



a University For huMankind

UFM puts the **community** in education.



Award winning!

Little Apple Locals Podcast

Listen on Wildcat 91.9 FM or Spotify!



a look
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Little Apple Locals was awarded second place in the
2025 Student Awards, under the College Audio category for
Best Station Podcast by the Kansas Association of Broadcasters K.A.B.

UFM SUMMER 2025 COURSE CATALOG

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ufm

COMMUNITY
LEARNING
CENTER

Community SPOTLIGHT



The *Little Apple Locals* podcast is a vibrant, community-focused show based in Manhattan, Kansas, created through a unique partnership between Wildcat 91.9, the student-run radio station at Kansas State University, and UFM Community Learning Center. Founded and hosted by Dawson Wagner and Jake Huber, the podcast's mission is to inform, connect, and inspire the Manhattan community by spotlighting local businesses, events, and the diverse educational opportunities offered by UFM Community Learning Center.

A Collaborative Community Platform

This collaboration brings together the broadcasting expertise of Wildcat 91.9 and UFM's deep roots in community education. Each week, Wagner and Huber deliver fresh episodes that air live every Friday at noon on 91.9 FM and are later available on Spotify and other platforms. The partnership ensures that the podcast reaches a broad audience, from K-State students to long-time Manhattan residents, making it a central hub for local information and storytelling.

Every episode of *Little Apple Locals* is thoughtfully structured into three main segments:

- Community Events and Announcements: The podcast keeps listeners informed about local happenings, from festivals and volunteer opportunities to new business openings and special events
- Local Guest Spotlights: Wagner and Huber interview a diverse range of guests, including business owners, UFM instructors, and community leaders. These conversations showcase the people and organizations making a difference in the Little Apple.
- UFM Community Learning Center Updates: The show highlights upcoming UFM classes and workshops, such as bushcrafting, ghost hunting, and axe throwing, giving listeners a preview of the unique learning experiences available in Manhattan.

Connecting and Uplifting Manhattan

The show's core purpose is to strengthen community ties by sharing stories that might otherwise go unheard. By featuring local entrepreneurs, educators, and volunteers, *Little Apple Locals* not only promotes small businesses and UFM's educational offerings but also fosters a sense of pride and belonging among listeners. The podcast encourages community members to get involved, whether by attending a class, supporting a local business, or sharing their own story as a guest.

Little Apple Locals stands out as a model of community partnership, using the power of radio and podcasting to inform, engage, and celebrate Manhattan, Kansas. By bridging Wildcat 91.9's broadcast reach with UFM's educational mission, Wagner and Huber have created a platform that not only keeps the community informed about local businesses, events, and UFM classes but also strengthens the fabric of the Little Apple itself.

What's inside...

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UFM SUMMER 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!

Delphi Andrijeski	Justin Montney
Adam Blodgett	Dawn Munger
Craig Coffman	Ian Naughton
Melissa Copp	Eleanor Nesimoglu
Body First Staff	Debbie Newton
Beth Fischer	Terry Olson
Monica Franco	Little Apple Pilates Staff
Ana Franklin	Dinh Race
Jasmine Goins-Rodriguez	Vaishali Sharda
Amy Gross	Robert Smith
Melanie Highsmith	Jhoe Stonestreet
Gaige Huber	Neal Strathman
Jake Huber	Tim Vettel
Mindy Huber	Nicole Wise
David Jones	Joe Wood
Dr. Mary Kohn	Kelly Yarbrough
Kaisha Lawrence	Voices For All, LLC
Sue Maes	

UFM STAFF

OLENA CSIZS | Operations Coordinator
JAKE HUBER | Community Education Program Coordinator
MINDY HUBER | Project Excell Coordinator
EXAUCE ILUNGA | YouthBuild Program Assistant
JED KILLEN | YouthBuild Trade Skills Coordinator
DR. LORENZA LOCKETT | YouthBuild Director
SAMANTHA LOVITT | Marketing & Program Administrator
PAMELA GREEN NEALEY | YouthBuild Associate Director
DAMARYS NIETO-MARTINEZ | Bilingual Student Assistant
MELISSA RICKEL-MORRILL | Manhattan Area Risk Prevention Coalition
DR. ALIAH MESTROVICH SEAY | Executive Director
XYDIRA STEPHENS | YouthBuild Case Manager

Cover photo taken by Don Sae Kang (Video Producer, K-State DCM), featuring Dawson Wagner (Assistant Chief Operator at Wildcat 91.9), Jake Huber (UFM Community Education Program Coordinator), and Bes (the pygmy goat).

Catalog layout & design by Samantha Lovitt (Marketing & Program Administrator, K-State).

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Happy Summer Catalog, Everyone!

Looking for something to dive into this summer? Why not try one of our UFM classes on for size? We have lots of fun, new, and returning classes to engage with this summer. We have something for everyone across the lifespan and for different backgrounds and abilities. Take a look at our Lifetime Learning classes for adults 50+, Water Survival Skills, Backyard Chickens 101 for youth and adults, or a series of classes offered by Reptile World! We are also pleased to announce that Pickleball is returning this summer.

There have been exciting developments at UFM, including a new kitchen remodel. We changed that faded '70s orange for a sleek, modern sky blue with all new appliances. Our YouthBuild participants worked with our Trade Skills Coordinator in our UFM Youth Development program to remodel the entire kitchen and dining room, along with UFM staff who helped with putting the finishing touches on! Now, you can enjoy learning about culinary arts or teach a cooking or baking class in style in our beautiful community kitchen and full dining room.

Another exciting development is that our Education Program Coordinator, Jake Huber, and co-founder of the *Little Apple Locals* podcast, was co-awarded second place in the 2025 Student Awards, under the College Audio category for Best Station Podcast by the Kansas Association of Broadcasters K.A.B. The podcast itself was ranked the #2 best podcast in Kansas, with over 3,000 listeners. Check out our catalog cover featuring Jake and Dawson Wagner (K-State Graduate Teaching Assistant and Assistant Chief Operator at Wildcat 91.9) in studio with our UFM mascot, Bes, the pygmy goat. Bes may even be making a guest appearance on the podcast along with other tabling events for people to come see him this summer, so tune in to Wildcat 91.9 FM or Spotify for more details.

Additionally, this July, UFM's website will be receiving an updated look with a website refresh. With this refresh, exploring our community enrichment classes will be more accessible and engaging. You will also notice that our community course catalog is reorganized to include different categories to pique your fancy. Whether it's Communication and Expressive Arts, Youth Development Opportunities, Sports and Fitness, or Leadership and Personal Development, with this reorganization, we hope that courses will be easier to locate and get you excited about teaching and learning.

Lastly, Linda Teener, Director Emeritus of UFM Community Learning Center and current Integrated Finance and HR Coordinator, will be taking her SECOND retirement at the end of May. Linda has worked tirelessly and selflessly for UFM for over three and a half decades. She will remain in a consulting capacity even though she won't be in the office anymore. I am deeply grateful for everything she has imparted to me as a leader, mentor, and friend of our community.

As you browse our catalog know that you are an important part of our community, and we can't wait to see you at UFM Community Learning Center. Make it a great summer, everyone!



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In Community,

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

UFM Community Learning Center is a military-friendly organization, welcoming all service members and their families. Please visit page 18 for an exciting opportunity.

COMMUNICATION & EXPRESSIVE ARTS

Cosplay Prop Creation (Staffs)

25BCF470

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

Instructor: Jake Huber, titanofitusdm@gmail.com

SEC	DATE	TIME	FEE
A	06/17 (T)	5:30 - 7:30 PM	\$50
B	07/20 (Su)	5:30 - 7:30 PM	\$50

Location: UFM Teaching & Learning Rm, 1221 Thurston St

The Artist's Way

NEW!

25BCF480

Feeling a nudge to release your creative energy? For over thirty years, Julia Cameron's The Artist's Way has helped individuals unlock their creative spirit. This 11-week program offers a toolkit to overcome fears and blocks to allow creativity to flow. Working in the community fosters deeper commitment and inspiration. Weekly sessions include facilitated discussion, activities introducing the next week's focus, and support for daily practices like morning pages, artist dates, and chapter tasks. Open to anyone seeking to release their creative calling (writing, visual arts, music, and more). Required books: The Artist's Way: A Spiritual Path to Higher Creativity and a journal.

