

UFM Community Learning Center Fall 2014



www.scottbeanphoto.com

www.tryufm.org • 785.539.8763 • info@tryufm.org

OR CURRENT RESIDENT

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Catalog

UFM

Fall 2014

UFM Community Learning Center
1221 Thurston St
Manhattan, KS 66502



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

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PUTS THE
COMMUNITY
IN EDUCATION!

Cover photograph courtesy of Scott Bean

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INFORMATION

ABOUT UFM CLASSES

UFM adheres to the philosophy that everyone can learn and everyone can teach. UFM is a community learning program which contracts with nonprofessional community instructors. Consequently, we cannot guarantee that the courses offered are accurate or complete in content and quality of instruction. We rely on the credentials provided by instructors, class observation and participant feedback as tools for evaluating a class and an instructor's ability.

UFM classes are not a forum for selling a product or service from which the instructor might benefit. Materials specifically oriented to an instructor's financial interests are not to be distributed in class. Participants who wish to pursue a relationship with an instructor outside class time do so on their own responsibility. Please share any concerns you may have about class material or an instructor by calling Kayla at 539.8763.

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 an evening phone number 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 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.

DISCLAIMER

UFM Community Learning Center serves as a forum to bring together persons who want to share their personal ideas and/or learn skills in a variety of areas. UFM, its staff and 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, political beliefs or other non-merit reasons, in admissions, educational programs or activities and employment (including employment of disabled veterans and veterans of the Vietnam Era) as required by applicable laws and regulations. Students under age 18 need the permission of a parent or guardian. Some individual classes may have age restrictions or may require instructor permission. Please call 785.539.8763 to make arrangements for classroom accessibility.

UFM FALL 2014 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.

Voices For All, LLC	Randi Dale	Megan Hartford	Keith Miller	David Seamon
Marie Amthauer	Kent Dennis	Kathryn Harth	David Moore	Glenn Sixbury
Jenne Andrews	Bill Dorsett	Nancy Hetzler	Linda Morse	Paul Sodamann
Rusty Andrews	Pat Embers	Palma Holden	Ben Motley	Linda Teener
Mary Elizabeth Atwood	Joab Esamwata	Dave Hoover	Prabhakar Naware	Abby Thrash
Diane Barker	Issac Falcon	Ron Jackson	Debbie Newton	Elsa Toburen
Carol Barta	Enell Foerster	Michele Janette	Felisa Osburn	MHK Trolley
Scott Bean	Ana Franklin	Kyoshi Pamela Johansen	Jim Peterson	Rosanna Vail
Sylvia Beeman	Jeff Freeborn	Amy Jones	Alana Pfeifer	Laura Vallejo
Big Poppi Bicycle Co	Jill Frese	Jim Kiker	Linda Rae	Likitha Vishnu
Dan Boyle	John Garetson	Tom Korte	Art Rathbun	Thomas Weeks
Henry Brown	Tray Green	Liz Krieger	Kelly Reed-Harkness	Paul Weidhaas
Matt Campbell	Jennifer Guilford	Pam Lathrop	Wayne Rhodus	Amy (Nashid) Werner
Kate Cashman	Jeff Gwartz	Brian Lorenz	Mandy Ridder	Stan Wilson
Patricia Casinelli	Sue Hageman	Jo Maseberg-Tomlinson	Earl Robinson	
Juwon Choi	Mary Hammel	Jonathan McBee	Daniel Schapaugh	

KSU CREDIT COURSES

CREDIT CLASS ENROLLMENT

K-State students enroll through iSIS. If not a K-State student, contact Erin at UFM at (785) 539-8763.

CREDIT ENROLLMENT FEES

Courses taken for credit carry additional fees required for University administration of the credit program. A one-time \$50.00 late fee will be charged for enrollments beginning on the first day of classes if this is your first enrollment at K-State for the semester. Additional campus privilege and health fees may be assessed for students enrolled in 12 or fewer K-State credit hours. There is a non-refundable material fee for withdrawing from some classes after the first day.

