding member of the Flint Hills Resilience Coalition and a certified permaculturist.

SEC	DATE	TIME	FEE
A	02/08 (Sa)	1:00 - 3:00 PM	\$15
B	03/08 (Sa)	1:00 - 3:00 PM	\$15

Location: UFM Solar Addition, 1221 Thurston St

Edible Native Plants

25AFF151

After a slide show of edible native plants, we'll take a short hike to identify plants, followed by a little buffet of dishes prepared by your instructors.

Instructor: Sue Maes, Terry Olson, & Kelly Yarbrough
Terry Olson is the retired owner of Eastside & Westside Markets where she sold plants and produce for 43 years. Other class leaders are Sue Maes, who has taught Edible Native Plants for UFM for over 4 decades, and Kelly Yarbrough, a local artist who organizes the annual "Seed Swap" event at the Discovery Center.

DATE	TIME	FEE
06/24 (T)	5:30 - 7:00 PM	\$30

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

Bike Traffic Skills 101

NEW!

25AEN210

Offering the League of American Bicyclists courses necessary to get certified as a League Certified Instructor. Ages 13+.

Instructor: Andy Fry, andy@cycleproject.org
Andy Fry, League of American Bicyclists League Certified Instructor. Andy is a transportation planner by day and advocate for active transportation in Topeka, KS .

DATE	TIME	FEE
04/05 (Sa)	8:30 AM - 4:30 PM	\$30

Location: UFM Fireplace Room, 1221 Thurston St

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




Bushcrafting Series

NEW!

25AEN209

This course covers all four workshop classes. Please see descriptions for the following classes: Ouch, That's Sharp!, Bushcraft & Wilderness Kit Philosophy, Basic Knife Skills, and Fire on the Prairie. Classes will be held from 1-3 p.m. (3/8) and 1-4 p.m. (3/15, 3/22, 3/29). Ages 13+.

Instructor: Shane Linenberger,
shanelinenberger1106@gmail.com

Shane has been learning Wilderness Skills for over a decade. He specializes in primitive fire, knife and tool use and maintenance, and minimalist desert travel.

DATE	TIME	FEE
03/08 - 03/29 (Sa)	See Description	\$112

* Enrollment deadline 02/22

Location: UFM, 1221 Thurston St
Classroom locations at UFM for the series:

- Ouch, That's Sharp! (QLC room)
- Bushcraft & Wilderness Kit Philosophy (QLC room)
- Basic Knife Skills (QLC room)
- Fire on the Prairie (Solar Addition)

NEW!

Ouch, That's Sharp! An Introduction to Cutting Tools for the Back Country Traveler 25AEN205

In this class we will be discussing tools such as knives, axes, saws, and machetes and their use in a wilderness living or Bushcraft context. We'll discuss what to look for in a high-quality tool, budget-friendly options, and proper maintenance and sharpening methods for knives and axes. Band-Aids not included. Ages 13+.

Instructor: Shane Linenberger,
shanelinenberger1106@gmail.com

DATE	TIME	FEE
03/08 (Sa)	9:00 - 11:00 AM	\$28

* Enrollment deadline 02/22

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.



Bushcraft and Wilderness Kit Philosophy

NEW!

25AEN206

In this class we will talk about multi-purpose gear and how to design a kit for Bushcraft and Wilderness Living from a "less is more" perspective. Ages 13+.

Instructor: Shane Linenberger,
shanelinenberger1106@gmail.com

DATE	TIME	FEE
03/15 (Sa)	9:00 AM - Noon	\$28

* Enrollment deadline 03/01

Location: UFM Solar Addition, 1221 Thurston St

Basic Knife Skills for Bushcraft and Wilderness Living

NEW!

25AEN207

Students are encouraged to bring their own fixed-blade knives and sharpeners for this class! If you want to buy a knife prior to the class, please contact me for recommendations.

Ages 13+.

Instructor: Shane Linenberger,
shanelinenberger1106@gmail.com

DATE	TIME	FEE
03/22 (Sa)	9:00 AM - Noon	\$51

Location: UFM Solar Addition, 1221 Thurston St

Fire on the Prairie: Modern and Primitive Fire-Starting Skills

NEW!

25AEN208

This class will focus on fire in a bushcraft and wilderness living context. We'll discuss and demonstrate methods such as Flint and Steel, Ferrocerium Rods, the Metal Match, and how to properly strike a wooden match. Next we will discuss, demonstrate, and try friction fire with the Hand Drill and the Bow Drill, then discuss the pros and cons of each. Students will have a better understanding of fire as a whole and will have at least a basic understanding of several ways of making fire responsibly. Students are encouraged to bring knives and any fire-starting tools they may have. Ages 13+.

Instructor: Shane Linenberger,
shanelinenberger1106@gmail.com

DATE	TIME	FEE
03/29 (Sa)	9:00 AM - Noon	\$53

Location: UFM Queer Liberation Commons, 1221 Thurston

This page sponsored by
Thermal Comfort Air, Inc.



FUN FOODS

Homestyle Indian

NEW!

25AFF240

Welcome to my Homestyle Indian cooking! These recipes are rooted in my family's culinary practices and are typically prepared with readily available, seasonal ingredients and time-honored techniques passed down through generations. From hearty dals (lentils) and fragrant curries to aromatic rice dishes and fresh-made flatbreads, homestyle Indian cuisine offers a comforting and authentic taste of my North Indian culture, bringing warmth and spice to everyday meals.

Instructor: Vaishali Sharda, sharda.vaishali@gmail.com
Born and raised in northern India, Vaishali grew up watching her mother cook everything from scratch in the small town they lived in. Vaishali also blogs about her adventures in the kitchen at www.kitchendocs.com and loves spending time in the kitchen cooking and whipping up new recipes.

SEC	DATE	TIME	FEE
A	02/20 (Th)	6:00 - 8:00 PM	\$55
B	03/27 (Th)	6:00 - 8:00 PM	\$55

Location: UFM Kitchen, 1221 Thurston St

The World of Whiskey

25AFF229

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.

SEC	DATE	TIME	FEE
A	01/18 (Sa)	4:00 - 6:00 PM	\$75
B	02/15 (Sa)	4:00 - 6:00 PM	\$75
C	04/26 (Sa)	4:00 - 6:00 PM	\$75
D	05/24 (Sa)	4:00 - 6:00 PM	\$75

Location: UFM Queer Liberation Commons, 1221 Thurston



Warm tea.

Afternoon Tea Tasting

25AFF228

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

Instructor: Lisa Rubin, lisalevinetx@gmail.com, & Andrea Curtis. Lisa and Andrea met at a cooking class in Eudora and both love tea and treats to accompany it!

SEC	DATE	TIME	FEE
A	02/16 (Su)	1:00 - 3:00 PM	\$45
B	04/06 (Su)	1:00 - 3:00 PM	\$45

* Enrollment Deadlines: A - 02/12, B - 04/02

Location: UFM Solar Addition, 1221 Thurston St

Mixology With Flowers

NEW!

25AFF242

If we allow the Earth to heal us, She will. In this class of Mixology with Flowers, you will get the opportunity to learn about some healing elements that the flowers/herbs chosen for the class contain. You will also learn how you can incorporate them into your drinks whether they are cocktails or mocktails. Ages: 21+.

Instructor: Kamron Schowalter, dranks@aandhfarm.com
Kamron has 10+ years of experience with mixology.

SEC	DATE	TIME	FEE
A	04/27 (Su)	1:00 - 2:00 PM	\$25
B	04/27 (Su)	2:15 - 3:15 PM	\$25

Location: A and H Farm, 1374 Collins Ln



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]

Certificate in Web Design

25AGC44

Online users say a website's design is the number one criterion for deciding whether a company is credible, according to recent research. Understanding what it takes to produce effective web design is essential in today's highly saturated market of digital competition. First, discover the basics of web design using HTML and CSS. No prior knowledge of HTML or web design is required. After the first course, you will have the info you need to plan and design effective web pages. Then, find out how to create effective and dynamic websites/applications. You will take away a functioning web application hosted on a web server that is both accessible and search engine optimized. Finally, learn about responsive design process, along with advanced layout and design features using the Bootstrap framework. Plus, explore CMS frameworks and other industry-standard technologies and frameworks.

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

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/03 - 05/02	Asynchronous online	\$595
B	04/07 - 06/27	Asynchronous online	\$595

Certificate in Mastering Excel

25AGC25

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

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

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/03 - 05/02	Asynchronous online	\$495
B	04/07 - 06/27	Asynchronous online	\$495



Strategic Planning Certificate NEW! **25AGC186**

Strategic planning is an activity that all leaders do, and only leaders do. It is an essential skill to acquire for emerging and developing leaders. As some 70% of strategic plans fail or are not implemented fully, unearth the secrets and tactics for successful strategic planning. Solidify your skill set and conquer this challenging and exciting area of leadership. Courses included in certificate: Communicating Your Vision, Implementing Your Strategic Plan, & Introduction to Strategic Planning

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/03 - 05/02	Asynchronous online	\$495
B	04/07 - 06/27	Asynchronous online	\$495

HR for Non-HR Managers Certificate **25AGC190**

You as a manager are on the front lines of human resources (HR) for your organization. Upskill your knowledge about HR. Conquer one of the essential competencies for a successful manager, moving up, and contributing to the productivity of your organization. Crush it with your people. Whether you work with a small organization or a large one with HR specialists, you play a critical role in creating a positive HR environment. Know what every manager needs to know about HR. Courses included in certificate: Your Role in HR, HR Aspects of Good Leadership, & Optimizing Performance and Employee Success

Instructor: LERN Staff

NEW!