Instructor: Amy Gross, amygross785@gmail.com

Amy Gross, a facilitator and writer, helps others chase their dreams. With a Ph.D. in I/O Psychology, she guides individuals in dream-catching, burnout recovery, and interpersonal skills.

DATE	TIME	FEE
06/04 - 08/13 (W)	5:30 - 7:00 PM	\$107

Location: UFM Solar Addition, 1221 Thurston St

Poetry Unleashed:

Finding Your Voice in Verse

NEW!

25BCF484

Discover the art of poetry in this engaging class designed for all skill levels! Explore different poetic forms, experiment with rhythm and imagery, and learn how to express emotions through words. Through reading, writing, and group discussions, you'll gain confidence in crafting your own unique style. Whether you're a beginner or an experienced writer, this class will inspire you to unleash your creativity and connect with others through the power of poetry.

Instructor: Eleanor Nesimoglu, ehn@ksu.edu

Eleanor is an artist and graduate student at Kansas State University in Drama Therapy. Lucky to have the Monroe Theater Guild in her Wisconsin hometown, she began acting at a young age and later studied creative writing at the University of North Carolina Wilmington. Eleanor continues to hone her skills and honor a legacy of playwrights and directors on each side of her family by participating in theatre and continuing to write plays, poetry, and non-fiction geared toward progress. Her work has appeared in various publications, and she has worked with a number of theater companies across the country.

DATE	TIME	FEE
06/24 (T)	6:00 - 7:30 PM	\$35

Location: UFM QLC, 1221 Thurston St

Karen Schroeder
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Family, Senior and Pet Portraits
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Show us your creations! Submit your UFM class photos to samantha@tryufm.org





UFM puts the **community** in education.

Improv Acting:

Think Fast, Play Bold!

NEW!

25BCF486

Step into the spotlight and unleash your creativity with improv! This fun and interactive class is all about quick thinking, teamwork, and fearless expression. Through engaging improv games and guided coaching, you'll develop confidence, spontaneity, and storytelling skills. Whether you're a beginner or an experienced performer, you'll learn key techniques to think on your feet, build scenes, and create unforgettable moments—all while having a blast! No script, no pressure—just pure creativity and fun.

Instructor: Eleanor Nesimoglu, ehn@ksu.edu, & Adam Blodgett, adamblodgett@ksu.edu
Eleanor and Adam are graduate students at Kansas State University in Drama Therapy. Eleanor received a MFA in Creative Writing from UNC Wilmington and Adam has a BA in acting and playwriting from Fordham. Combined, they have over 20 years-experience working in the arts and in theater settings and each bring a unique touch to the craft of improv.



SEC	DATE	TIME	FEE
A	06/25 (W)	5:00 - 7:00 PM	\$35
B	07/24 (Th)	5:00 - 7:00 PM	\$35
C	08/05 (T)	5:00 - 7:00 PM	\$35

Location: UFM QLC, 1221 Thurston St

Playwriting 101:

Crafting Stories for the Stage

NEW!

25BCF485

Bring your stories to life on stage! This class explores the fundamentals of playwriting, from developing compelling characters and engaging dialogue to crafting dynamic settings and storylines. Learn essential techniques, explore different theatrical styles, and discover helpful tools to refine your script. Through writing exercises, group discussions, and feedback sessions, you'll gain the skills to transform your ideas into powerful plays. Whether you're a beginner or an aspiring playwright, this class will help you create stories that captivate audiences.

Instructor: Eleanor Nesimoglu, ehn@ksu.edu



DATE	TIME	FEE
07/25 (F)	6:00 - 7:30 PM	\$35

Location: UFM QLC, 1221 Thurston St

Introduction to Voiceovers

25BCF129

Do you have a passion for voiceovers? Want to earn income using your talents from the comfort of your home? Explore the fun, rewarding possibilities of the growing remote voiceover industry! Discover the current trends in the industry and how easy and affordable it can be to learn, set up, and work from home. You'll learn about different types of voiceovers and tools you'll need to find success. You'll get a comprehensive introduction to the voice over industry. You'll learn through real-life accounts of jobs your instructor has booked and get an inside look at their experience. Then it's time to read a script and receive some coaching and performance ideas. You'll receive a professional voiceover evaluation later in a follow-up call. One-time, 90-minute, introductory class. Learn more at <http://www.voicesforall.com/ooo>. Upon registration, you will be contacted by VFA to schedule your class for a day and time at your convenience. ***Requirements:** Students must have internet access and video chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile), or iChat/FaceTime (Mac/iOS). Ages 18+.

Instructor: Voices For All, LLC, info@voicesforall.com
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
06/01 - 08/17	TBD - See Class Description	\$49

Location: One-on-One Video Chat

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



Instant Guitar for Hopelessly Busy People

NEW!

25BCF483

In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. The fee includes the online book, online recorded follow-up lessons, a recording of the class, and also an optional live periodic question and answer session. Class is held online using Zoom and is partly hands-on instruction and partly lecture/demonstration. For ages 13+.

Instructor: Craig Coffman, chordsarekey@gmail.com

DATE	TIME	FEE
06/09 (M)	6:30 - 9:00 PM	\$72

Location: Online - LIVE



Instant Piano for Hopelessly Busy People

NEW!

25BCF482

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do, using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. The fee includes the online book, online recorded follow-up lessons, a recording of the class, and also an optional live periodic question and answer session. Class is held online using Zoom and is partly hands-on instruction and partly lecture demonstration. Ages 13+

Instructor: Craig Coffman, chordsarekey@gmail.com

Craig Coffman is an experienced piano and guitar instructor, professional pianist, and music director. He has over 30 years of experience teaching piano privately. His piano and guitar seminars have been offered live through Community Colleges and Community Education Programs nationwide for over 30 years. Over 30,000 students have attended these popular classes. Now the classes are offered exclusively online, and they are more popular than ever. He has a degree in Sociology from Illinois Wesleyan University in Illinois (where he also studied piano) and a Master of Divinity degree from Western Seminary in Portland, Oregon.

DATE	TIME	FEE
06/10 (T)	6:30 - 9:30 PM	\$72

Location: Online - LIVE

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THE MAC



Communications

Vietnamese Language Program - **NEW!** **25BLA47**
Beginners

In this class, we will embark on an exciting journey into the Vietnamese language and culture. Whether you're a complete beginner or looking to enhance your skills, this course will provide you with the foundational knowledge and practical tools to communicate effectively in Vietnamese. (All ages)

Instructor: Dinh Race

Dinh Race grew up in Vung Tau, Vietnam. It's a small country with beautiful places to visit. They came to the U.S. in 2014 to develop their education. Dinh graduated with a Master of Business Administration in May 2018 from Kansas State University. They would love to share my mother language and Vietnamese culture with all international friends.

DATE	TIME	FEE
06/02 - 06/27 (M/W/F)	5:30 - 6:30 PM	\$51

Location: UFM Teaching & Learning Rm, 1221 Thurston St

Vietnamese Language Program - **NEW!** **25BLA48**
Advanced

In this class, we will embark on an exciting journey into the Vietnamese language and culture. This class is designed to enhance your skills above the basic levels of understanding. This course will provide you with stronger skills to communicate more effectively in Vietnamese. *The Beginners class is a prerequisite to enroll in this class unless special permission has been granted by the instructor. (All Ages)

Instructor: Dinh Race

DATE	TIME	FEE
07/07 - 08/01 (M/W/F)	5:30 - 6:30 PM	\$51

Location: UFM Teaching & Learning Rm, 1221 Thurston St



UFM PUTS THE
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Upper Intermediate Spanish Language 25BLA87

The course focuses on expanding vocabulary, refining grammar, and enhancing communication skills through speaking, listening, reading, and writing exercises. Students will engage in real-life conversations, interactive activities, and cultural discussions to develop confidence and accuracy in Spanish.

NEW!