CREDIT CLASS REFUNDS AND WITHDRAWALS

Tuition refunds are calculated based on the number of calendar days in the class. You may be eligible for a full or partial refund of tuition if you choose to drop your class before a certain date. Please refer to the full withdrawal and refund policy at <http://global.k-state.edu/courses/registration/policies-withdrawal> or visit <http://courses.k-state.edu/fall2014/information/deadlines.html>

DROP POLICY

All drop deadlines are calculated based on the number of calendar days in the class. The following policies apply: a student may drop a class prior to 33% of the class duration without a grade being recorded on the student's transcript: if a student drops after 33% but before 62% of the class duration, a grade of W will be issued; and no drops will be accepted after 62% of the course duration. Failure to drop a class may result in a failing grade. For more information visit <http://courses.k-state.edu/fall2014/information/deadlines.html>

DISABILITY SUPPORT SERVICES

A student with a disability who wishes to request accommodations for a credit course should notify the course instructor or contact the Disability Support Services office, www.k-state.edu/dss, 785.532.6441 or dss@k-state.edu. Early notification is requested to ensure that accommodations can be provided in a timely manner.

INCLEMENT WEATHER POLICY

UFM courses held on campus follow the inclement weather policy of Kansas State University. Courses will be conducted unless all University courses are cancelled. If the instructor informs his/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.

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

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.

SPECIAL ASSISTANCE

A participant in a UFM non-credit program with a disability who needs accommodations should indicate this at the time of registration. Any class can be placed in a handicapped accessible room.

UFM STAFF

Executive Director | **LINDA INLOW TEENER**

Education Coordinator | **KAYLA SAVAGE**

State Outreach/KSU Credit Coordinator | **CHARLENE BROWNSON**

KSU Credit Coordinator | **ERIN BISHOP**

Program Assistant | **VAL COLTHARP**

Program Assistant | **SAMANTHA LOVITT**

Mentoring Coordinator | **MANDY COLTHARP**

Swim Coordinator | **KAYLE CAMPBELL**

Student Assistant | **SHELBY MORGAN**

Lou Douglas Lecture Coordinator | **OLIVIA COLLINS**

BOARD OF DIRECTORS

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AQUATICS

LEARN TO SWIM CLASSES

UFM proudly offers the American Red Cross Swim Lessons Levels 1 - 6, Parent/Infant and Parent/Tot, and Tot Transition. UFM also offers private lessons and adult swim classes.

Water safety is reinforced with tips and practice each day. The first day of class, each student is evaluated to assure that they are in the proper class. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

LOCATION: KSU Natatorium - Ahearn Complex on Denison Avenue

Lockers are available for use during class. Participants must supply towels and swimsuits. Children over the age of 5 are not permitted in restrooms/locker rooms of the opposite sex. Changing tables are available in both the men's and women's locker rooms.

Parking: After 5PM free parking is available in the K-State parking lot on Denison Avenue across the street west of the Natatorium, or on side streets. The parking garage located by the K-State Student Union is also available at \$1.50/hour.

Swim Program Make-up and Refund Policy
When a class is canceled due to severe weather or other circumstances when a lesson cannot be provided by UFM, a make-up class will be scheduled OR a refund will be issued in the amount of the missed lesson.

When class participants are absent from class, UFM will not issue a refund or make-up session due to staff availability, budgeting and scheduling constraints.

NOTE: *Minimum enrollment for all classes is 4. If less than 4 enroll, classes may be combined, changed to private or semi-private lessons or canceled.*

Parent and Child Aquatics (6 mos-3 yrs)

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skill, such as arm and leg movements and breath control. This level is fun-filled and helps introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

Fee: \$33.00 per session (5 lessons/30 min)

Monday 6:00 PM to 6:30 PM
14CAQPA1 Sept. 8 to Oct. 6
14CAQPA2 Oct. 13 to Nov. 10

Thursday 6:00 PM to 6:30 PM
14CAQPD1 Sept. 11 to Oct. 9
(No Class 9/18, make up class will be held on 9/19)
14CAQPD2 Oct. 16 to Nov. 13

Saturday 9:30 AM to 10:00 AM
14CAQPE Sept. 13 to Oct. 11



Find the Fake Class in the UFM Catalog and get \$1 off your registration!