SEC	DATE	TIME	FEE
A	02/03 - 05/02	Asynchronous online	\$495
B	04/07 - 06/27	Asynchronous online	\$495

Mastering Video Marketing Certificate **25AGC63**

Video marketing is the latest marketing trend. Shoppers who viewed product videos were 144% more likely to add the product to their cart. Video with good SEO has a 53% higher chance of showing up on page one of Google searches. When done correctly, video can tell a story, and stories connect people. Video can also trigger emotions that plain text cannot. Classes included in certificate: Video Marketing & YouTube for Business

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/03 - 03/28	Asynchronous online	\$395
B	04/07 - 05/30	Asynchronous online	\$395

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For additional certificate and class options, visit tryufm.org

AI Certificate

NEW!

25AGC194

Give your organization a competitive advantage with Artificial Intelligence (AI). And position yourself in an emerging knowledge specialty and growth area. Explore what AI can do to reduce costs, gather more and better business data, automate time-consuming tasks, improve efficiency, lower human error, reallocate staff time for higher priority functions, and more. Then master the concepts and fundamental techniques of implementing AI. Finally, develop an AI plan and strategy to deliver results for your workplace. Walk away with the knowledge and confidence to help lead your organization into this exciting new area of business expertise. Courses included in certificate: Introduction to ChatGPT, Intermediate AI, & AI Planning and Strategies

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/03 - 05/02	Asynchronous online	\$495
B	04/07 - 06/27	Asynchronous online	\$495

Cybersecurity Certificate

NEW!

25AGC198

Equip yourself with the foundational knowledge and advanced skills needed to safeguard networks, data, and systems from cyber attacks. Conquer the core principles of cybersecurity, develop strategies to protect networks, and gain hands-on experience in identifying and mitigating cyber threats. Come away with the essential tools and knowledge to succeed in the ever-evolving field of cybersecurity. Courses included in certificate: Introduction to Cybersecurity, Network Security and Defense Strategies, & Advanced Cyber Threat Analysis and Mitigation

Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/03 - 05/02	Asynchronous online	\$495
B	04/07 - 06/27	Asynchronous online	\$495



Single Courses [online]

Introduction to ChatGPT NEW! **25AGC195**

Unlock the power of Artificial Intelligence (AI) with ChatGPT, the fastest-growing app in the world. With over 100 million users within the first two months of launch, and 180.5 million now, discover why everyone is talking about this revolutionary platform. In this course, you'll learn how AI tools can dramatically increase your productivity and provide you with a competitive advantage in the workplace. Designed for anyone seeking to acquire new skills, you'll gain an understanding of the capabilities of AI tools and how to leverage them to achieve your goals faster and easier than ever before. Don't get left behind in the AI revolution - join this course and learn how to capitalize on the opportunities it presents. Whether you're a seasoned professional or just starting out, this course is for you. Take the first step towards unlocking your full potential with ChatGPT. Certificate available. For additional information please see: AI Certificate Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/03 - 02/28	Asynchronous online	\$245
B	04/07 - 05/02	Asynchronous online	\$245

Optimizing Performance and Employee Success NEW! **25AGC193**

Take back the tools to enhance employee performance and engagement and develop crucial skills to manage poor performance. It forms the basis for confident, effective team management, ensuring you lead with assurance, making the right decisions without fear of escalating issues. This course is pivotal in developing the confidence essential for effective leadership. Certificate available. See HR for Non HR Managers Certificate Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	04/07 - 05/02	Asynchronous online	\$195
B	06/02 - 06/27	Asynchronous online	\$195

Introduction to Cybersecurity NEW! **25AGC199**

Explore the field of cybersecurity, including its history, importance, and core principles. Understand the various types of cyber threats and the fundamental concepts of information security. Come away with a familiarity of the basic types of cyber threats. Certificate available. For additional information please see: Certificate in Cybersecurity Certificate Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/03 - 02/28	Asynchronous online	\$245
B	04/07 - 05/02	Asynchronous online	\$245

Introduction to Strategic Planning NEW! **25AGC187**

Move your career up with the 21st Century leadership skills of Strategic Planning. Every organization needs to position itself differently for success in this century. And only leaders can both create a successful strategic plan and oversee its implementation. Create a new leadership skill that will last a lifetime, and outlast industry and career changes. Come away with both the conceptual tools and a new leadership approach to move from dreams to reality for your organization, and your career. Certificate available. See Strategic Planning Certificate Instructor: LERN Staff

SEC	DATE	TIME	FEE
A	02/03 - 02/28	Asynchronous online	\$195
B	04/07 - 05/02	Asynchronous online	\$195

Mastering Microsoft Excel **25AGC26**

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

SEC	DATE	TIME	FEE
A	02/03 - 02/28	Asynchronous online	\$195
B	04/07 - 05/02	Asynchronous online	\$195

Follow UFM



LANGUAGE & CULTURE

Basic Korean: Travel & Etiquette 25ALA80

Curious about learning a new language or exploring a different culture? Whether you're into K-pop, K-drama, or simply looking to connect with Korean communities, this beginner-friendly course provides the essential language skills and cultural tips you need. We'll focus on practical phrases and etiquette to make interacting with Korean communities worldwide enjoyable.

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

SEC	DATE	TIME	FEE
A	02/07 - 03/07 (F)	11:00 AM - 12:20 PM	\$43
B	04/03 - 05/01 (Th)	7:00 - 8:20 PM	\$43

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

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

Community ESL for Adults 25ALA73

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
01/13 - 03/26 (M)	7:00 - 9:00 PM	\$34

Location: UFM, 1221 Thurston St

Intermediate Spanish Language 25ALA85

For learners with basic Spanish skills ready to grow their vocabulary and conversation. Interactive lessons cover everyday topics, work, and personal experiences while improving grammar, verb tenses, and proper use of adjectives, pronouns, and prepositions. Full bio online at tryufm.org.

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

Monica Franco is a certified Spanish teacher with 5+ years of experience teaching intermediate learners.

DATE	TIME	FEE
02/03 - 03/10 (M)	6:00 - 7:00 PM	\$85

Location: Online - LIVE

Bollywood Beats: NEW! Learn Hindi the Fun Way 25ALA86

This 8-week course offers a lively and interactive introduction to Hindi, using Bollywood movies and songs as the central medium of instruction. Through engaging dialogues, popular film scenes, and catchy songs, students will learn essential Hindi vocabulary, phrases, and cultural nuances in a fun, relaxed environment. Each week focuses on different Bollywood themes, including family, romance, and friendship, while building conversational skills. The course is designed for beginners, blending language learning with cultural exploration, making it ideal for those who want to learn Hindi in an exciting, immersive way. Ages 13+. Instructor bio is online and on page 7.

Instructor: Dr. Noor Rizvi, noorr@ksu.edu

DATE	TIME	FEE
02/03 - 03/24 (M)	6:30 - 8:30 PM	\$59

Location: UFM Teaching & Learning Rm, 1221 Thurston St

COMMUNITY SPOTLIGHT

Adriana Berkowitz



Adriana Berkowitz completed her Master of Arts in Teaching English as a Second Language in December 2024, fulfilling requirements for her degree through her ESL internship with UFM Community Learning Center during the fall of 2024. With over 25 years of service in the U.S. Army, she volunteered as an ESL teacher at various posts, gaining extensive experience working with students from diverse linguistic backgrounds.

Adriana's passion for language education stems from her own childhood. Over 45 years ago, her parents immigrated to the U.S. and attended night classes at a local middle school to learn English and earn their GEDs. Witnessing the impact of their teacher's support inspired Adriana to pursue a similar path, helping others succeed in language learning.

She believes everyone can learn a new language, regardless of age, and emphasizes the importance of tailoring instruction to meet each student's unique needs, strengths, and learning styles.

In addition to her studies, Adriana is the founder of Your Language Class (learn@yourlanguageclass.com), where she teaches English, Spanish, and U.S. Citizenship classes, continuing her mission to empower learners through language education.



PERSONAL INTEREST

Philosophy of

Gurdjieff & Ouspensky

25API136

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

Instructor: David Seamon

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

DATE	TIME	FEE
01/29 - 05/14 (W)	7:30 - 9:30 PM	\$43

Location: UFM Solar Addition, 1221 Thurston St

Umpiring-Master Class

NEW!

25API242

Step up to the plate with Umpiring-Master Class! This course covers the fundamentals of umpiring, teaching you how to call the shots, foster a home-run environment for players and coaches, and keep the game fair. Ready to earn right off the bat? Partnering with Konza Baseball League, students can score up to \$80 per night starting in April. With just a few games, you'll hit your ROI out of the park, making this a steal. Get in the game and prepare to make umpiring a real grand slam!

Instructor: Travis Kraft, rampageacademy1@gmail.com, & Lenny Zvonik, Professional Umpire and Softball Coach

DATE	TIME	FEE
02/06 - 04/03 (Th)	3:30 - 4:30 PM	\$250

Location: Rampage Academy, 3625 Legion Lane, St. George, KS

CAREER DEVELOPMENT

Dress for Success and Interviewing

NEW!

25AFC181

In this class I will show you the difference between business dress and business casual and how to make sure that you look professional for your next job interview. Bring a tie or \$5 to purchase one. Ages 13+.

Instructor: Tylor Jones

Tylor Jones is a professional salesman who wants to bring his skills to people trying to better themselves in interviews.

SEC	DATE	TIME	FEE
A	02/16 (Su)	2:00 - 3:00 PM	\$27
B	02/24 (M)	2:00 - 3:00 PM	\$27

* Enrollment deadlines: A - 02/01; B - 02/08

Locations: A - UFM Conference Room;
B - UFM Queer Liberation Commons, 1221 Thurston

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AUTOMOTIVE SKILLS

Car Care Essentials: Oil, Wipers, and Fluids 101 (Women Only) NEW! 25API236

Learn the basics of car maintenance and keep your vehicle running smoothly! In this hands-on class, you'll discover how to change engine oil, replace windshield wipers, and check essential fluids like coolant, brake fluid, and power steering fluid. Perfect for beginners, this course provides the practical skills and confidence needed to perform routine car care. Gain knowledge that saves you time, money, and potential breakdowns. No prior experience is required — just bring your curiosity and a willingness to learn!