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

Monica Franco is a Spanish teacher with more than two years of experience with adults and young people. In 2013, she won a scholarship and had an opportunity to study English Language Development at Kansas State University.

SEC	DATE	TIME	FEE
A	06/02 - 06/30 (M)	6:00 - 7:00 PM	\$80
B	07/07 - 08/04 (M)	6:00 - 7:00 PM	\$80

Location: Online - LIVE

French **NEW!** **25BLA88**

Converse and present in French at sentence level about self, family and friends, preferences, and routine activities in the present, passé composé, and futur proche; ask and answer elementary questions and formulate simple opinions.

- Write simple paragraphs in French on self, family and friends, preferences, and routine activities in the present, passé composé, and futur proche, recombining learned vocabulary and structures.
- Demonstrate comprehension of contextualized aural input in French in highly predictable situations and on learned topics through speaking and/or writing in French.
- Demonstrate comprehension of contextualized written material in French on learned topics through speaking and/or writing in French.
- Compare and contrast aspects of French and Francophone cultures with one's own culture.

Instructor: Jasmine Goins-Rodriguez, ani7j@hotmail.com

Jasmine taught French at K-State as a GTA for one year. After graduating with an MA, she then taught as an emergency substitute at Seaman High School in Topeka for 2 semesters. Currently, she tutors middle school students in Manhattan and has been doing that for a couple of years.

DATE	TIME	FEE
06/02 - 06/20 (M/F)	1:00 - 2:00 PM	\$83

Location: UFM, 1221 Thurston St



LEADERSHIP & PERSONAL DEVELOPMENT

Fundamentals of Leadership

25BFC153

This is a discussion-based class designed for teenagers and adults only. Explore the core qualities of effective leadership through interactive discussions on what a good leader looks like based on key leadership principles and practices.

Instructor: Joe Wood, Woody33259@gmail.com



DATE	TIME	FEE
08/11 (M)	6:00 - 7:00 PM	\$30

Location: UFM, 1221 Thurston St

NEW!

Leadership for

Aspiring Superheroes

25BFC133

Do you have a heart for justice, a knack for teamwork, and a little flair for the dramatic? Explore leadership through the superhero lens, tackling topics like crisis management, identity balancing, and sidekick mentorship. Learn how to lead with integrity, communicate across multiverses, and stay grounded (even if you can fly). Capes optional, courage required.

Instructor: Captain Lucinda "Lulu" Volt, Retired League Leader and Current Chair of the Hero Ethics Council

DATE	TIME	FEE
07/30 (W)	7:00 - 8:00 PM	\$28

Location: UFM Solar Addition, 1221 Thurston St

CULTURAL STUDIES

Pendulum Class

NEW!

25BPI243

Learn how to use pendulums for divination, energy healing, manifestation, and to enhance your own spiritual growth and gifts. Please bring your own pendulum for this class. If you are not able to purchase one before class, there will be handmade pendulums available for purchase. (Ages 13+)

Instructor: Delphi Andrijeski, daughterofdelphius@gmail.com
Delphi makes handmade essential oil blends to enhance growth and spirituality. They are charged and contain crystals. Delphi specializes in channeled psychic readings and light language/sound healing energy work. They work with your Merkaba field to open and activate your light body and increase your vibrational light quotient. This promotes healing on a mental, spiritual, and emotional level. Delphi is a BioWell Practitioner as seen on GAIA and provides energy scans of your aura and chakras along with customized binaural sound healing tracks to address your energetic and physiological needs.

SEC	DATE	TIME	FEE
A	06/09 - 06/30 (M)	6:00 - 8:00 PM	\$53
B	07/08 - 07/29 (T)	6:00 - 8:00 PM	\$53

Location: UFM Solar Addition, 1221 Thurston St

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CONSUMER & FAMILY SCIENCES

Food & Nutrition

Dungeon Cuisine: A D&D-Themed Cooking Adventure

NEW!

25BFF243

Embark on a culinary quest where fantasy meets flavor! In this Dungeons & Dragons-themed cooking class, adventurers will craft medieval-inspired dishes fit for a hero's feast. Whether you're roasting dragon fire skewers or baking enchanted elven bread, each session blends storytelling, teamwork, and hands-on cooking. No prior D&D experience needed—just a love for food and adventure! Join us for a legendary experience where rolling the dice determines secret ingredients, and every dish tells a tale. Will your feast be a critical success? Ages 9+

Instructor: Jake Huber, titanoffitusdm@gmail.com, & Mindy Huber, mindy@tryufm.org

Jake is a Marine Corps veteran and seasoned D&D expert with 400+ sessions under his belt. From tabletop games to prop making, animal care, and martial arts, he brings energy, experience, and creativity to every class he teaches. Mindy is a Level 4 Special Education teacher with K-State degrees who's passionate about empowering individuals with diverse needs. She enjoys learning and teaching new things and staying active in her community.



SEC	DATE	TIME	FEE
A	06/25 (W)	5:00 - 8:00 PM	\$50
B	07/30 (W)	5:00 - 8:00 PM	\$50

Location: UFM Kitchen, 1221 Thurston St

Indian Restaurant Favorites

NEW!

25BFF244

Learn to make your favorite Indian restaurant dishes at home! This hands-on class features two beloved classics—butter chicken and chana masala—that you'll prepare alongside perfect rice and cooling raita. Using ingredients available locally, you'll master the techniques to recreate these restaurant favorites in your own kitchen. Join us for this delicious introduction to Indian cooking!

Instructor: Vaishali Sharda

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	05/21 (W)	6:00 - 8:00 PM	\$62
B	06/11 (W)	6:00 - 8:00 PM	\$62

Location: UFM Banquet/Kitchen, 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.



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Edible Wild Plants

25BFF151

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

Terry Olson is the retired owner of Eastside & Westside Markets, where she sold plants and produce for 43 years. In retirement, she enjoys volunteering at K-State Gardens and leading school kids on hikes as a docent at Konza Prairie. 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, Manhattan

The World of Whiskey

25BFF229

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	06/14 (Sa)	4:00 - 6:00 PM	\$78
B	07/19 (Sa)	4:00 - 6:00 PM	\$78
C	08/16 (Sa)	4:00 - 6:00 PM	\$78

Location: UFM QLC, 1221 Thurston St

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CONSUMER & FAMILY SCIENCES

Health & Wellness

Reigniting the Spark:

NEW!

Shining Bright After Burnout

25BCF481

At some point, most of us feel like our spark is secretly smoldering and eventually experience some level of burnout. The resulting mental, physical, and emotional exhaustion can extinguish the joy from our work and personal interactions. In this workshop, we'll explore: 1) Signs of burnout – what does it look and feel like for you? 2) Environmental and individual characteristics that contribute to burnout. 3) Strategies to prevent burnout. 4) Strategies to reenergize and reignite ourselves to shine brighter and possibly reignite the sparks of others. This class welcomes anyone who suspects they are experiencing burnout or those who support others.

Instructor: Amy Gross, amygross785@gmail.com
Amy Gross, a facilitator and writer, helps others chase their dreams. With a Ph.D. in I/O Psychology, she guides individuals in dream-catching, burnout recovery, and interpersonal skills.

SEC	DATE	TIME	FEE
A	06/10 - 08/05 (T)	9:00 AM - Noon	\$54
B	06/12 - 08/07 (Th)	5:30 - 8:30 PM	\$54
C	06/14 - 08/09 (Sa)	9:00 AM - Noon	\$54

Location: UFM Solar Addition, 1221 Thurston St

Creating Resilience

NEW!

25BHW358

Learn how to build mental, emotional, and physical resilience so you can handle life's challenges with confidence and grace. This course will guide you through practical strategies to manage stress effectively, bounce back from setbacks, and develop an unshakable resilience for long-term success.

Instructor: Kaisha Lawrence, kaisha@lotushealthworks.com
Kaisha Lawrence is a Nationally Board-Certified Health and Wellness Coach who's passionate about empowering women to ride through life with grace. Specializing in helping high-achieving mountain biking moms calm anxiety, curb sugar cravings, and build confidence, Kaisha combines her deep understanding of health and wellness with her love for adventure and the outdoors. She encourages women to reclaim their role as the expert in the room of their own bodies.