Tot Transition (3-4 yrs)

Preschool-age children are taught basic aquatic safety and swimming skills, all the while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it's safety first. For the list of skills to be learned in class visit www.tryufm.org.

Fee: \$33.00 per session (5 lessons/30 min)

Tuesday 6:00 PM to 6:30 PM
14CAQTB1 Sept. 9 to Oct. 7
14CAQTB2 Oct. 14 to Nov. 11

Wednesday 6:00 PM to 6:30 PM
14CAQTC1 Sept. 10 to Oct. 8
14CAQTC2 Oct. 15 to Nov. 12

Saturday 10:10 AM to 10:40 AM
14CAQTE1 Sept. 13 to Oct. 11

Levels 1-6, Adult Lessons & Lap Swimming

BEGINNING & ENDING DATES:

(*Except Where Noted)

Session A: Monday, Sept. 8 to Nov. 10

Session B: Tuesday, Sept. 9 to Nov. 11

Session C: Wednesday, Sept. 10 to Nov. 12

Session D: *Thursday, Sept. 11 to Nov. 13

(*No class 9/18, make up will be 11/20 at the same time)

Level I: Introduction to Water Skills

The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. At this level, participants start developing positive attitudes, good swimming habits and safe practices in and around the water. For the list of skills to be learned in class visit www.tryufm.org. Youth lessons.

Fee: \$57.00 per session (10 lessons/40 min)

14CAQ01A	Monday	6:45 PM to 7:25 PM
14CAQ01AA	Monday	6:00 PM to 6:40 PM
14CAQ01B	Tuesday	6:45 PM to 7:25 PM
14CAQ01C	Wednesday	6:45 PM to 7:25 PM
14CAQ01D	Thursday	6:45 PM to 7:25 PM

**Manhattan
Marlins**

Swim Team



Children, teenagers and Master level swimmers. Primary emphasis is on positive self-image, physical conditioning and development to each person's fullest potential.

Ages: 5 years through adult

www.manhattanmarlins.org

For more information contact:

Coach Rob Putnam at 303.819.8861

AQUATICS

Level II: Fundamental Aquatic Skills

The objective of Level 2 is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on the front and back that lay the foundation for future strokes. As in all levels, safety skills will be presented to improve comprehension of previous knowledge. For the list of skills to be learned in class visit www.tryufm.org. Youth lessons.

Fee: \$57.00 per session (10 lessons/40 min)

14CAQ02A	Monday	6:45 PM to 7:25 PM
14CAQ02B	Tuesday	6:45 PM to 7:25 PM
14CAQ02C	Wednesday	6:45 PM to 7:25 PM
14CAQ02CC	Wednesday	6:00 PM to 6:40 PM
14CAQ02D	Thursday	6:45 PM to 7:25 PM

Level III: Stroke Development

The objective of Level 3 is to build on previously learned skills by providing additional guided practice. Participants will learn to survival float, swim the front crawl and elementary backstroke. Scissors and dolphin kicks, as well as the fundamentals of treading water will be introduced. Participants will also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside. As in all levels, safety skills will be presented. For the list of skills to be learned in class visit www.tryufm.org. Youth lessons.

Fee: \$57.00 per session (10 lessons/40 min)

14CAQ03A	Monday	6:45 PM to 7:25 PM
14CAQ03B	Tuesday	6:45 PM to 7:25 PM
14CAQ03BB	Tuesday	6:00 PM to 6:40 PM
14CAQ03C	Wednesday	6:45 PM to 7:25 PM
14CAQ03D	Thursday	6:45 PM to 7:25 PM

Level IV: Stroke Improvement

The objectives of Level 4 are to develop participants' confidence in the strokes learned thus far and to improve other aquatic skills. In level 4, participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances. Participants add the arms to the scissors kick for the sidestroke. Participants also start to learn the back crawl, breaststroke and butterfly and the basics of turning at a wall. For the list of skills to be learned in class visit www.tryufm.org. Youth lessons.