Instructor: Cynthia Amano

Cynthia empowers women through hands-on car maintenance classes that build confidence, foster independence, and equip them with the skills to handle unexpected emergencies and feel strong, skilled, and self-reliant on the road.

DATE	TIME	FEE
02/05 (W)	5:30 - 8:00 PM	\$40

Location: UFM Queer Liberation Commons, 1221 Thurston

Roadside Readiness: Emergency Tools and Survival Skills (Women Only) NEW! 25API238

Prepare for unexpected roadside emergencies with confidence! This class covers essential skills like using emergency tools to cut seatbelts, break windows, and respond effectively in urgent situations. Learn how to assemble a roadside safety kit, handle vehicle breakdowns, and stay safe during emergencies. Gain hands-on experience with safety equipment and tips to protect yourself and your passengers. No prior knowledge is needed.

Instructor: Cynthia Amano

SEC	DATE	TIME	FEE
A	02/08 (Sa)	9:15 AM - 12:15 PM	\$40
B	02/22 (Sa)	9:15 AM - 12:15 PM	\$40

* Enrollment deadlines: A - 01/31; B - 02/13

Location: UFM Solar Addition, 1221 Thurston St



Automotive skills instructor, Cynthia Amano.

Flat Tire Fixes: Jacks, Inflation, and Replacement Basics (Women Only) NEW! 25API237

Be ready for any roadside tire emergency! This beginner-friendly class teaches you how to safely change a tire, properly use a car jack, and check and inflate tire pressure. You'll learn essential skills for identifying tire issues and handling them confidently, whether at home or on the road. Gain hands-on experience and practical knowledge that ensures you're never stranded due to a flat tire. No experience is needed — just come prepared to learn and leave empowered to handle tire troubles!

Instructor: Cynthia Amano

DATE	TIME	FEE
02/19 (W)	5:30 - 8:00 PM	\$40

Location: UFM Queer Liberation Commons, 1221 Thurston

Synergistic Fit Life offers personalized one-on-one Pilates Reformer training to help you reach your goals faster, with certified expertise and dedicated support. We also offer mat classes and more to fit your needs.



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www.synergisticfitlife.com




SUPERNATURAL STUDIES

Ghost Hunting/Paranormal Investigating 101 NEW!

25API239

Have you ever pondered the extraordinary phenomena that lie beyond our understanding? While ghost hunting can be exhilarating, paranormal investigation opens the door to a deeper exploration. By utilizing SLS cameras, K-2 meters, recorders and the Estes Method, you can forge connections with spirits. No experience is required; all you need is a sense of curiosity. Join us on this life-changing journey as we uncover the mysteries of the unknown with the tools and techniques of the field. In this class, you'll learn the history of ghost hunting, have hands on experience and potentially have an opportunity to experience something truly amazing.

Instructor: Sam & Mike Bane, 
mysterious.mike.sam@gmail.com

Sam is a Reiki Master, Tarot and Oracle reader, and Intuitive and Psychic-Evidential Medium. Her true passion is in working with authorities to find missing persons and solve cold cases. Sam hosts spiritual retreats, offering spiritual healing, counseling, and mentorship. Having trained at Arthur Findlay College by some of the world's best mediums and divination experts, she brings a fresh perspective to connecting with spirit. Mike and Sam have spent over 20 years investigating the unknown. They founded EPIC VIP Events, LLC in 2024, to share the excitement of the paranormal and inspire others.

SEC	DATE	TIME	FEE
A	02/08 (Sa)	5:00 - 10:30 PM	\$65
B	03/08 (Sa)	5:00 - 10:30 PM	\$65
C	03/15 (Sa)	5:00 - 10:30 PM	\$65
D	04/12 (Sa)	5:00 - 10:30 PM	\$65

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



Sam & Mike Bane.



Divination 101 NEW!

25API240

Do you have a question or two—or even more—and seek divine guidance? While many divination tools exist, pendulums and dowsing rods stand out and are two of my favorites! These ancient methods of communication can illuminate your path, empowering you to tackle the challenges ahead. In this class, we will explore various forms of divination and their unique uses, tailored to the answers you seek. Experience a hands-on journey with these tools that will inspire and guide you. Please note that divination tools are not included in the class; they are sold separately.

Instructor: Sam Bane, mysterious.mike.sam@gmail.com

SEC	DATE	TIME	FEE
A	02/15 (Sa)	2:30 - 4:00 PM	\$40
B	03/15 (Sa)	2:30 - 4:00 PM	\$40
C	04/05 (Sa)	2:30 - 4:00 PM	\$40

Location: UFM Teaching & Learning Rm, 1221 Thurston St

Psychic Detective 101 NEW! **25API241**

Have you ever encountered a flyer or news report concerning a missing person and sensed that you understood the circumstances surrounding their disappearance? Psychics and psychic mediums have played a vital role in assisting authorities with the resolution of numerous cases globally. If you are interested in enhancing your abilities, I invite you to join me in exploring your psychic potential and its application to real-life investigations.

Instructor: Sam Bane, mysterious.mike.sam@gmail.com

SEC	DATE	TIME	FEE
A	02/15 - 02/22 (Sa)	11:30 AM - 1:30 PM	\$42
B	03/29 - 04/05 (Sa)	11:30 AM - 1:30 PM	\$42

Location: UFM, 1221 Thurston St

A: 2/15 - Teaching & Learning Rm & 2/22 - Conference Rm
B: 3/29 - Conference Rm & 4/5 - Teaching & Learning Rm



HEALTH & WELLNESS

Meditation & Movement

25AHW311Z

Meditation and Movement imparts a wholistic 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 students are welcome to attend a class or two at a prorated cost.

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

DATE	TIME	*FEE
01/27 - 05/05 (M) (No class 03/17)	4:30 - 5:30 PM	\$118

* For prorated community enrichment fees call UFM

Location: Online - LIVE

Weekend at the Barre

NEW!

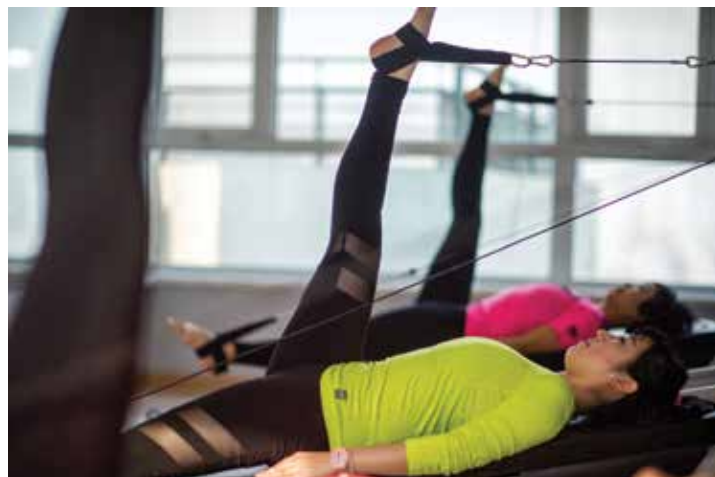
25AHW334

What is Barre, exactly? Do I have to be graceful? Know dance terms? Do I need ballet shoes? The answer to all of this is NO. We are training dancer muscles but with a fitness twist. Our barre workout is a dance inspired regimen including ballet barre exercises, cardiovascular interval training in which each song has a fitness emphasis, rhythm, balance, control and Pilates core work. Come prepared to have a good time vibing to songs while getting a good workout. You will leave with stronger legs, a tight bum, better posture and wonderful balance.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

DATE	TIME	FEE
01/18 - 02/08 (Sa)	9:00 - 10:00 AM	\$93

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



Pilates.

Reformer Fundamentals

25AHW310

The Pilates reformer is a traditional piece of Pilates equipment which looks like a bed with springs, a sliding carriage, ropes and pulleys. The origins of the Pilates reformer date back to the original Pilates studio in New York in the 1920's and was designed by Joseph Pilates himself. We love the reformers for newbies. While you can perform the same series of exercises on the reformer that you can on the mat, the workouts are notably different. Mat classes utilize the body weight for exercises, while the Reformer adds resistance to the Pilates exercises via the use of the springs that form part of the machine and can help you understand how to use your body. Instructor: Travus Lexroux, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
B	02/02 - 02/23 (Su)	3:00 - 3:30 PM	\$93
C	03/02 - 03/30 (Su)	3:00 - 3:30 PM	\$93

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

Reformer For Low Back Pain

NEW!

25AHW357

This is a 30-minute class especially for those who deal with pesky back pain.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

DATE	TIME	FEE
02/03 - 02/24 (M)	9:30 - 10:00 AM	\$93

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



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.



Inbody Scale Diagnostics for Women and the Complexities of What Does Weight Mean?

NEW!

25AHW355

Ever been frustrated about working out and not losing weight? Or how your male counterparts can lose weight by not drinking soda, but you've been trying so hard? We will offer an hour workshop with the mysteries and education on how to thrive as a woman with your weight, muscle and mindset. Oh, and hormones. You will receive an Inbody sheet. Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	01/24 (F)	5:30 - 6:30 PM	\$35
B	02/24 (M)	6:30 - 7:30 PM	\$35
C	03/24 (M)	6:30 - 7:30 PM	\$35

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

Support for Chronic Stress

25AHW346

Practice strategies to regulate your nervous system in a small group setting. Various forms of gentle movement, breath work, and journaling will be explored.

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
02/04 - 03/25 (T)	7:00 - 8:00 PM	\$69

Location: UFM Solar Addition, 1221 Thurston St

Divorce Workshop

NEW!

25AHW349

Join our Divorce Therapy Workshop, a supportive space designed for individuals navigating the challenges of separation. Through guided discussions, expert-led sessions, and interactive activities, participants will explore their emotions, gain coping strategies, and learn effective communication skills. This workshop fosters healing and personal growth, helping attendees find closure and clarity as they move forward. Connect with others who share similar experiences, build a network of support, and discover tools to rebuild your life with confidence. Together, we can transform this difficult journey into an opportunity for renewal and empowerment.