DATE	TIME	FEE
06/12 (Th)	6:30 - 7:30 PM	\$48

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



Co-Parenting Workshop

25BHW350

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

Nicole Wise, KS Supreme Court Approved, specializing in Domestic mediation, Parent-Adolescent mediation, and Special Education mediation. Divorce/Co-Parenting and certified Trauma Coach

SEC	DATE	TIME	FEE
A	06/02 (M)	6:00 - 8:00 PM	\$68
B	07/14 (M)	6:00 - 8:00 PM	\$68
C	08/04 (M)	6:00 - 8:00 PM	\$68

* Enrollment deadlines: A - 05/31, B - 07/12, C - 08/02

Location: UFM Solar Addition, 1221 Thurston St

Inbody Scale Diagnostics for Women and the Complexities of

What Does Weight Mean?

25BHW355

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	06/02 (M)	6:30 - 7:30 PM	\$40
B	07/07 (M)	6:30 - 7:30 PM	\$40

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

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



NEW!

Introduction to Cycle Syncing

25BHW359

Calling all ladies and those who identify as ladies! Come learn to work with your body's natural rhythms to optimize energy, mood, workouts, and productivity. This course teaches you how to sync your life with each phase of your cycle, reducing stress and improving recovery. Whether you're an athlete, a busy professional, or simply want to feel more in tune with your feminine body, you'll gain practical tools to harness your hormonal shifts for peak performance in work, play, and life. When you honor your cycle, you unlock your full potential—let's flow, not fight!

Instructor: Kaisha Lawrence, kaisha@lotushealthworks.com

DATE	TIME	FEE
06/05 (Th)	6:30 - 7:30 PM	\$48

Location: UFM Teaching & Learning Rm, 1221 Thurston St

NEW!

Introduction to the 6 Wisdom Areas of the Body

25BHW360

Did you know that your body is always speaking—are you listening? This class explores six key areas where your body holds wisdom and guidance for you. Learn to tap in to support healing, confidence, and personal growth. With practical tools and insights, you'll gain the opportunity to reconnect with your body's innate intelligence and move through life with greater clarity and ease. When you trust your body's wisdom, you unlock your true strength.

Instructor: Kaisha Lawrence, kaisha@lotushealthworks.com

DATE	TIME	FEE
07/17 (Th)	6:30 - 7:30 PM	\$48

Location: UFM Teaching & Learning Rm, 1221 Thurston St



Blended Learning:

First Aid/CPR/AED

25BHW70

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	05/12 (M)	5:30 - 7:45 PM	\$78
B	06/02 (M)	5:30 - 7:45 PM	\$78
C	07/14 (M)	5:30 - 7:45 PM	\$78
D	08/25 (M)	5:30 - 7:45 PM	\$78

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



CONSUMER & FAMILY SCIENCES

Family Studies

Navigating the World

of Special Education

25BPI235

This course is offered to provide support in understanding your/your child's IEP. My goal is to help families better understand the world of special education, IEPs, and provide support/answer questions families may have. Families new to special education can start from the very basics/beginning, and 'veteran' families can bring specific questions/requests. Students who are seeking to learn more about their IEP and special education (this may include basic information, their role in the IEP and IEP meetings, etc.) must be at least 14 years of age or older and accompanied by a guardian. Guardians/parents/grown-ups can choose a class time and date that best meets their needs and bring other educational decision makers and/or the student, if applicable. Each private session with enrolled stake holders will include time to discuss goals for take aways from the session, an informational portion of our meeting, and time allotted to answer any specific questions or areas of clarification. **Please Note:** Any information shared identifying specific schools and/or student names is to be redacted or kept confidential to the best of the family's ability. Specific feedback on local districts or schools cannot be given. All information/questions answered will be answered in a way that applies to any school district/location.

Instructor: Mindy Huber, mindy@tryufm.org

Mindy currently works as a Level 4 Special Education Teacher. She received both her undergraduate and graduate degrees from Kansas State University. Prior to teaching, Mindy worked as a paraprofessional for several years, and she worked for 3.5 years with adults with disabilities. Supporting individuals with disabilities is a passion of hers which is a part of her everyday life.

SEC	DATE	TIME	FEE
A	06/18 (W)	5:30 - 6:30 PM	\$18
B	07/09 (W)	5:30 - 6:30 PM	\$18

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

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ANIMAL SCIENCE

Backyard Chicken Keeping 25BEN203

This course is set up to provide general information and covers specific topics/areas of interest relevant to backyard chicken keeping and will offer hands on learning about chickens, chicken feed, housing for chickens, potential illnesses/problems chicken owners may encounter, brooder set up, raising chicks, and more. Live chickens will be available for viewing and handling. Individuals enrolled will be able to share their knowledge and what they hope to learn before or at the beginning of the session and the course will be adapted based on the information gathered.

Please Note: This course will not cover information on breeding chickens or incubation.

Instructor: Mindy Huber, mindy@tryufm.org

SEC	DATE	TIME	FEE
A	06/08 (Su)	3:00 - 4:30 PM	\$28
B	07/13 (Su)	3:00 - 4:30 PM	\$28

*Enrollment deadlines: A - 06/04, B - 07/09

Location: UFM Solar Addition, 1221 Thurston St

Backyard Chickens 101: A Kid's Guide to Raising Happy Hens! 25BEN212

Join us for Backyard Chickens 101: A Kid's Guide to Raising Happy Hens! In this fun class, I'll teach you everything you need to know about taking care of chickens! We'll talk about different chicken breeds, how to build a comfy home for your chickens, what to feed them, and how to make sure they have fresh water. I'll also show you how to handle chickens gently and share some tips on solving common problems that can happen when raising chickens. There will be hands-on opportunities and live chickens! You'll be a chicken expert in no time—let's get clucking!

Instructor: Gaige Huber

Gaige is a soon-to-be 5th grader who has experience keeping chickens, goats, and pigs. Her family has kept chickens for more than five years. She is an animal lover. Her favorite breeds of chickens are Silkies and Polish chickens.

DATE	TIME	FEE
06/22 (Su)	2:00 - 3:00 PM	\$23

* Enrollment deadline 06/18

Location: UFM Solar Addition, 1221 Thurston St



Reptile World: Constrictors NEW! 25BEN213

This class will focus on a variety of snakes that are in the constrictor classification. We will learn what they are, where they live, what they eat, and be able to interact with the animal. Ages 6+.

Instructor: Joe Wood, Woody33259@gmail.com

Joe Wood is a retired Army Infantryman and the owner of a local reptile store for the past six years. With 15 years of experience breeding reptiles, he enjoys educating others, including hosting reptile-themed school birthday parties for the last four years.

DATE	TIME	FEE
06/03 (T)	6:00 - 7:00 PM	\$30

Location: UFM Solar Addition, 1221 Thurston St

Reptile World: Colubrids NEW! 25BEN214

This class will focus on colubrid snakes. We will learn what they are, where they live, what they eat, and be able to interact with the animals. Ages 6+

Instructor: Joe Wood, Woody33259@gmail.com

DATE	TIME	FEE
06/10 (T)	6:00 - 7:00 PM	\$30

Location: UFM Solar Addition, 1221 Thurston St

Reptile World: Ball Python NEW! 25BEN215

This class will focus on ball python snakes. We will learn what they are, where they live, what they eat, and be able to interact with the animals. Ages 6+

Instructor: Joe Wood, Woody33259@gmail.com

DATE	TIME	FEE
06/17 (T)	6:00 - 7:00 PM	\$30

Location: UFM Solar Addition, 1221 Thurston St



Reptile World: Lizards

NEW!

25BEN216

This class will focus on a variety of lizards. We will learn different types of lizards, what they are, where they live, what they eat, and be able to interact with the animals. Ages 6+
Instructor: Joe Wood, Woody33259@gmail.com



DATE	TIME	FEE
06/24 (T)	6:00 - 7:00 PM	\$30

Location: UFM Solar Addition, 1221 Thurston St

Reptile World: Small Lizards

NEW!