Fee: \$57.00 per session (10 lessons/40 min)

14CAQ04A	Monday	6:45 PM to 7:25 PM
14CAQ04B	Tuesday	6:45 PM to 7:25 PM
14CAQ04C	Wednesday	6:45 PM to 7:25 PM
14CAQ04D	Thursday	6:45 PM to 7:25 PM

Level V: Stroke Refinement

The objectives of this level are coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced. For the list of skills to be learned in class visit www.tryufm.org. Youth lessons.

Fee: \$57.00 per session (10 lessons/40 min)

14CAQ05A	Monday	6:45 PM to 7:25 PM
14CAQ05C	Wednesday	6:45 PM to 7:25 PM

Level VI: Swimming and Skill Proficiency

The objectives of this level are to refine strokes so participants can swim them with more ease, efficiency, power and smoothness and over greater distances. Level 6 also introduces other aquatic activities and offers three options - Personal Water Safety, Fundamentals of Diving and Fitness Swimmer. These options focus on preparing participants for more advanced courses, such as the Water Safety Instructor course, or other aquatics activities, such as competitive swimming or diving. For the list of skills to be learned in class visit www.tryufm.org. Youth lessons.

Fee: \$57.00 per session (10 lessons/40 min)

14CAQ06A	Monday	6:45 PM to 7:25 PM
14CAQ06C	Wednesday	6:45 PM to 7:25 PM

Adult Swim Lessons

Are you tired of sitting on the sidelines watching everyone else swim? Well, you don't need to anymore. Now's your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons. Class is held during the same time as youth lessons. Ages 14 up.

Fee: \$57.00 per session (10 lessons/40 min)

14CAQ22A	Monday	6:00 PM to 6:40 PM
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Private Swim Lessons

14CAQ103

Private lessons provide one-on-one instruction for any level of swimmer. Lessons occur once a week. M-Th and Sat lessons are 30 minutes for 5 lessons. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. Due to time constraints, THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS.

Beginning and Ending Dates for Private Lessons:

Session A1:	Monday	Sept. 8 to Oct. 6
Session A2:	Monday	Oct. 13 to Nov. 10

Session B1:	Tuesday	Sept. 9 to Oct. 7
Session B2:	Tuesday	Oct. 14 to Nov. 11

Session C1:	Wednesday	Sept. 10 to Oct. 8
Session C2:	Wednesday	Oct. 15 to Nov. 12

Session D1:	Thursday	Sept. 11 to Oct. 9
(No class 9/18, make up class will be held on 9/19)		
Session D2:	Thursday	Oct. 16 to Nov. 13

Session E1:	Saturday	Sept. 13 to Oct. 11
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Times for Monday - Thursday sessions:
6:00 PM to 6:30 PM
6:45 PM to 7:15 PM

Times for Saturday sessions:
9:30 AM to 10:00 AM
10:10 AM to 10:40 AM
10:45 AM to 11:15 AM

Fee: \$69 per session for one-on-one instruction
\$55 per student for semi-private lessons -
(2 students per teacher at same swim level)



AQUATICS

Lap Swimming: Ages 13+

Lap Swimming is for individual work-out. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40-minute block of time during the scheduled times below.

Fee: \$19.00 per session (10 times)

14CAQLSA	Monday	6:00 PM to 7:30 PM
14CAQLSB	Tuesday	6:00 PM to 7:30 PM
14CAQLSC	Wednesday	6:00 PM to 7:30 PM
14CAQLSD	Thursday	6:00 PM to 7:30 PM
*14CAQLSE	M, Tu, Wed, Th	6:40 PM to 7:30 PM *11/17 - 12/11 (No class 11/24-11/27)

Lap Swimming for Parents

Are you tired of being just an observer at your child's swimming lesson? If so, then take advantage of the time you spend watching and enroll in Lap Swimming at a special price. The lap pool is available every day your child is enrolled in swimming lessons. During this time you will be able to swim laps to meet your own needs and goals.

Fee: \$16.00 per session (10 times)

14CAQLPA	Monday	6:00 PM to 7:30 PM
14CAQLPB	Tuesday	6:00 PM to 7:30 PM
14CAQLPC	Wednesday	6:00 PM to 7:30 PM
14CAQLPD	Thursday	6:00 PM to 7:30 PM

Open Swim Appreciation 14CAQ31A

For UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. There is no charge for this activity. However, registration with the number of participants planning to attend is requested so that we can provide adequate lifeguards. The session may be cancelled if no pre-registration is received.