Instructor: Nicole Wise,
Nicole is a KS Supreme Court Approved, specializing in Domestic mediation, Parent-Adolescent mediation and Special Education mediation. She is a divorce/co-parenting and certified Trauma Coach.

SEC	DATE	TIME	FEE
A	02/06 (Th)	6:00 - 8:00 PM	\$60
B	03/06 (Th)	6:00 - 8:00 PM	\$60
C	04/03 (Th)	6:00 - 8:00 PM	\$60
D	05/01 (Th)	6:00 - 8:00 PM	\$60

Location: UFM Solar Addition AND Zoom, 1221 Thurston St

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Co-Parenting Workshop NEW! **25AHW350**

A co-parenting class equips parents with essential skills for effective collaboration after separation or divorce. Participants learn communication strategies, conflict resolution techniques, and child-centered decision-making to foster a positive co-parenting relationship. The class emphasizes the importance of consistency and stability for children, offering tools to navigate parenting plans, scheduling, and emotional challenges. Through discussions and activities, parents build a supportive network and gain insights into their child's needs, ensuring a healthier environment for their family. Ultimately, the goal is to promote cooperation and reduce stress for both parents and children.

Instructor: Nicole Wise

SEC	DATE	TIME	FEE
A	02/03 (M)	6:00 - 8:00 PM	\$60
B	03/03 (M)	6:00 - 8:00 PM	\$60
C	04/07 (M)	6:00 - 8:00 PM	\$60
D	05/05 (M)	6:00 - 8:00 PM	\$60

Location: UFM Fireplace Room, 1221 Thurston St

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Students practicing first aid skills.

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

25AHW70

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	02/03 (M)	5:30 - 7:45 PM	\$78
B	03/03 (M)	5:30 - 7:45 PM	\$78
C	04/07 (M)	5:30 - 7:45 PM	\$78

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



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



BEYOND THE UNIFORM

Veteran Wellness - Your Health. Your Journey

NEW!

25AHW352

For most people, having "health" is more than just the absence of disease. It also means living with intention and having a sense of purpose in your life. Join us for this one-time class to further explore the concept of Whole Health and what "health" means to you! During our time together you will have the opportunity to complete a personalized health plan, think about meaningful goals, and consider next steps that feel most valuable to your wellness journey. If you are a Veteran enrolled with VA Eastern Kansas, you may be eligible for a \$200 scholarship when taking this course. For more information please email info@tryufm.org or call (785) 539-8763 (UFM office).

Instructors: Amanda Etter & Opal Marceline



Instructor bios:

Amanda Etter is a Marine Corps veteran and mother of two. She holds a Masters of Science from K-State in Adult Occupational and Continuing Education. Her history of training and practice includes 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.

Opal Marceline is an Army veteran who has AWS certifications in welding. She graduated and then assisted with the Airstreams Renewables classes for Wind Turbine Technicians. Her history of training includes outdoor activities such as basic survival and land navigation, as well as gardening and home decoration. She strongly believes that community and communication are essential for a healthy and happy lifestyle.

SEC	DATE	TIME
A	02/05 (W)	5:15 - 6:45 PM
B	02/08 (Sa)	1:15 - 2:45 PM
C	03/05 (W)	5:15 - 6:45 PM
D	04/12 (Sa)	1:15 - 2:45 PM
E	05/10 (Sa)	1:15 - 2:45 PM

FEE: Community Sponsored

Location: UFM, 1221 Thurston St.

A, C, D, & E - UFM Solar Addition

B - UFM Conference Room

VETERAN WELLNESS

YOUR HEALTH, YOUR JOURNEY

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Or go to <https://bit.ly/vaeasternkansaswholehealth>

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Veterans Health Administration
VA Eastern Kansas Healthcare System



YOGA

Chair Yoga

25AHW156

Chair Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction. Participants will also learn how to develop a home practice. All levels welcome.

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

SEC	DATE	TIME	FEE
A	01/28 - 02/25 (T)	12:15 - 1:15 PM	\$37
B	03/04 - 04/01 (T) (No class 03/18)	12:15 - 1:15 PM	\$32
C	04/08 - 05/06 (T)	12:15 - 1:15 PM	\$37
D	05/13 - 06/10 (T)	12:15 - 1:15 PM	\$37

Location: First Congregational Church, 700 Poyntz Ave

Evening Yoga

25AHW88

Close your day with gentle yoga movements and breathing practices to help you relax, rejuvenate, and restore your energy! Participants will also learn how to develop a home practice. No experience is necessary. Yoga is for everybody. Instructor: Debbie Newton, dn72649@gmail.com

SEC	DATE	TIME	FEE
A	01/27 - 02/24 (M)	5:30 - 6:30 PM	\$37
B	03/03 - 03/31 (M) (No class 03/17)	5:30 - 6:30 PM	\$37
C	04/07 - 05/05 (M)	5:30 - 6:30 PM	\$37
D	05/12 - 06/09 (M)	5:30 - 6:30 PM	\$37

Location: First Congregational Church, 700 Poyntz Ave

Valentine's Date Couples Yoga NEW! **25ARF258**

This is a fun and easy-going couples yoga class. It can be for romantic partners or for friends. You will be using each other's bodies to help get a deeper stretch.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

DATE	TIME	*FEE
02/14 (F)	4:30 - 5:30 PM	\$30 - Couple

* The price is per couple.

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

Yogalates

NEW!

25ARF256

Visit page 32 for class information.

Yoga 1

25AHW15Z

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

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

SEC	DATE	TIME	FEE
A	01/22 - 03/12 (W/M)	4:30 - 5:30 PM	\$99
B	01/22 - 03/12 (W/M)	10:30 - 11:30 AM	\$99
C	03/24 - 05/14 (M/W)	4:30 - 5:30 PM	\$99
D	03/24 - 05/14 (M/W)	10:30 - 11:30 AM	\$99

Location: Online - LIVE



Chair yoga.



LIFETIME LEARNING

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

The Universe

NEW!

25ALL97

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 on page 27.

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
02/11 - 02/13 (T/W/Th)	7:00 - 8:00 PM	\$25

Location: Meadowlark Hills Community Room, 2121 Meadowlark Road

A Tour of the World's Religions

NEW!

25ALL94

A Tour of World Religions: a three-week journey exploring the diverse spiritual traditions that shape human culture. In this engaging one-hour weekly class, we'll travel through the beliefs, practices, and stories of the world's major religions. Our tour begins with the Eastern philosophies of Hinduism, Buddhism, Taoism, and Confucianism. We'll then explore the Western monotheistic faiths of Judaism, Christianity, and Islam. In our final week, we'll discover fascinating, lesser-known religions like Bahá'í, Cao Dai, Daesoon Jinrihoe, and the Yoruba tradition. Whether you're curious about different faiths or looking for deeper insights into spirituality, this course offers an accessible and enriching exploration of religion's role in human history and modern life. *Meadowlark Hills residents see message on page 27.

Instructor: Michael Wesch
Dr. Michael Wesch is a Professor of Anthropology at Kansas State University. He has a Ph.D. in Cultural Anthropology from the University of Virginia.

DATE	TIME	FEE
02/18 - 03/04 (T)	1:00 - 2:00 PM	\$25

Location: Meadowlark Hills Community Room, 2121 Meadowlark Road

Celebrating Black History Month: The Exoduster Movement in Riley County

NEW!

25ALL98

Following the end of legal Reconstruction (1865-1877) in the United States, the racial climate of the Deep South inspired many African American families to look for a new home in other states, including Kansas. These pioneers, known as Exodusters, traveled to Kansas in May of 1879, and settled in cities such as Leavenworth, Lawrence, Tonganoxie, Ottawa, and Manhattan. Learn how this migration helped form the historic Yuma Street district here in Manhattan and influenced settlement throughout the County. *Meadowlark Hills residents see message on page 27.

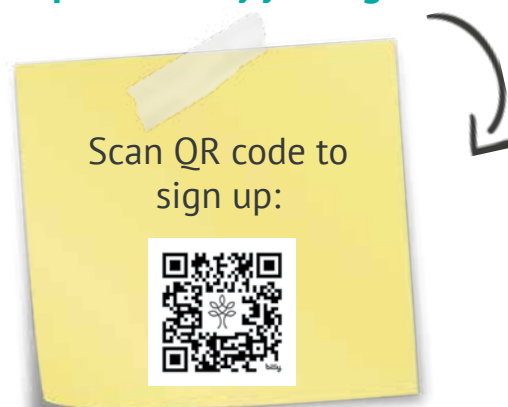
Instructor: Melanie Highsmith
Melanie Highsmith is the Curator of Education and Design at the Riley County Historical Museum. She moved to Manhattan in 2018 to pursue her Ph.D. in History at Kansas State University. Other degrees include a B.A. in History from Angelo State University and two M.A.s in History and Anthropology from Texas Tech University.

DATE	TIME	FEE
02/04 (T)	6:30 - 7:30 PM	\$15

Location: Meadowlark Hills Community Room, 2121 Meadowlark Road

What's Up @ UFM

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



NEW!

Duke Ellington: Beyond Category 25ALL95

By the end of his 75th year, Duke Ellington (1899-1974) had played perhaps 20,000 performances in Europe, Latin America, the Middle East, Asia, and, of course the United States. "His music had reached tens of millions of people in person and via the mass media; he had made thousands of recordings; and most important of all, he had written several thousand compositions, the best of which are likely to resound through the ages." (John Edward Hasse). Over three one-plus-hour sessions, this class will provide a broad overview this colossus of 20-century music. To quote Wynton Marsalis, Duke Ellington "Wrote music to accompany movies, television shows, ballets, Broadway shows...music to be played in gymnasiums, street parades, and charades. Wrote sacred music. Wrote music about the human experience; if it was experienced, he stylized it. In other words, Duke Ellington had a lot on his mind." ***Meadowlark Hills residents** see message below.