25BEN217

This class will focus on different types of small lizards. We will learn what they are, where they live, what they eat, and be able to interact with the animals. Ages 6+
Instructor: Joe Wood, Woody33259@gmail.com



DATE	TIME	FEE
07/01 (T)	6:00 - 7:00 PM	\$30

Location: UFM Solar Addition, 1221 Thurston St

Reptile World: Tortoises

NEW!

25BEN218

This class will focus on a variety of tortoises. We will learn what they are, where they live, what they eat, and be able to interact with the animals. Ages 6+
Instructor: Joe Wood, Woody33259@gmail.com



DATE	TIME	FEE
07/07 (M)	6:00 - 7:00 PM	\$30

Location: UFM Solar Addition, 1221 Thurston St

Reptile World: Arachnids

NEW!

25BEN219

This class will focus on arachnid spiders. We will learn what they are, where they live, what they eat and be able to interact with the animal. Ages 6+
Instructor: Joe Wood, Woody33259@gmail.com



DATE	TIME	FEE
07/21 (M)	6:00 - 7:00 PM	\$30

Location: UFM Solar Addition, 1221 Thurston St

Reptile World: Frogs

NEW!

25BEN220

This class will focus on a variety of frogs. We will learn what they are, where they live, what they eat, and be able to interact with the animals. Ages 6+
Instructor: Joe Wood, Woody33259@gmail.com



DATE	TIME	FEE
07/28 (M)	6:00 - 7:00 PM	\$30

Location: UFM Solar Addition, 1221 Thurston St

Reptile World: Overall Review with Challenging Games and Prizes

NEW!

25BEN221

In this class, we will review animals from previous classes, check learning, and play games for prizes. Ages 6+
Instructor: Joe Wood, Woody33259@gmail.com



DATE	TIME	FEE
08/05 (T)	6:00 - 7:00 PM	\$20

Location: UFM Solar Addition, 1221 Thurston St

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LIFETIME LEARNING

At Meadowlark

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.

America's Forgotten Wars **NEW!** 25BLL100

America's 248 years it has been involved in many conflicts. Some like the Revolutionary War, the Civil War, World War I, World War II, the Korean War, and the Vietnam Conflict are well known and well covered. However, the American military has participated in a number of lesser-known conflicts. The class will examine a series of these little-known and forgotten conflicts. The first class will focus on the wars and conflicts that occurred prior to the Civil War such as the "Quasi War with France, the Barbary States conflict, the War of 1812, a series of Seminole Wars, and the Mexican American War. The second class will examine American wars and conflicts of the late 19th and early 20th centuries including the American Expedition to Korea, Spanish American War, the Philippine Insurrection, and the Boxer Rebellion. The final class will look at American military involvement between the two World Wars specifically U.S. involvement in Central American conflicts in Nicaragua and Haiti.

***Meadowlark Hills residents** see message on page 17.

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. Before 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
07/09 - 07/23 (W)	6:30 - 8:00 PM	\$42

Location: Meadowlark Hills Community Room,
2121 Meadowlark Road

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Home Health
Independent Living
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Photo Preservation and Digitization Workshop

NEW!

25BLL101

Preservation and digitization are key components to keeping family photographs safe for generations to come. In this workshop, experts from the Riley County Historical Museum and the Chapman Center for Rural Studies will teach you the best practices for archiving and scanning. Participants are invited to bring no more than five standard-size photographs that they can digitize during the workshop.

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

Instructors: Dr. Mary Kohn, kohn@ksu.edu, Melanie Highsmith, mhighsmith@rileycountyks.gov, & Dawn Munger
Dawn Munger is the Riley County Historical Museum-Curator of Collections, Melanie Highsmith is the Riley County Historical Museum-Curator of Education & Design, and Dr. Mary Kohn is the Director of The Chapman Center for Rural Studies.

DATE	TIME	FEE
07/01 (T)	3:00 - 4:30 PM	\$20

* Enrollment deadline 06/24

Location: Meadowlark Hills Community Room,
2121 Meadowlark Road

Preserving the Kaw Language: A Documentary

NEW!

25BLL102

This program will start with a viewing of the documentary 'Creator Gives us Language: Sharing the Story of Kaánze íe Rematriation': A documentary on how the Kaw Nation is working to save their language, followed by discussion, and additional historical context. The Kaw language, Kaánze íe, was described as a 'sleeping' language in the 20th century when the last speakers of the language were lost. Through incredible efforts using archival materials and comparative analysis with the Osage language, the Kaw Nation has breathed new life into Kaánze íe. The Kaw Nation now has active education programs that are teaching new speakers Kaánze íe. This is an inspiring story of resilience and the restoration of cultural wealth for Native Americans who faced down threats to their language and culture dating back to boarding schools and US policies designed to wipe out these ways of life. ***Meadowlark Hills residents** see message below.
Instructor: Dr. Mary Kohn, kohn@ksu.edu

DATE	TIME	FEE
06/10 (T)	2:00 - 3:30 PM	\$20

Location: Meadowlark Hills Community Room,
2121 Meadowlark Road

LIFETIME LEARNING

Seated Yoga

NEW!

25BLL99

Seated 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.

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

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

DATE	TIME	FEE
08/06 (W)	6:00 - 7:00 PM	\$20

Location: Meadowlark Hills Community Room,
2121 Meadowlark Road

Online

Understanding Medicare: Introduction to the Basics

25BLL27

Medicare presents a surprisingly complicated and often confusing set of decisions with significant financial consequences for those turning 65, retiring after 65, disabled, or otherwise eligible for this health insurance program that covers over 67 million Americans. Learn about the basic parts of Medicare, what Medicare Supplement plans are, and how they can help cover the gaps in Medicare, what services are covered by Medicare, and what options exist to gain protection for services not covered. Also, gain knowledge of how and when to enroll in Medicare to maximize your benefits and avoid penalties.

Instructor: David Jones, david@medicareadvisor4you.com
Retired as a campus pastor at KSU, David is an independent insurance agent who has been educating individuals about Medicare and assisting them with their health insurance decisions since 2019.

DATE	TIME	FEE
06/11 - 06/25 (W)	6:30 - 7:30 PM	Community Sponsored

Location: Online - LIVE

*** 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.



MILITARY & VETERAN OPPORTUNITIES

Veteran Wellness - Your Health. Your Journey

25BHW352

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 the 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.

Instructor: Neal Strathman, nealstrathman@yahoo.com

Neal Strathman is a retired 22-year Veteran of the U.S. Navy and Navy Reserves.

SEC	DATE	TIME	FEE
A	06/14 (Sa)	1:00 - 3:00 PM	Community Sponsored
B	07/19 (Sa)	1:00 - 3:00 PM	Community Sponsored
C	08/16 (Sa)	1:00 - 3:00 PM	Community Sponsored

Location: UFM Solar Addition, 1221 Thurston St



VETERAN WELLNESS

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RECREATION

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

25BCF450

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

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.

DATE	TIME	FEE
07/11 - 08/08 (F)	5:00 - 10:00 PM	\$50

Location: UFM Game Room, 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.

An Intermediate Guide to Dungeons & Dragons 5E

25BCF451

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

DATE	TIME	FEE
07/11 - 08/08 (F)	5:00 - 10:00 PM	\$50

Location: UFM Game Room, 1221 Thurston St

An Advanced Guide to Dungeons & Dragons 5E

25BCF452

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

DATE	TIME	FEE
07/11 - 08/08 (F)	5:00 - 10:00 PM	\$50

Location: UFM Game Room, 1221 Thurston St



An Expert Guide to Dungeons & Dragons 5E

25BCF453

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, titanofitusdm@gmail.com



DATE	TIME	FEE
07/11 - 08/08 (F)	5:00 - 10:00 PM	\$50

Location: UFM Game Room, 1221 Thurston St

Mastering Dungeons & Dragons:

Becoming a 5e Dungeon Master

25BCF469

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

Instructor: Jake Huber, titanofitusdm@gmail.com



DATE	TIME	FEE
06/27 (F)	6:00 - 9:00 PM	\$25

Location: UFM Game Room, 1221 Thurston St

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Interested in teaching a class for UFM?
Fall 2025 submission deadline is June 6, 2025.
For more information please email jake@tryufm.org.