Date: 10/12/2014 (Su)
Time: 5:00 PM to 7:00 PM
Fee: No charge
Location: Natatorium, KSU Campus

Sunday Family Swim 14CAQ32

Bring the family out for a refreshing evening of swimming. Take advantage of the indoor pool at K-State on Sunday evenings. You must register in advance so we can plan for adequate lifeguards.

Date: 9/21/2014 to 10/12/2014 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$8.00/Individual; \$20.00/Family
Location: Natatorium, K-State Campus

Shallow/Deep Water Exercise 14CAQSHD

Enjoy the benefits of Shallow and Deep Water Exercise for one price! Design your own workout schedule by enrolling in the number of classes and choosing the day(s) you want to attend. Water Exercise is designed to use water for the development of physical fitness, muscle tone, flexibility and cardiovascular endurance.

Shallow Water exercise is done in a vertical position with head and shoulders out of the water. Deep Water participants will be issued an aquajogger belt to help provide buoyancy in the water and is taught in the diving well (only swimmers who can tread water without a floatation device are allowed to participate in this class). *Shallow Water meets M-Th and Deep Water meets only Tues/Thurs.

NOTE: Participants will receive a punch card with name, the number of classes enrolled in and will be distributed first day of class. Cards are valid only to the registered participant.

Date: 8/25/2014 to 12/11/2014 (M/T/W/TH)
(No class 9/1, 9/18, 11/24-11/27)
Time: 6:40 PM to 7:30 PM
Fee: \$20 for 8 classes
\$28 for 16 classes
\$40 for 24 classes
\$52 for 32 classes
\$68 for 48 classes
Location: Natatorium, K-State Campus

Scuba Diving 14CAQ105AZ

This course will prepare students for NAUI Scuba Diver certification. Areas of information covered include introductory information for certification, knowledge of the equipment, physics of diving, medical problems related to diving, use of diving tables, diving environment, and general information. The date for certification will be determined at a later date. A certification fee of \$75 will be assessed at the time of check out dives. However, neither UFM nor K-State is responsible for the certification. Travel and lodging are at the student's expense. Students must provide their own masks, fins and snorkels, which will be available for purchase at the first session; equipment ranges from \$100-\$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day. Available for KSU credit. Instructors: Jeff Freeborn & Tray Green

Date: 08/25/2014 to 10/06/2014 (M)
Time: 6:00 PM to 10:00 PM
Fee: \$257.00
Location: Natatorium, K-State campus

Scuba Diving 14CAQ105BZ

Instructors: Jeff Freeborn & Tray Green

Date: 10/13/2014 to 11/17/2014 (M)
Time: 6:00 PM to 10:00 PM
Fee: \$257.00
Location: Natatorium, K-State campus



CAREER & FINANCE

Why Do I Need An iPad?

14CFC129

Introduce yourself to the iPad and how you can use it to make daily life more productive and enjoyable! iPads will be provided for this hands-on class. Discover the iPad's best built-in features and apps; how to set up Apple accounts, email and calendars; and how to download, buy and update apps. Explore some useful apps and essential tips to make your world more productive.

Instructor: Mary Hammel, mhammel@ksu.edu

Date: 09/16/2014 (T)
 Time: 6:00 PM to 7:30 PM
 Fee: \$19.00
 Location: Wamego Technology Center
 Wamego High School, Room 204
 801 Lincoln Street, Wamego

Mary Hammel is the Associate Director of the Catalyst Technology, Media and Creative Services Center in the College of Education at Kansas State University.



Get Organized, Informed & Entertained with the iPad

14CFC130

This introduction to the world of iPad apps will inspire you to find new ways to use an iPad! iPads will be provided for this hands-on class. Explore apps for organizing your work, school or personal schedules; making shopping easier; learning, reading books and playing games; and accessing social media, television, movies and current events. Discover fun apps for you and the whole family.