Instructor: Paul Hunt

Dr. Paul Hunt is Professor Emeritus of Music at Kansas State University where he taught trombone from 1998 to 2022. Prior to moving to Manhattan, he was a member of the music faculty at Bowling Green State University. For a decade he was the Music Director and pit conductor for the musicals presented annually by the KSU School of Music, Theatre, and Dance as well as for several KSU opera productions. While at KSU he served as Department Head, as Lead Undergraduate Advisor, and taught, in addition to trombone lessons and chamber music, world music, vocal jazz, and jazz history. He was a member of the KSU Faculty Brass Quintet and Faculty Jazz-tet. Hunt continues to perform jazz gigs and as a member of the Thundering Cats Big Band.

DATE	TIME	FEE
04/15 - 04/29 (T)	1:00 - 2:30 PM	\$35

Location: Meadowlark Hills Community Room,
2121 Meadowlark Road

*** Meadowlark Hills residents:**

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

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Great American Statesmen 25ALL96

NEW!

American history is replete with several legislators who guided this nation through troubled times. The first class focuses on the lives and careers of Benjamin Franklin and John Jay who negotiated the treaty of peace that ended the American Revolution. The second class examines the life of Henry Clay, a western state legislator, who, as a "war hawk" campaigned for a second war with Great Britain, and then authored the Missouri Compromise that postponed conflict between the North and the South for thirty years. The class will also review the life and career of Daniel Webster whose skills as Secretary of State improved relations with Great Britain and opened Asia to American goods. The final class will examine the life of Theodore Roosevelt, who won the Noble Peace Prize for ending the Russo/Japanese War, Woodrow Wilson who championed the League of Nations at the conclusion of World War I, and George Marshall, a military leader, who as a civilian rebuilt war-torn Europe with the innovative Marshall Plan. ***Meadowlark Hills residents see message on page 27.**

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
03/26 - 04/09 (W)	6:30 - 8:00 PM	\$35

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.



Understanding Medicare: Introduction to the Basics

25ALL27

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.

SEC	DATE	TIME
A	02/12 - 02/26 (W)	6:30 - 7:30 PM
B	04/22 - 05/06 (T)	6:30 - 7:30 PM


FEE: Community Sponsored

Location: Online - LIVE

August 13, 2024 – May 31, 2025

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Charles Stroh, The Artist at 41 with Bhagavati, 2014, 30

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SELF-DEFENSE

Elements of Mixed Martial Arts ^{NEW!} 25AMA36

Mixed Martial Arts has a tough reputation from its origins in unsanctioned cage brawling and rise to prominence behind loud personalities with bad manners, but behind that facade lies fascinating complexity. This program will give students of any fitness level or martial arts background the opportunity for hands-on experience with the winning actions of Mixed Martial Arts (MMA). This will lead to an understanding of the strategies and scenarios unique to the ruleset, as well as what to expect out of a typical MMA practice. There will be no sparring during these lessons, but students will learn how to safely practice strikes on a heavy bag and the coach's pads as well as perform controlled repetitions of grappling techniques.

Instructor: Kenyon Stacey, kenyon.stacey@gmail.com
Kenyon Stacey has 15 years of experience training martial arts, received his Brazilian Jiu-Jitsu from Joe Wilk in spring of 2024, holds a 7-2 record in amateur mixed martial arts and 1-0 in amateur kickboxing.

SEC	DATE	TIME	FEE
A	02/04 - 03/11 (T)	3:30 - 4:45 PM	\$70
B	02/06 - 03/13 (Th)	3:30 - 4:45 PM	\$70
C	03/25 - 04/29 (T)	2:00 - 3:15 PM	\$70
D	03/27 - 05/01 (Th)	2:00 - 3:15 PM	\$70

Location: Combative Sports Center, 116 S 4th St., Manhattan

Introduction to Brazilian Jiu-Jitsu ^{NEW!} 25AMA37

This course is designed to give students of any experience level an overview of Brazilian Jiu-Jitsu (BJJ), the study of effective physical control in combative settings. Whether your interest lies in competing in BJJ as a sport, part of an exercise routine for physical wellness, or to be prepared for the emergency situation of protecting yourself or loved ones from physical violence, everyone comes together on the same mat to make each other better. Students will be introduced to common techniques and tactics, as well as familiarized with what to expect in a typical BJJ training session with an emphasis on safety practices. Live sparring is entirely voluntary.

Instructor: Kenyon Stacey, kenyon.stacey@gmail.com

SEC	DATE	TIME	FEE
A	02/04 - 03/11 (T)	2:00 - 3:15 PM	\$70
B	02/06 - 03/13 (Th)	2:00 - 3:15 PM	\$70

Location: Combative Sports Center 116 S 4th St., Manhattan

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Tae Kwon Do I

25AMA01Z

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

Instructor: David Moore

DATE	TIME	FEE
01/28 - 05/08 (T/Th) (No class 03/18, 03/20)	5:30 - 6:30 PM	\$72

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

Women's Self-Defense

25AHW118Z

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

Instructor: Kyoshi Pamela Johansen, pam@midamerica-karate.com

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

DATE	TIME	FEE
01/26 - 02/23 (Su)	1:00 - 4:00 PM	\$199

Location: KSU West Stadium Room 117, 704 Denison Ave



Women's Boxing 101

25AMA31

A beginners boxing class geared for women & led by a female instructor. Learn to box 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	01/21 - 02/13 (T/Th)	4:30 - 5:30 PM	\$95
B	01/22 - 02/17 (W/M)	6:00 - 7:00 PM	\$95
C	02/18 - 03/13 (T/Th)	4:30 - 5:30 PM	\$95
D	02/19 - 03/12 (W/M)	6:00 - 7:00 PM	\$93
E	03/24 - 04/16 (M/W)	6:00 - 7:00 PM	\$95
F	03/25 - 04/17 (T/Th)	4:30 - 5:30 PM	\$95
G	04/21 - 05/14 (M/W)	6:00 - 7:00 PM	\$95
H	04/22 - 05/15 (T/Th)	4:30 - 5:30 PM	\$95

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

Adult Beginner Boxing

25AMA26

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

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

SEC	DATE	TIME	FEE
A	01/21 - 02/13 (T/Th)	6:30 - 7:30 PM	\$95
B	01/22 - 02/17 (W/M)	5:30 - 6:30 PM	\$93
C	02/18 - 03/13 (T/Th)	6:30 - 7:30 PM	\$95
D	02/19 - 03/12 (W/M)	5:30 - 6:30 PM	\$93
E	03/24 - 04/16 (M/W)	5:30 - 6:30 PM	\$95
F	03/25 - 04/17 (T/Th)	6:30 - 7:30 PM	\$95
G	04/21 - 05/14 (M/W)	5:30 - 6:30 PM	\$95
H	04/22 - 05/15 (T/Th)	6:30 - 7:30 PM	\$95

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



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.



Interested in teaching a class for UFM?
Summer 2025 submission deadline is March 7, 2025.
For more information please email jake@tryufm.org.



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[Justin Williams]

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RECREATION & FITNESS

Skate School

NEW!

25ARF250

Skate School is the perfect introduction to skateboarding for ages 8 and up! Over six exciting sessions, students will learn essential skills such as board control, proper stances, turning, pushing, and stopping techniques. They'll also explore basic tricks and how to navigate obstacles and flat ground safely. Taught by an experienced instructor, this course provides a fun and encouraging environment where skaters can build confidence and develop their abilities. Whether you're brand-new or looking to improve your basics, Skate School has you covered. Students must bring their own skateboard and any PPE to each session. Get ready to ride and have a blast! Ages 8+.

Instructor: Josh Pappan

Josh, a Kansas native with 28 years of skateboarding experience, is dedicated to sharing his passion and expertise with the community, inspiring others to discover the joy of skateboarding.

SEC	DATE	TIME	FEE
A	02/03 - 02/14 (M/W/F)	4:15 - 5:30 PM	\$50
B	02/17 - 02/28 (M/W/F)	4:15 - 5:30 PM	\$50
C	02/22 - 03/09 (Sa/Su)	10:30 AM - Noon	\$50
D	03/31 - 04/11 (M/W/F)	4:15 - 5:30 PM	\$50
E	04/14 - 04/25 (M/W/F)	4:15 - 5:30 PM	\$50

Location: TBD

Axe Throwing (Recreational & Competitive), Beginner to Axpert Levels

25ARF249

Explore the Axe-citing new sport of axe throwing. All levels of experience will learn and refine techniques for axe throwing in a safe and fun environment. Participants will learn various recreational games as well as competition sport throwing.

Instructor: James Bond

James owns Manhatchet Axe Throwing in Manhattan and has been teaching recreational and competition axe throwing for five years.

SEC	DATE	TIME	FEE
A	01/22 - 02/05 (W)	7:00 - 8:00 PM	\$54
B	02/12 - 02/26 (W)	7:00 - 8:00 PM	\$54
C	03/12 - 03/26 (W)	7:00 - 8:00 PM	\$54

Location: Manhatchet, 316 Poyntz Ave.



Skateboard.

Archery for Adults

25ARF01Z

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

Instructor: Tom Korte, (785) 494-8889

SEC	DATE	TIME	FEE
A	01/21 - 05/06 (T) (No class 03/18)	7:30 - 8:30 PM	\$101
B	01/21 - 05/06 (T) (No class 03/18)	8:35 - 9:35 PM	\$101

Location: KSU West Stadium Room, 117 Denison Ave

Beginning Tennis

25ARF164Z

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

Instructor: Dave Hoover

SEC	DATE	TIME	FEE
A	02/10 - 04/28 (M) (No class 03/17)	1:00 - 2:30 PM	\$99
B	02/11 - 04/29 (T) (No class 03/18)	1:00 - 2:30 PM	\$99

Location: Body First, 3615 Claflin Rd



Intermediate Bowling

25ARF168Z

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

Instructor: John Garetson

DATE	TIME	FEE
01/27 - 05/05 (M) (No class 03/17)	2:30 - 3:30 PM	\$80

Location: KSU Student Union - Bowling Alley

Scuba Diving

25AAQ105Z

This course prepares students for NAUI Scuba Diver certification, covering diving knowledge, equipment, safety, and techniques. Additional costs include a \$115 certification fee, personal gear (\$100–\$175), and a required textbook (\$38), with travel and lodging at the student's expense. For more information please visit tryufm.org.