SPORTS & FITNESS

Kick It with Me! –

NEW!

A Fun Partner Kickboxing Class 25BMA38

Date night meets fight night (without the bruises)! Grab your favorite workout buddy, partner, or spouse and come learn the art of kickboxing — minus the getting-hit part. This light-hearted, high-energy class is perfect for couples, friends, or anyone looking to learn a fun and functional skill that keeps workouts fresh for years to come.

You'll learn:

- Basic kickboxing combos
- Cross-training moves that build strength and coordination
- How to hold pads like a pro
- How to make working out way more fun with a partner

No experience needed, no gear required — we've got plenty of equipment, and you'll both walk away sweaty, smiling, and maybe a little hooked on the gloves. Great for date night, friend goals, or just leveling up your fitness together. This is as close to sparring as you'll get, without the threat of being hit. (Ages: 13+)

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

Tim Vettel is the passionate owner and lead trainer at our award-winning fitness center in Manhattan, KS. With an impressive seven-year tenure, while owning multiple locations and managing over 1000 clients. Tim guides individuals on their journeys to achieve unparalleled physical and mental wellness. Tim's expertise is backed by his esteemed certifications in Kick boxing and as a Master Trainer boot camp certification holder, equipping him with a unique blend of skills to offer a diverse and challenging instruction and workout environment.

SEC	DATE	TIME	FEE
A	06/02 (M)	6:30 - 7:30 PM	\$95
B	06/16 (M)	6:30 - 7:30 PM	\$95
C	07/07 (M)	6:30 - 7:30 PM	\$95
D	07/28 (M)	6:30 - 7:30 PM	\$95
E	08/11 (M)	6:30 - 7:30 PM	\$95

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

Disc Golf:

Beginner to Intermediate

25BRF138

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

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

Instructor: Justin Montney, JLMontney@ksu.edu

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

SEC	DATE	TIME	FEE
A	05/27 - 06/13 (T/F)	9:30 - 10:30 AM	\$123
B	06/17 - 07/03 (T/F)	9:30 - 10:30 AM	\$123
C	07/08 - 07/25 (T/F)	9:30 - 10:30 AM	\$123
D	07/29 - 08/15 (T/F)	9:30 - 10:30 AM	\$123

Location: KSU Memorial Stadium & Local Disc Golf Parks

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NEW!

EXPLODE = FAST + JUMP: Vertical Power, Speed, and Stability Training **25BRF261**

Take your athleticism to the next level with EXPLODE—a comprehensive training program designed to enhance your vertical jump, speed, acceleration, and overall stability. This class integrates explosive power drills, sprint mechanics, reaction training, and balance work to improve your agility, jump height, and first-step quickness. Whether you're an athlete looking for an edge or someone aiming to build strength and coordination, EXPLODE will help you move with confidence and reduce injury risk. All experience levels are welcome. Ages 10+.

Instructor: Justin Montney, JLMontney@ksu.edu

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

SEC	DATE	TIME	FEE
A	05/27 - 06/13 (T/F)	8:30 - 9:30 AM	\$123
B	06/17 - 07/03 (T/F)	8:30 - 9:30 AM	\$123
C	07/08 - 07/25 (T/F)	8:30 - 9:30 AM	\$123
D	07/29 - 08/15 (T/F)	8:30 - 9:30 AM	\$123

Location: KSU Memorial Stadium

Water Survival Methods **25BAQ20**

In this class, participants will experience a truly immersive Water Survival scenario. Simple and effective improvised flotation devices will be mastered regardless of individual swimming ability. Participants are encouraged to bring their own backpacks and clothing they won't mind getting wet. The instructor may provide these if needed. Contact Ian for specific equipment recommendations. Location is TBD based on weather and other factors. Students will be required to pay for their own admission into the pools or parks. Ages 13+.

Instructor: Ian Naughton, g-227@hotmail.com

While serving as an active-duty U.S. Marine, Ian was a Scout Swimmer with proven skills in Advanced Water Survival.

SEC	DATE	TIME	FEE
A	06/14 (Sa)	10:00 AM - Noon	\$75
B	06/14 (Sa)	Noon - 2:00 PM	\$75
C	06/14 (Sa)	2:00 - 4:00 PM	\$75
D	06/14 (Sa)	4:00 - 6:00 PM	\$75

Location: TBD

Pickleball 101**25BRF226**

You've just discovered Pickleball and are eager to join in on the fun! This introductory class is the perfect way for newbies to start their pickleball journey. Over the course of three weeks, you'll learn all the fundamentals—from basic strokes to game rules. By the end of the session, you'll be ready to enjoy friendly matches with confidence!

Instructor: Beth Fischer

Beth is a lifelong Manhattanite, an avid tennis player, and since 2020, a proud USAPA (United States Pickleball Association) Ambassador! With a Level 1 Pickleball Instructor Certification from IPTPA, Beth is passionate about sharing this exciting sport—with its quirky name and all! Come join the fun and start your Pickleball adventure today!

SEC	DATE	TIME	FEE
A	06/09 - 06/23 (M)	6:00 - 8:00 PM	\$119
B	07/23 - 08/06 (W)	6:00 - 8:00 PM	\$119

Locations: A - Eisenhower Recreational Center,
B - Anthony Recreation Center, 2415 Browning Ave

Pickleball 202**25BRF247**

This class is perfect for players at the 2.0-2.5 level who are eager to refine their skills and elevate their game. If you have a basic understanding of Pickleball rules and can keep score, this is the next step in your journey! Throughout the course, you'll focus on improving key shots, including dinking, serving, return of serve, drop shots, resetting the point, overheads, and volleys. You'll also learn about court positioning to help you make the most effective plays. This class is all about building your complete game, helping you play with more confidence, strategy, and control. Get ready to sharpen your skills and take your Pickleball game to the next level!

Instructor: Beth Fischer

DATE	TIME	FEE
07/02 - 07/16 (W)	6:00 - 8:00 PM	\$119

Location: Anthony Recreation Center, 2415 Browning Ave



Pietra Fitness for Women

25BRF210

Pietra Fitness is a stretching and strengthening exercise class that integrates Christian prayer into the workout. It is a wellness program for those who seek full integration of mind, body, and soul. We stretch and strengthen the body in combination with Christian prayer and meditation. People of all beliefs are welcome. Remember to have a mat and a water bottle ready. Some may need a chair for balance as well as a large towel for cushioning.

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

Jhoe Stonestreet is a certified Pietra Fitness Instructor. She completed a rigorous program incorporating physical, spiritual, and intellectual development in order to lead safe, engaging, and informative classes to promote wellness and health of MIND, BODY & SOUL.

SEC	DATE	TIME	FEE
A	06/10 (T)	5:30 - 6:30 PM	\$33
B	06/17 (T)	5:30 - 6:30 PM	\$33
C	06/24 (T)	5:30 - 6:30 PM	\$33
D	07/01 (T)	5:30 - 6:30 PM	\$33
E	07/08 (T)	5:30 - 6:30 PM	\$33
F	07/15 (T)	5:30 - 6:30 PM	\$33
G	07/22 (T)	5:30 - 6:30 PM	\$33
H	07/29 (T)	5:30 - 6:30 PM	\$33
I	08/05 (T)	5:30 - 6:30 PM	\$33

Location: TBD

Lyra (Aerial Hoop) Class NEW! 25BRF232

A beginner class in which you learn how to safely enter and exit the aerial hoop. We begin with basic poses and transitions and gradually move into more complex skills and stunts.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

Little Apple Pilates is a fitness boutique that specializes in alternative fitness. Traditionally weightlifting and cardio such as running have been available to the masses. For those who need more instruction, personalized class workouts, and innovative methodologies, we are for you. People often joke that we provide workouts for people who don't like to work out. However, we also can give you an edge in your performance and biomechanics if you are concerned about injury prevention and care or if you have an injury. We are a small community where we know our students by name.