Instructor: Mary Hammel, mhammel@ksu.edu

Date: 09/30/2014 (T)
 Time: 6:00 PM to 7:30 PM
 Fee: \$19.00
 Location: Wamego Technology Center
 Wamego High School, Room 204
 801 Lincoln Street, Wamego

K-State Financial Aid Demystified

NEW!

14CFC137

Planning to return to school? Learn how to get started with the financial aid process, scholarships, and the GI Bill. Does your employer provide tuition assistance? Bring your questions and get on track to your degree! Presented by Ron Jackson and Jo Maseberg-Tomlinson, Coordinators at K-State's Global Campus. Please notify us if you have trouble climbing stairs!

Instructors: Ron Jackson, rdj7@k-state.edu and Jo Maseberg-Tomlinson, jam4545@ksu.edu

Date: 10/06/2014 (M)
 Time: 5:30 PM to 6:30 PM
 Fee: No Charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

K-State Admissions Process: Get On Track to Your Degree

NEW!

14CFC138

Thinking about returning to school to earn your degree? Not sure where to start? Join us for a helpful information session on the steps needed to apply, order transcripts, and navigate the admissions process. Presented by Ron Jackson and Jo Maseberg-Tomlinson, Coordinators at K-State's Global Campus. Please notify us if you have trouble climbing stairs!

Instructors: Ron Jackson, rdj7@k-state.edu and Jo Maseberg-Tomlinson, jam4545@ksu.edu

Date: 10/02/2014 (Th)
 Time: 5:30 PM to 6:30 PM
 Fee: No Charge
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor



LSAT Prep Course

14CFC24

This is a 6-week LSAT practice and instruction course designed to significantly improve your score and increase your confidence going into the test. The basis of the course revolves around taking multiple actual previously administered LSAT tests in a proctored setting followed by targeted and personalized instruction from a real live person who has taken the test himself and scored consistently within the 99th percentile. A special emphasis will also be placed upon the Analytical Reasoning/Logic Games question, as it is the section where students typically see the most improvement with practice and instruction. This class is perfect for those desiring a structured study regimen and experienced advice before taking the LSAT. Fee includes materials. Deadline to enroll is one week prior to class, otherwise there is an extra \$20 fee for materials.

Instructor: Kent Dennis

Date: 10/13/2014 to 11/19/2014 (M/W)
 Time: 7:00 PM to 9:30 PM
 Fee: \$195.00
 Location: TBD

Kent Dennis graduated from Kansas State University with a degree in Economics. He attended New York University School of Law on a full ride scholarship in the Fall of 2013 after scoring a 175 (99.5%) on the Law School Admission Test.

“LIKE”

UFM Community Learning Center
 on Facebook
 for information and updates
 on classes and events.

 Connect with UFM on
 Facebook.com/UFMCLC

CAREER & FINANCE

Writing a Research Paper

NEW!

14CFC140A

This class will give you the basic knowledge of how to organize your research effectively and how to write and structure a research paper to include: conducting effective research, generating source cards, using note cards to organize your concrete details (research), writing clear and compelling thesis statements, forming an outline to help guide your writing, integrating quotes into your writing, including internal documentation, composing a correct work cited page and formatting your final draft to meet MLA standards. This class would be great for high school or college students who want to improve upon their research writing skills.

Instructor: Megan Hartford

Date: 09/18/2014 to 09/25/2014 (Th)
 Time: 6:00 PM to 8:00 PM
 Fee: \$29.00
 Location: UFM Conference Room
 1221 Thurston St.

Megan Hartford has a degree in Secondary Education English/Journalism with three years of classroom experience in grades 9-12. Her goal is to bridge the gap between what many students learn in high school and what they will be expected to know in college in regards to writing a solid research paper.