Instructor: Jeff Freeborn



SEC	DATE	TIME	FEE
A	01/27 - 03/09 (M/Su)	Times vary	\$257
B	03/24 - 05/04 (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

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



Burlesque Chair Dance.

Burlesque Chair Dance

25ARF230

This is a fun girls night in. A woman empowerment opportunity for you to get in touch with your sassy and fun feminine energy. The curtains are closed. Clothes stay on. But a chance to flip your hair, stomp on the chair and be a woman. The group is diverse in age. This is for fun girl time without the hangover. Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
B	01/08 - 01/29 (W)	5:30 - 6:30 PM	\$77
C	01/24 - 02/14 (F)	3:30 - 4:30 PM	\$77
D	02/02 - 02/23 (Su)	3:30 - 4:30 PM	\$77

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

Yogalates

NEW!

25ARF256

Yogalates is a delicate blend of core strength and yoga stretch. It creates a balanced workout that improves strength, flexibility, mental clarity, and relaxation. Yogalates combines the best of both disciplines to deliver a balanced workout that enhances posture, tones muscles and relieves stress.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
B	02/02 - 02/23 (Su)	Noon - 1:00 PM	\$93
C	03/02 - 03/30 (Su)	Noon - 1:00 PM	\$93

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



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Bungee Fitness

25ARF198

Bungee Fitness is a low impact, high intensity cardio workout that combines elements of traditional exercise, aerobic conditioning, and resistance training; all performed in your custom fitted harness attached to a bungee station. You will use your body weight and the resistance of the bungees to tone muscles and build strength while having so much fun!! Instructor: Sydney Brinneman, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
B	02/01 - 02/22 (Sa)	1:00 - 2:00 PM	\$121
C	03/01 - 03/29 (Sa)	1:00 - 2:00 PM	\$121

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

Stretching For Hips and Hams NEW! 25ARF251

This is a 30-minute active release class that allows you to make active and longstanding gains in stretching your hamstrings, hip flexors, adductors and have functioning glutes so that your hamstrings can let go and relax. The energy has to go somewhere, and we can help with your flexibility. Instructor: Hilary Santana

SEC	DATE	TIME	FEE
B	02/04 - 02/25 (T)	5:30 - 6:00 PM	\$69
C	04/01 - 04/22 (T)	5:30 - 6:00 PM	\$69

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

Back and Shoulder Flexibility Class 25ARF252

A short and sweet 30-minute flexibility class of anti-gravity. We will be laying down and opening our chests and shoulders and mobilizing our spine. This is a great class for desk workers or students. Ok this is a great class for anyone. Come enjoy what it feels to have a flexible upper half. Instructor: Hilary Santana

SEC	DATE	TIME	FEE
B	02/06 - 02/27 (Th)	5:30 - 6:00 PM	\$69
C	04/03 - 04/24 (Th)	5:30 - 6:00 PM	\$69

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

African Dance Fitness 25ACRF133Z

Kukuwa® Dance Workout is a low-impact, high-intensity dance cardio class inspired by African cultural movements. Please visit tryufm.org for full class description and location. Instructor: Vivian Price

SEC	DATE	TIME	FEE
A	01/21 - 03/13 (T/Th)	5:30 - 6:30 PM	\$105
B	03/25 - 05/15 (T/Th)	5:30 - 6:30 PM	\$105

RECREATION & FITNESS

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.



Aerial Silks NEW! 25ARF253

This is a beginner friendly class to teach you the basics of how to tangle yourself from the beautiful fabric that hangs at a friendly 15 feet high. This is great for beginners and those looking to build beginner strength and flexibility. You will gain upper body strength as you learn initially from the floor and take part in unique aerial tricks custom for your ability. Instructor: Mary Kohn, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
B	02/07 - 03/07 (F)	4:30 - 5:30 PM	\$121

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

Beginner Aerial Hammocks NEW! 25ARF255

This is a beginner friendly class to teach you the basics of how to invert, make pretty shapes with your body and stretch. This is great for beginners and those looking to build beginner strength and flexibility. You will gain upper body strength as you learn initially from the floor and take part in unique aerial tricks custom for your ability. Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
B	02/02 - 02/23 (Su)	2:30 - 3:30 PM	\$121
C	03/02 - 03/30 (Su)	2:30 - 3:30 PM	\$121

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

Intro To Shibari NEW! 25ARF259

Shibari is a form of rope bondage originating from Japan. It is an artistic style of tying rope around the body in intricate patterns. Shibari, also known as Kinbaku, has gained a lot of popularity in recent years, with new practitioners learning and practicing this skill all over the world. This is an introductory course without any adult tasks but rather the art form. Rope is included and you get to keep it. If you have a friend/partner, they also must sign up. Instructor: Little Apple Pilates, littleapplepilates@gmail.com

DATE	TIME	FEE
02/01 (Sa)	2:00 - 4:00 PM	\$65

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



YOUTH

Kids Aerial Class **25AYO150**

Want to keep your kids swinging off your ceilings? Let them come swing on ours! Ages 3-11 year olds. Older youth can come to adult classes. Please message us for more info. Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
B	02/02 - 02/23 (Su)	2:00 - 2:30 PM	\$61
C	03/02 - 03/30 (Su)	2:00 - 2:30 PM	\$61

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

Youth Beginner Boxing **25AYO149**

Participants will learn the importance of discipline and hard work along with boxing skills. Ages 6-13 welcome!

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

SEC	DATE	TIME	FEE
A	01/21 - 02/13 (T/Th)	4:30 - 5:30 PM	\$79
B	01/22 - 02/17 (W/M)	4:30 - 5:30 PM	\$79
C	02/18 - 03/13 (T/Th)	4:30 - 5:30 PM	\$79
D	02/19 - 03/12 (W/M)	4:30 - 5:30 PM	\$79
E	03/24 - 04/16 (M/W)	4:30 - 5:30 PM	\$79
F	03/25 - 04/17 (T/Th)	4:30 - 5:30 PM	\$79
G	04/21 - 05/14 (M/W)	4:30 - 5:30 PM	\$79
H	04/22 - 05/15 (T/Th)	4:30 - 5:30 PM	\$79

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

Programming with Python **25AYO191**

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

Instructor: Angie Chae

DATE	TIME	FEE
04/05 - 04/26 (Sa)	10:00 - 11:30 AM	\$24

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



Kids Aerial Class.

Beginner Crochet I **25ACF473** NEW!

Ages 13+. See page 5 for more information.

Grimoire Crafting **25ACF478** NEW!

Ages 13+. See page 5 for more information.

Creative Writing 101 **25ACF475** NEW!

Ages 13+. See page 7 for more information.

Voice Acting 101 **25ACF474** NEW!

Ages 13+. See page 7 for more information.

Dungeons & Dragons 5E Series Classes

Ages 13+. See page 8 for more information.

Fiddle 101 **25ACF457**

Grade 7th+. See page 10 for more information.

Family Ukulele **25ACF460**

Families welcome. See page 10 for more information.

Bike Traffic Skills 101 **25AEN210** NEW!

Ages 13+. See page 11 for more information.

Bushcrafting Series **25AEN209** NEW! (All class in series)

Ages 13+. See page 12 for more information.

Bollywood Beats: Learn Hindi the Fun Way **25ALA86** NEW!

Ages 13+. See page 17 for more information.

Skate School **25ARF250** NEW!

Ages 8+. See page 31 for more information.



YOUTH TENNIS

Intro to Athletic Movements/ Pre-K Tennis (Ages 4-5)

25AYT1

This class is focused on fundamental athletic movement skills, enhancing hand-eye coordination, and developing ball catching and throwing abilities, all while following simple instructions. It is designed for all children, not just tennis players. It will assist our young athletes in transitioning to our red ball tennis program or any other sport they wish to pursue. Racquets are not required.

Instructor: Body First Staff

SEC	DATE	TIME
A	01/14 - 01/30 (T/Th)	5:00 - 5:30 PM
B	02/04 - 02/27 (T/Th)	5:00 - 5:30 PM
C	03/04 - 04/01 (T/Th)	5:00 - 5:30 PM
D	04/08 - 05/01 (T/Th)	5:00 - 5:30 PM
E	05/06 - 05/22 (T/Th)	5:00 - 5:30 PM

* No classes during Spring Break March 17-21 & April 3

FEES: *Select Tuesdays OR Thursdays OR Both*

A & E: Tues - \$60 / Thurs - \$60 / Tues & Thurs - \$78

B & D: Tues - \$76 / Thurs - \$76 / Tues & Thurs - \$100

C: Tues - \$76 / Thurs - \$60 / Tues & Thurs - \$89

Location: Body First, 3615 Claflin Rd

Red Ball Tennis (Kindergarten - Age 8) 25AYT2

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

Instructor: Body First Staff

SEC	DATE	TIME
A	01/14 - 01/30 (T/Th)	5:30 - 6:10 PM
B	02/04 - 02/27 (T/Th)	5:30 - 6:10 PM
C	03/04 - 04/01 (T/Th)	5:30 - 6:10 PM
D	04/08 - 05/01 (T/Th)	5:30 - 6:10 PM
E	05/06 - 05/22 (T/Th)	5:30 - 6:10 PM

* No classes during Spring Break March 17-21 & April 3

FEES: *Select Tuesdays OR Thursdays OR Both*

A & E: Tues - \$66 / Thurs - \$66 / Tues & Thurs - \$96

B & D: Tues - \$84 / Thurs - \$84 / Tues & Thurs - \$125

C: Tues - \$84 / Thurs - \$66 / Tues & Thurs - \$110

Location: Body First, 3615 Claflin Rd



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Orange Ball Tennis (Ages 9-10)

25AYT3

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

Instructor: Body First Staff

SEC	DATE	TIME
A	01/14 - 01/30 (T/Th)	6:15 - 7:15 PM
B	02/04 - 02/27 (T/Th)	6:15 - 7:15 PM
C	03/04 - 04/01 (T/Th)	6:15 - 7:15 PM
D	04/08 - 05/01 (T/Th)	6:15 - 7:15 PM
E	05/06 - 05/22 (T/Th)	6:15 - 7:15 PM

* No classes during Spring Break March 17-21 & April 3

FEES: *Select Tuesdays OR Thursdays OR Both*

A: Tues - \$78 / Thurs - \$78 / Tues & Thurs - \$116

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

C: Tues - \$100 / Thurs - \$78 / Tues & Thurs - \$131

E: Tues - \$78 / Thurs - \$78 / Tues & Thurs - \$116

Location: Body First, 3615 Claflin Rd

TEEN MENTORING

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



Green Ball Tennis (Ages 10-12) 25AYT4

This class is designed for beginner and intermediate level players ages 11-13. Students will build on their athletic base while learning the fundamentals necessary to serve, rally, and score using a rally/game/drill-based curriculum. Two days per week recommended for best reinforcement and progression of tennis skills.