SEC	DATE	TIME	FEE
A	06/03 - 06/26 (T/Th)	4:30 - 5:30 PM	\$239
B	07/08 - 07/31 (T/Th)	4:30 - 5:30 PM	\$239

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

What's Up @ UFM

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

Scan QR code to sign up:



Aerial Silks

NEW!

25BRF253

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: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/06 - 06/27 (F)	4:30 - 5:30 PM	\$127
B	07/11 - 08/01 (F)	4:30 - 5:30 PM	\$127

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

Aerial 101

NEW!

25BRF260

This is a beginner-only class. What the heck is aerial anyways? This is a gentle 90-minute class that goes through a kind and in-depth look at what the names are for these different pieces of equipment while you get lots of photo ops and easy beginner friendly moves (i.e., you don't have to go upside down).

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/06 (F)	4:30 - 6:00 PM	\$50
B	06/20 (F)	4:30 - 6:00 PM	\$50
C	07/11 (F)	4:30 - 6:00 PM	\$50
D	07/25 (F)	4:30 - 6:00 PM	\$50
E	08/08 (F)	4:30 - 6:00 PM	\$50

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



Mat Pilates

NEW!

25BRF254

What is Pilates vs regular core work? Pilates is a low-impact exercise system designed to strengthen muscles, improve flexibility, and enhance overall body control and posture. Developed by Joseph Pilates in the early 20th century, it focuses on core strength, alignment, and breath control. Pilates exercises can be performed on a mat or specialized equipment like the Reformer, and they emphasize precise movements, stability, and mind-body awareness. It is often used for rehabilitation, injury prevention, and overall fitness. Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/02 - 06/25 (M/W)	9:00 - 10:00 AM	\$119
B	06/02 - 06/25 (M/W)	5:30 - 6:30 PM	\$119
C	06/07 - 06/28 (Sa)	10:00 - 10:30 AM	\$67
D	06/07 - 06/28 (Sa)	10:30 - 11:00 AM	\$67
E	07/05 - 07/26 (Sa)	10:00 - 10:30 AM	\$67
F	07/05 - 07/26 (Sa)	10:30 - 11:00 AM	\$67
G	07/07 - 07/30 (M/W)	9:00 - 10:00 AM	\$119
H	07/07 - 07/30 (M/W)	5:30 - 6:30 PM	\$119

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

Beginner Aerial Hammocks**25BRF255**

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-made for your ability.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/02 - 06/25 (M/W)	4:30 - 5:30 PM	\$239
B	07/07 - 07/30 (M/W)	4:30 - 5:30 PM	\$239

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

**Burlesque Chair Dance****25BRF230**

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
A	06/04 - 06/25 (W)	5:30 - 6:30 PM	\$83
B	06/08 - 06/29 (Su)	3:30 - 4:30 PM	\$83
C	07/02 - 07/23 (W)	5:30 - 6:30 PM	\$83
D	07/06 - 07/27 (Su)	3:30 - 4:30 PM	\$83

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

Pilates and Pinot**25BRF257**

This is a private fun class for girl time (guys welcome) to get a workout in while also enjoying a glass of wine during or after the workout, if interested. The class will be welcoming for beginners and fun.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	05/23 (F)	5:30 - 6:30 PM	\$40
B	06/27 (F)	5:30 - 6:30 PM	\$40
C	07/25 (F)	5:30 - 6:30 PM	\$40

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



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Mindful Yoga for All

NEW!

25BHW361

Ana has been studying and practicing Yoga for more than forty years. She has been certified by Krishnamacharya Healing & Yoga Foundation in 2004. Her classes are welcoming to all and can be helpful to both experienced and beginning yoga students. Emphasis is not on the more "acrobatic" aspects of Yoga practice. Strength and flexibility can be achieved through a gentle, mindful daily practice that fits the individual needs and limitations. Yoga is therapy, in a very real sense. Her classes are welcoming to all and can be helpful to both experienced and beginning yoga students. Emphasis is not on the more "acrobatic" aspects of Yoga practice. Strength and flexibility can be achieved through a gentle, mindful daily practice that fits the individual's needs and limitations. Yoga is therapy, in a very real sense.

Instructor: Ana Franklin, yogaconnection@gmail.com

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

SEC	DATE	TIME	FEE
A	06/04 - 07/23 (W)	5:30 - 6:30 PM	\$49
B	09/04 - 10/23 (Th)	5:30 - 6:30 PM	\$49

Location: Online - LIVE

Yoga

NEW!

25BHW362

Our yoga class is a structured session led by an instructor who guides participants through a series of yoga poses (asanas), breathing exercises (pranayama), and often meditation or relaxation techniques. Our Yoga classes aim to improve flexibility and strength, balance, and mental well-being while promoting relaxation and mindfulness.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/03 - 06/26 (T/Th)	5:30 - 6:30 PM	\$119
B	07/08 - 07/31 (T/Th)	5:30 - 6:30 PM	\$119

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

SPORTS & FITNESS



Evening Yoga

25BHW88

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

Instructor: Debbie Newton, dn72649@gmail.com

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

SEC	DATE	TIME	FEE
A	06/16 - 07/14 (M)	5:30 - 6:30 PM	\$44
B	07/21 - 08/18 (M)	5:30 - 6:30 PM	\$44
C	08/25 - 09/22 (M)	5:30 - 6:30 PM	\$44

Location: First Congregational Church, 700 Poyntz Ave

Chair Yoga

25BHW156

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

Instructor: Debbie Newton, dn72649@gmail.com

SEC	DATE	TIME	FEE
A	06/17 - 07/15 (T)	12:15 - 1:15 PM	\$44
B	07/22 - 08/19 (T)	12:15 - 1:15 PM	\$44
C	08/26 - 09/23 (T)	12:15 - 1:15 PM	\$44

Location: First Congregational Church, 700 Poyntz Ave



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Intro to Reformer**25BHW310**

The Pilates reformer is a traditional piece of Pilates equipment that 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 1920s and were 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: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/04 - 06/25 (W)	6:30 - 7:00 PM	\$99
B	07/09 - 07/30 (W)	6:30 - 7:00 PM	\$99

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

**Weekend Reformer****25BHW310**

The Pilates reformer is a traditional piece of Pilates equipment that 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 1920s and were 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 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: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
C	06/07 - 06/28 (Sa)	11:00 - 11:30 AM	\$99
D	06/07 - 06/28 (Sa)	11:30 AM - Noon	\$99
E	07/05 - 07/26 (Sa)	11:00 - 11:30 AM	\$99
F	07/05 - 07/26 (Sa)	11:30 AM - Noon	\$99

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

**Booty Workshop with
Booty Band Included****25BHW319**

Glutes feeling a little smoochy? We have been there! We will teach you how to activate the full glute complex and make you feel better about your backside. The minimus, the maximus, the medius, and release the piriformis. We will teach you how to love your bum.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/04 (W)	4:30 - 5:30 PM	\$40
B	06/18 (W)	4:30 - 5:30 PM	\$40
C	07/02 (W)	4:30 - 5:30 PM	\$40
D	07/16 (W)	4:30 - 5:30 PM	\$40
E	07/30 (W)	4:30 - 5:30 PM	\$40

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

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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.



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Certificates [online]

Certificate in Marketing

25BGC164

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

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

DATE	TIME	FEE
06/02 - 08/29	Asynchronous online	\$495

Certificate in Web Design

25BGC44

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

DATE	TIME	FEE
06/02 - 08/29	Asynchronous online	\$595



Certificate in Mastering Excel

25BGC25

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

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

Instructor: LERN Staff

DATE	TIME	FEE
06/02 - 08/29	Asynchronous online	\$495

AI Certificate

25BGC194

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

DATE	TIME	FEE
06/02 - 08/29	Asynchronous online	\$495

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Cybersecurity Certificate

25BGC198

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

DATE	TIME	FEE
06/02 - 08/29	Asynchronous online	\$595

Graphic Design Software Essentials Certificate

25BGC59

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

Instructor: LERN Staff

DATE	TIME	FEE
06/02 - 08/29	Asynchronous online	\$545

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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

DATE	TIME	FEE
06/02 - 08/01	Asynchronous online	\$290

QuickBooks Online Level 1

25BGC169

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

Instructor: LERN Staff

DATE	TIME	FEE
06/02 - 06/27	Asynchronous online	\$195

Introduction to Cybersecurity

25BGC199

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

DATE	TIME	FEE
06/02 - 06/27	Asynchronous online	\$245

Introduction to ChatGPT

25BGC195

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

DATE	TIME	FEE
06/02 - 06/27	Asynchronous online	\$195

Spanish for

Medical Professionals

25BGC05

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

Instructor: LERN Staff

DATE	TIME	FEE
06/02 - 08/01	Asynchronous online	\$290

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YOUTH DEVELOPMENT OPPORTUNITIES

Kids Aerial Class

25BYO150

Want to keep your kids swinging off your ceilings? Come let them swing on ours! Kids' classes are suited for 3–11-year-olds. Older youth can come to adult classes. Message us for more info.