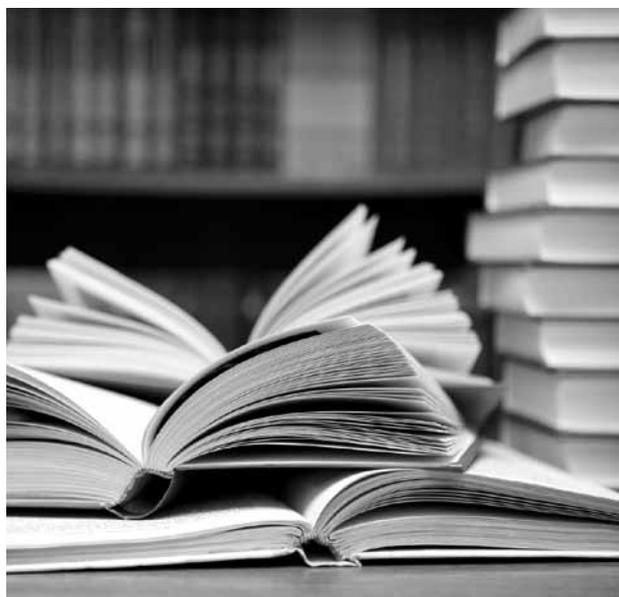
Writing a Research Paper

NEW!

14CFC140B

Instructor: Megan Hartford

Date: 10/15/2014 to 10/22/2014 (W)
 Time: 6:00 PM to 8:00 PM
 Fee: \$29.00
 Location: UFM Conference Room
 1221 Thurston St.



Get to Know Your Money Personality

NEW!

14CFC139

Stressed out about money? Struggling with how to communicate with your partner about your finances? Learn about your unique money personality and then how to use that information to assist in overcoming conflicts. Receive tips on how to talk effectively about daily money decisions, including spending habits and debt.

Instructor: Nancy Hetzler

Date: 09/16/2014 (T)
 Time: 7:00 PM to 9:00 PM
 Fee: \$12.00
 Location: UFM Conference Room
 1221 Thurston St.

Nancy has been in the financial services business for over 20 years. She teaches and educates families to develop money skills. She works in the Manhattan and Salina areas.

GRE Prep Course

14CFC06

Graduate Record Exam Preparation Course. Review and practice the newly introduced GRE Revised General Test components including Verbal Reasoning, Quantitative Reasoning and Analytical Writing, learn strategies for successful test-taking and analyze the reason for correct responses. Materials included in fee. An additional \$20 fee to order materials after the deadline.

Date: TBD
 Time: TBD
 Fee: \$280.00
 Location: TBD



SUE MAES (seated), University for Man coordinator, hands out registration materials to prospective UFM students in the Union Monday. UFM registration will continue through today in the Union lobby. — Photo by Larry Claussen

Computer Skills 101

14CFC119

This orientation to computers is ideal for those who have had little exposure to computers. There will be an overview of parts of the computer and terminology including: desktop, menus, mouse instruction, scrolling, clicking, keying (typing), saving, and basic Internet skills.

Instructor: Liz Krieger

Date: TBD
 Time: 7:30 PM to 8:30 PM
 Fee: \$14.00
 Location: Manhattan Public Library -
 Computer Classroom
 629 Poyntz Ave

Liz Krieger has a Master's in Information Technology from Colorado Technical University and has worked in the computer field as an analyst for several years. She has moved back to Manhattan after being away for many years.

CREATIVE FREE TIME

Weaving 101

14CCF226

This is a beginning weaving class. The students will learn all they need to know to start weaving independently on a four-harness loom. They will measure warp, thread the loom, learn to read threading drafts, and weave a sampler of different patterns suitable for a table runner. "Wanna Be a Weaver" class is suggested as a pre-requisite, but is not required. Students should bring a pair of scissors. Class will start Friday evening, and continue on Saturday.

Instructor: Marie Amthauer

Date: 09/26/2014 to 09/27/2014 (F/Sa)
 Time: 6:00 PM to 9:00 PM - 09/26/14
 9:00 AM to 6:00 PM - 09/27/14
 Fee: \$74.00
 Location: 801 Haid Ct.
 Manhattan, KS

Marie has been weaving since 1973. In 1985 she was named Kansas Master Weaver and has taught weaving for many years, privately, through UFM, for the State of Kansas, and for Kansas Affiliation of Weavers and Spinners. She is a member of Manhattan Area Weavers and Spinners, Kansas Affiliation of Weavers and Spinners, and Handweavers Guild of America.