Instructor: Body First Staff

SEC	DATE	TIME
A	01/13 - 01/31 (M/F)	5:00 - 6:15 PM
B	02/03 - 02/24 (M/F)	5:00 - 6:15 PM
C	03/03 - 04/04 (M/F)	5:00 - 6:15 PM
D	04/07 - 05/02 (M/F)	5:00 - 6:15 PM
E	05/05 - 05/23 (M/F)	5:00 - 6:15 PM

* No classes 01/20, 02/28, 03/17-21, & 03/14

FEES: *Select Mondays OR Fridays OR Both*

A: Mon - \$68 / Friday - \$96 / Mon & Friday - \$117

B & C: Mon - \$124 / Friday - \$96 / Mon & Friday - \$159

D: Mon - \$124 / Friday - \$124 / Mon & Friday - \$180

E: Mon - \$96 / Friday - \$96 / Mon & Friday - \$138

Location: Body First, 3615 Claflin Rd

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

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.



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.

Teen Tennis (Ages 13+) 25AYT5

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

Instructor: Body First Staff

SEC	DATE	TIME
A	01/13 - 01/31 (M/F)	6:15 - 7:30 PM
B	02/03 - 02/24 (M/F)	6:15 - 7:30 PM
C	03/03 - 04/01 (M/F)	6:15 - 7:30 PM
D	04/07 - 05/02 (M/F)	6:15 - 7:30 PM
E	05/05 - 05/23 (M/F)	6:15 - 7:30 PM

* No classes 01/20, 02/28, 03/17-21, & 03/14

FEES: *Select Mondays OR Fridays OR Both*

A: Mon - \$68 / Friday - \$96 / Mon & Friday - \$117

B & C: Mon - \$124 / Friday - \$96 / Mon & Friday - \$159

D: Mon - \$124 / Friday - \$124 / Mon & Friday - \$180

E: Mon - \$96 / Friday - \$96 / Mon & Friday - \$138

Location: Body First, 3615 Claflin Rd



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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
<u>DANCE 599</u>			
13382 - Yoga	4:30-5:30pm	1/21-3/14 (M/W)	Online
13459 - Yoga	10:30-11:30am	1/21-3/14 (M/W)	Online
13383 - Yoga	4:30-5:30pm	3/24-5/16 (M/W)	Online
13381 - Yoga	10:30-11:30am	3/24-5/16 (M/W)	Online
16596 - African Dance Fitness	5:30-6:30pm	1/21-3/14 (T/TH)	Nichols 007 & Zoom
16598 - African Dance Fitness	5:30-6:30pm	3/24-5/16 (T/TH)	Nichols 007 & Zoom
16597 - Salsa Dancing	1:00-2:15pm	1/21-5/6 (Th)	BDS
<u>MUSIC 211</u>			
17368 - Piano 1	3:00-4:00pm	1/21-5/9 (Th)	McCain 324
<u>KIN 101</u>			
15241 - Beginner Tumbling	10:00-11:00am	1/21-3/14 (T/TH)	CrossFit 785
13388 - Beginner Tumbling	10:00-11:00am	3/24-5/16 (T/TH)	CrossFit 785
15239 - Advanced Tumbling	11:00am-12:00pm	1/21-3/14 (T/TH)	CrossFit 785
16622 - Advanced Tumbling	11:00am-12:00pm	3/24-5/16 (T/TH)	CrossFit 785
15358 - Intro to Cross Fit	9:30-10:30am	1/21-3/14 (T/TH)	CrossFit 785
15359 - Intro to Cross Fit	9:30-10:30am	3/24-5/16 (T/TH)	CrossFit 785
14140 - Intro to Cross Fit	4:30-5:45pm	1/21-3/14 (T/TH)	CrossFit 785
14139 - Intro to Cross Fit	4:30-5:45pm	3/24-5/16 (T/TH)	CrossFit 785
15360 - Intro to Powerlifting	3:00-4:15pm	1/21-3/14 (T/TH)	CrossFit 785



KIN 101 (continued)

15365 - Intro to Powerlifting	3:00-4:15pm	3/24-5/16 (T/TH)	CrossFit 785
15361 - Intro to Weightlifting	10:15-11:30am	1/21-3/14 (T/TH)	CrossFit 785
15364 - Intro to Weightlifting	10:15-11:30am	3/24-5/16 (T/TH)	CrossFit 785
15362 - Marathon Training: 5K - Half Marathon	1:00-2:15pm	1/21-3/14 (T/TH)	CrossFit 785
15363 - Marathon Training: 5K - Half Marathon	1:00-2:15pm	3/24-5/16 (T/TH)	CrossFit 785
14130 - Pole Fitness	4:30-5:30pm	1/21-3/14 (T/TH)	Elevation Studios
14142 - Pole Fitness	2:30-3:30pm	1/21-3/14 (M/W)	Elevation Studios
14132 - Pole Fitness	4:30-5:30pm	3/24-5/16 (T/TH)	Elevation Studios
16619 - Pole Fitness	2:30-3:30pm	3/24-5/16 (M/W)	Elevation Studios
17548 - Pole Silks	2:30-3:30pm	1/21-3/14 (T/TH)	Elevation Studios
13389 - Pole Silks	2:30-3:30pm	3/24-5/16 (T/TH)	Elevation Studios
16617 - Pole Fitness II	3:30-4:30pm	1/21-3/14 (M/W)	Elevation Studios
14133 - Pole Fitness II	3:30-4:30pm	3/24-5/16 (M/W)	Elevation Studios
16888 - Disc Golf	5:15-7:15pm	1/21-3/14 (M)	Memorial Stadium
16892 - Embrace Exercise Enjoyment	5:15-7:15pm	1/21-3/14 (W)	Online
14138 - Reformer Pilates	8:00-9:00am	1/21-3/14 (M/W)	LAP
15700 - Reformer Pilates	8:00-9:00am	3/24-5/16 (M/W)	LAP
14137 - Reformer Pilates	8:00-9:00am	1/21-3/14 (T/TH)	LAP
15267 - Reformer Pilates	8:00-9:00am	3/24-5/16 (T/TH)	LAP
13461 - Reformer Pilates	10:15-11:15am	1/21-3/14 (M/W)	LAP
14780 - Reformer Pilates	10:15-11:15am	3/24-5/16 (M/W)	LAP
14787 - Reformer Pilates	3:30-4:30pm	1/21-3/14 (M/W)	LAP
13768 - Reformer Pilates	3:30-4:30pm	3/24-5/16 (M/W)	LAP
16961 - Reformer Pilates	10:15-11:15am	1/21-3/14 (T/TH)	LAP
16962 - Reformer Pilates	10:15-11:15am	3/24-5/16 (T/TH)	LAP
16963 - Reformer Pilates	3:30-4:30pm	1/21-3/14 (T/TH)	LAP
16964 - Reformer Pilates	3:30-4:30pm	3/24-5/16 (T/TH)	LAP
13466 - Pilates	9:00-10:00am	1/21-3/14 (M/W)	LAP
13468 - Pilates	9:00-10:00am	1/21-3/14 (T/TH)	LAP
15268 - Pilates	9:00-10:00am	3/24-5/16 (M/W)	LAP
13467 - Pilates	9:00-10:00am	3/24-5/16 (T/TH)	LAP
16618 - Pilates	5:30-6:30pm	1/21-3/14 (M/W)	LAP
16620 - Pilates	5:30-6:30pm	3/24-5/16 (M/W)	LAP
14781 - Pilates	5:30-6:30pm	1/21-3/14 (T/TH)	LAP
14782 - Pilates	5:30-6:30pm	3/24-5/16 (T/TH)	LAP
13463 - Hot Pilates	12:00-1:00pm	1/21-3/14 (T/TH)	LAP
13462 - Hot Pilates	12:00-1:00pm	3/24-5/16 (T/TH)	LAP
13387 - Aerial Hammock Fitness	4:30-5:30pm	1/21-3/14 (M/W)	LAP
13460 - Aerial Hammock Fitness	4:30-5:30pm	3/24-5/16 (M/W)	LAP
14136 - Hot Yoga	12:00-1:00pm	1/21-3/14 (M/W)	LAP
14135 - Hot Yoga	12:00-1:00pm	3/24-5/16 (M/W)	LAP
13465 - Hot Yoga	6:30-7:30pm	1/21-3/14 (T/TH)	LAP
13464 - Hot Yoga	6:30-7:30pm	3/24-5/16 (T/TH)	LAP
14789 - AcroYoga	1:15-2:15pm	1/21-3/14 (T/TH)	LAP
14790 - AcroYoga	1:15-2:15pm	3/24-5/16 (T/TH)	LAP
16965 - AcroYoga	1:15-2:15pm	1/21-3/14 (M/W)	LAP
16967 - AcroYoga	1:15-2:15pm	3/24-5/16 (M/W)	LAP