Instructor: Little Apple Pilates, littleapplepilates@gmail.com

SEC	DATE	TIME	FEE
A	06/02 - 06/23 (M)	3:30 - 4:30 PM	\$67
B	07/07 - 07/28 (M)	3:30 - 4:30 PM	\$67

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

Backyard Chickens 101:

NEW!

A Kid's Guide to Raising Happy Hens! 25BEN212

Join us for Backyard Chickens 101: A Kid's Guide to Raising Happy Hens! In this fun class, I'll teach you everything you need to know about taking care of chickens! We'll talk about different chicken breeds, how to build a comfy home for your chickens, what to feed them, and how to make sure they have fresh water. I'll also show you how to handle chickens gently and share some tips on solving common problems that can happen when raising chickens. There will be hands-on opportunities and live chickens! You'll be a chicken expert in no time—let's get clucking!

Instructor: Gaige Huber

Gaige is a soon-to-be 5th grader who has experience keeping chickens, goats, and pigs. Her family has kept chickens for more than five years. She is an animal lover. Her favorite breeds of chickens are Silkies and Polish chickens.

DATE	TIME	FEE
06/22 (Su)	2:00 - 3:00 PM	\$23

* Enrollment deadline 06/18

Location: UFM Solar Addition, 1221 Thurston St



Disc Golf: Beginner to Intermediate 25BRF138

6+ (with an adult). See page 21 for more information.

Kick It with Me! – A Fun Partner Kickboxing Class

NEW!

25BMA38

Ages 13+. See page 21 for more information.

Dungeons & Dragons 5E Series Classes

Ages 13+. See page 19 for more information.

Reptile World Classes

NEW!

Ages 6+. See pages 14-15 for more information.

Dungeon Cuisine:

NEW!

A D&D-Themed Cooking Adventure 25BFF243

Ages 9+. See page 10 for more information.

Vietnamese Language Programs - Beginners & Advanced

NEW!

25BLA47

All ages welcome. See page 8 for more information.

Instant Piano and/or Guitar for Hopelessly Busy People

NEW!

Ages 13+. See page 7 for more information.

EXPLODE = FAST + JUMP: Vertical

NEW!

Power, Speed, and Stability Training 25BRF261

Ages 10+. See page 22 for more information.

Water Survival Methods

NEW!

25BAQ20

Ages 13+. See page 22 for more information.

TEEN MENTORING

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Youth Tennis



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Intro to Athletic Movements/

Pre-K Tennis (Ages 4-5)

25BYT1

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	06/03 - 06/26 (T/Th)	5:00 - 5:30 PM
B	07/08 - 07/31 (T/Th)	5:00 - 5:30 PM
C	08/19 - 09/04 (T/Th)	5:00 - 5:30 PM

FEES: *Select Tuesdays OR Thursdays OR Both*

A & B: Tues - \$82 / Thurs - \$82 / Tues & Thurs - \$106

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

Location: Body First, 3615 Claflin Rd

Red Ball Tennis (Kindergarten - Age 8)

25BYT2

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	06/03 - 06/26 (T/Th)	5:30 - 6:10 PM
B	07/08 - 07/31 (T/Th)	5:30 - 6:10 PM
C	08/19 - 09/04 (T/Th)	5:30 - 6:10 PM

FEES: *Select Tuesdays OR Thursdays OR Both*

A & B: Tues - \$90 / Thurs - \$90 / Tues & Thurs - \$131

C: Tues - \$72 / Thurs - \$72 / Tues & Thurs - \$102

Location: Body First, 3615 Claflin Rd

YOUTH DEVELOPMENT



Orange Ball Tennis (Ages 9-10)

25BYT3

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

Instructor: Body First Staff

SEC	DATE	TIME
A	06/03 - 06/26 (T/Th)	6:15 - 7:15 PM
B	07/08 - 07/31 (T/Th)	6:15 - 7:15 PM
C	08/19 - 09/04 (T/Th)	6:15 - 7:15 PM

FEES: *Select Tuesdays OR Thursdays OR Both*

A & B: Tues - \$107 / Thurs - \$107 / Tues & Thurs - \$156

C: Tues - \$84 / Thurs - \$84 / Tues & Thurs - \$120

Location: Body First, 3615 Claflin Rd

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Youth Tennis

Green Ball Tennis (Ages 10-12)

25BYT4

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

Instructor: Body First Staff

SEC	DATE	TIME
A	06/02 - 06/27 (M/F)	5:00 - 6:15 PM
B	07/07 - 08/01 (M/F)	5:00 - 6:15 PM
C	08/18 - 09/05 (M/F)	5:00 - 6:15 PM

FEES: *Select Mondays OR Fridays OR Both*

A & B: Mon - \$130 / Friday - \$130 / Mon & Friday - \$186

C: Mon - \$74 / Friday - \$102 / Mon & Friday - \$123

Location: Body First, 3615 Claflin Rd

Teen Tennis (Ages 13+)

25BYT5

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	06/02 - 06/27 (M/F)	6:15 - 7:30 PM
B	07/07 - 08/01 (M/F)	6:15 - 7:30 PM
C	08/18 - 09/05 (M/F)	6:15 - 7:30 PM

FEES: *Select Mondays OR Fridays OR Both*

A & B: Mon - \$130 / Friday - \$130 / Mon & Friday - \$186

C: Mon - \$74 / Friday - \$102 / Mon & Friday - \$123

Location: Body First, 3615 Claflin Rd

Tennis Sponsorship Opportunity!

UFM Youth Tennis Sponsorships are provided in partnership with two generous donors for this summer: the Dean & Verlla Coughenour Charitable Trust and the Roger Trenary Tennis & Education Fund. They are sponsoring 50% of the \$150 Youth Tennis Enrollment Fee and the \$18 UFM Registration Fee. We appreciate the charitable gifts from these youth-focused organizations and their donors, who support these youth and their transformative introduction to tennis.

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





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

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.

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/UFM assumes no responsibility for costs involved with individual injury or property loss incurred in connection with the use of University or UFM facilities. Individuals are reminded that they should review their own personal circumstances to determine if they have adequate insurance or protection in case of injury resulting from the use of UFM or University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

Follow UFM



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



REGISTRATION FORM



UFM REGISTRATION FORM
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785.539.8763 | www.tryufm.org | info@tryufm.org



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

25BFF243	B	Dungeon Cuisine: A D&D-Themed Cooking Adventure	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 _____



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UFM Liability Participant Statement

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

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

Date

UFM Refund and Cancellation Policies

UFM will provide a full refund when a class is canceled by UFM. If a student withdraws from a class 48 hours before the class begins, a full refund may be given except for any published non-refundable material fees. No refunds will be given once class has started. UFM will notify participants when a class is canceled or rescheduled. Please ensure you provide a daytime and evening phone number where you may be reached for these notifications. UFM reserves the right to cancel any class.



UFM Community Learning Center

Vision

Connecting people and ideas for unlimited learning.

Mission

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

Values

Community and Collaboration

We value collaboration and cooperation to create community.

Patron Satisfaction and Support

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

Purposeful Relationships

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

Integrity and Enjoyment

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

Creativity and Inspiration

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



UFM puts the community in education.



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