KIN 101 (continued)

16969 - Lyra Fitness	4:30-5:30pm	1/21-3/14 (T/TH)	LAP
16971 - Lyra Fitness	4:30-5:30pm	3/24-5/16 (T/TH)	LAP

RRES 200

13363 - Beginning Bowling	10:30-11:20am	1/21-5/6 (M)	Student Union
13364 - Beginning Bowling	10:30-11:20am	1/21-5/6 (T)	Student Union
13365 - Beginning Bowling	2:30-3:20pm	1/21-5/6 (T)	Student Union
13366 - Beginning Bowling	2:30-3:20pm	1/21-5/6 (W)	Student Union
13758 - Intermediate Bowling	2:30-3:20pm	1/21-5/6 (M)	Student Union
16592 - Meditation & Movement	4:30-5:30pm	1/21-5/6 (M)	Online
17388 - Tae Kwon Do	5:30-6:30pm	1/28-5/6 (T/TH)	Si Yi's Academy
16593 - Comp Fit Circuit Train	7:15-8:15pm	1/21-5/6 (TH)	9Round
13399 - First Aid CPR	12:00-7:30pm	1/25-1/26 (Sa/Su)	UFM
13401 - First Aid CPR	12:00-7:30pm	2/22-2/23 (Sa/Su)	UFM
16594 - First Aid CPR	12:00-7:30pm	3/1-3/2 (Sa/Su)	UFM
13400 - First Aid CPR	12:00-7:30pm	3/29-3/30 (Sa/Su)	UFM
15223 - First Aid CPR	12:00-7:30pm	4/12-4/13 (Sa/Su)	UFM
13402 - First Aid CPR	12:00-7:30pm	4/26-4/27 (Sa/Su)	UFM
14998 - Beginning Tennis	1:00-2:30pm	2/10-4/28 (M)	Body First
14997 - Beginning Tennis	1:00-2:30pm	2/11-4/29 (T)	Body First
13398 - Golf	2:00-4:00pm	3/24-5/16 (T)	Stagg Hill
13733 - Golf	2:00-4:00pm	3/24-5/16 (W)	Stagg Hill
13420 - Women's Self Defense	1:00-4:00pm	1/26-2/23 (Su)	West Stadium 117
13424 - Archery	7:30-8:30pm	1/21-5/6 (T)	West Stadium 117
13425 - Archery	8:35-9:35pm	1/21-5/6 (T)	West Stadium 117
13395 - Scuba	Various Times	1/27-3/9 (M/Su)	JC YMCA/Zoom
13396 - Scuba	Various Times	3/24-5/4 (M/Su)	JC YMCA/Zoom
14224 - Women's Boxing 1	6:00-7:00am	1/21-3/14 (M/W)	KO Boxing
16042 - Women's Boxing 1	4:30-5:30pm	1/21-3/14 (T/TH)	KO Boxing
16595 - Women's Boxing 1	6:00-7:00am	3/24-5/16 (M/W)	KO Boxing
16044 - Women's Boxing 1	4:30-5:30pm	3/24-5/16 (T/TH)	KO Boxing
15450 - Women's Boxing 2	6:00-7:00am	1/21-3/14 (M/W)	KO Boxing
15051 - Women's Boxing 2	4:30-5:30pm	1/21-3/14 (T/TH)	KO Boxing
15455 - Women's Boxing 2	6:00-7:00am	3/24-5/16 (M/W)	KO Boxing
15052 - Women's Boxing 2	4:30-5:30pm	3/24-5/16 (T/TH)	KO Boxing
15454 - Women's Boxing 3	6:00-7:00am	1/21-3/14 (M/W)	KO Boxing
15053 - Women's Boxing 3	4:30-5:30pm	1/21-3/14 (T/TH)	KO Boxing
14222 - Women's Boxing 3	6:00-7:00am	3/24-5/16 (M/W)	KO Boxing
15054 - Women's Boxing 3	4:30-5:30pm	3/24-5/16 (T/TH)	KO Boxing
16591 - Women's Boxing 4	6:00-7:00am	1/21-3/14 (M/W)	KO Boxing
15376 - Women's Boxing 4	4:30-5:30pm	1/21-3/14 (T/TH)	KO Boxing
15453 - Women's Boxing 4	6:00-7:00am	3/24-5/16 (M/W)	KO Boxing
15377 - Women's Boxing 4	4:30-5:30pm	3/24-5/16 (T/TH)	KO Boxing
13871 - Co-Ed Boxing 1	9:00-10:00am	1/21-3/14 (M/W)	KO Boxing
13368 - Co-Ed Boxing 1	5:30-6:30pm	1/21-3/14 (M/W)	KO Boxing
14218 - Co-Ed Boxing 2	8:00-9:00am	1/21-3/14 (M/W)	KO Boxing
13406 - Co-Ed Boxing 2	6:30-7:30pm	1/21-3/14 (M/W)	KO Boxing
15452 - Co-Ed Boxing 3	8:00-9:00am	1/21-3/14 (M/W)	KO Boxing
13410 - Co-Ed Boxing 3	6:30-7:30pm	1/21-3/14 (M/W)	KO Boxing
14228 - Co-Ed Boxing 4	8:00-9:00am	1/21-3/14 (M/W)	KO Boxing



RRES 200 (continued)

13403 - Co-Ed Boxing 4	6:30-7:30pm (M/W)	1/21-3/14	KO Boxing
15908 - Co-Ed Boxing 1	9:00-10:00am (T/TH)	1/21-3/14	KO Boxing
13367 - Co-Ed Boxing 1	1:00-2:00pm (T/TH)	1/21-3/14	KO Boxing
13422 - Co-Ed Boxing 1	6:30-7:30pm (T/TH)	1/21-3/14	KO Boxing
14220 - Co-Ed Boxing 2	8:00-9:00am (T/TH)	1/21-3/14	KO Boxing
13408 - Co-Ed Boxing 2	5:30-6:30pm (T/TH)	1/21-3/14	KO Boxing
14223 - Co-Ed Boxing 3	8:00-9:00am (T/TH)	1/21-3/14	KO Boxing
14219 - Co-Ed Boxing 3	5:30-6:30pm (T/TH)	1/21-3/14	KO Boxing
14230 - Co-Ed Boxing 4	8:00-9:00am (T/TH)	1/21-3/14	KO Boxing
13404 - Co-Ed Boxing 4	5:30-6:30pm (T/TH)	1/21-3/14	KO Boxing
13412 - Co-Ed Boxing 1	9:00-10:00am (M/W)	3/24-5/16	KO Boxing
13423 - Co-Ed Boxing 1	5:30-6:30pm (M/W)	3/24-5/16	KO Boxing
14221 - Co-Ed Boxing 2	8:00-9:00am(M/W)	3/24-5/16	KO Boxing
15451 - Co-Ed Boxing 2	6:30-7:30pm (M/W)	3/24-5/16	KO Boxing
14225 - Co-Ed Boxing 3	8:00-9:00am (M/W)	3/24-5/16	KO Boxing
14226 - Co-Ed Boxing 3	6:30-7:30pm (M/W)	3/24-5/16	KO Boxing
14231 - Co-Ed Boxing 4	8:00-9:00am (M/W)	3/24-5/16	KO Boxing
14232 - Co-Ed Boxing 4	6:30-7:30pm (M/W)	3/24-5/16	KO Boxing
13421 - Co-Ed Boxing 1	9:00-10:00am (T/TH)	3/24-5/16	KO Boxing
15909 - Co-Ed Boxing 1	1:00-2:00pm (T/TH)	3/24-5/16	KO Boxing
13405 - Co-Ed Boxing 1	6:30-7:30pm (T/TH)	3/24-5/16	KO Boxing
13407 - Co-Ed Boxing 2	8:00-9:00am (T/TH)	3/24-5/16	KO Boxing
13409 - Co-Ed Boxing 2	5:30-6:30pm (T/TH)	3/24-5/16	KO Boxing
14227 - Co-Ed Boxing 3	8:00-9:00am (T/TH)	3/24-5/16	KO Boxing
14229 - Co-Ed Boxing 3	5:30-6:30pm (T/TH)	3/24-5/16	KO Boxing
14233 - Co-Ed Boxing 4	8:00-9:00am (T/TH)	3/24-5/16	KO Boxing
14234 - Co-Ed Boxing 4	5:30-6:30pm (T/TH)	3/24-5/16	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)
- McCain 324, KSU Campus
- Memorial Stadium, KSU Campus
- Nicholas 007, KSU Campus
- 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
- West Stadium, Rm 117, 704 Denison Ave, KSU Campus
- 9Round Kickboxing Fitness, 1620 Fort Riley Blvd

Online (Live online via Zoom):

- Yoga
- Meditation & Movement

Combination in-person/online:

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

• African Dance Fitness - KSU Nichols 007 &
Live Online via Zoom





Information



ABOUT UFM COMMUNITY ENRICHMENT CLASSES

UFM adheres to the philosophy that everyone can learn and everyone can teach. UFM is a community learning program that contracts with 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 through 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.

KANSAS STATE UNIVERSITY TUITION AND FEES SPRING 2025 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 COMMUNITY ENRICHMENT 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.

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REGISTRATION FORM



UFM REGISTRATION FORM
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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+ _____

25ARF250	B	Skate School	50.00

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.





New Gardeners & Returning Gardeners adding plots

Signups at UFM:

- February 1st (Sat), 9:30 – 10:30 am
- February 19th (Wed), 5:30 – 6:30 pm
- March 3rd (Mon), 5:30 – 6:30 pm



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