Making a T-Shirt Quilt

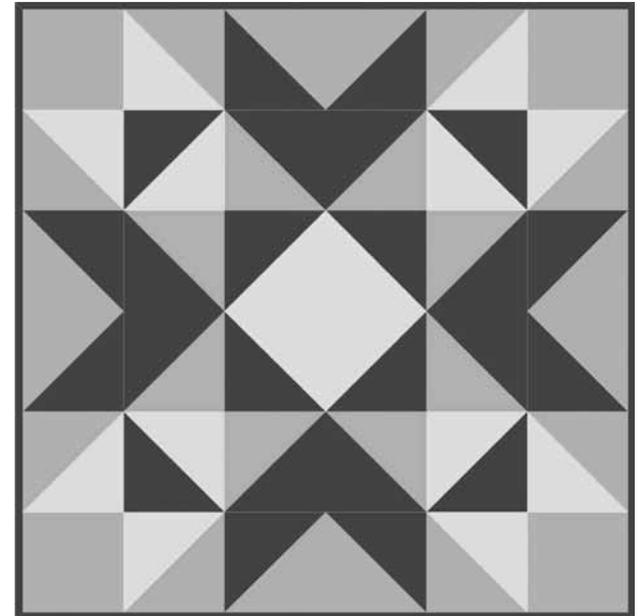
NEW!

14CCF225

You've seen the cool t-shirt quilts that others have made and now learn how to make one of your own. Come join us to learn the ins and outs of making these treasured quilts. The first class on Sept 3 (6:30p-7:30p) will go over the supplies and materials you will need to have for the two Saturday classes. The two Saturday classes (Sept. 13 and 20, 8:30a - 4:00p) will involve all day workshops putting your t-shirt quilt together. It's suggested you have a minimum of 9 t-shirts to make your quilt, the maximum number of t-shirts is up to you. You will learn easy ways to put together smaller shirts with bigger shirts to make a one of a kind quilt, how to stabilize your t-shirts so they don't stretch, how to assemble your shirts and what to do when finishing your t-shirt quilt. Instructor: Mandy Ridder, (785) 341-2687, number10mandy@gmail.com

Date: 09/03/2014 to 09/20/2014 (W/Sa)
 Time: See class description
 Fee: \$41.00
 Location: UFM Multipurpose Room
 1221 Thurston St.

Mandy made her first quilt at age 9 and has been hooked on quilting since. She loves sharing her passion for quilting and creating with others.



Barn Quilt Make & Take

NEW!

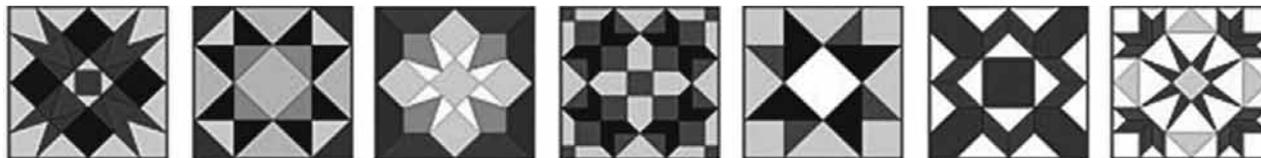
14CCF227

Have you wondered what the quilt blocks are doing hanging on barns, sheds and other outdoor structures? What are they made of? In this class you will learn the history of Donna Sue Groves, the quilt trail movement and how to make a "barn" quilt block for your outdoor structure. A primed 16 inch x 16 inch board will be supplied, ready for you to draw your pattern and paint! The "kit" will include a board, tape, foam brushes and paint for \$35. The paint choices will be primary red, blue, yellow, green, black and white. Patterns will be available at the class. The first class will include a presentation about the history of barn quilts, the Kansas Flint Hills Quilt Trail, choosing a quilt block pattern and drawing the design on the board. The second session will be taping and painting the block to take home with you.

Instructor: Sue Hageman

Date: 10/11/2014 to 10/18/2014 (Sa)
 * Enrollment deadline 9/26/14
 Time: 9:00 AM to 11:30 AM
 Fee: \$35.00
 Location: UFM Solar Addition
 1221 Thurston St.

Sue is on the KS Flint Hills Quilt Trail Committee and is the winner of the 2013 Accuquilt Barn Quilt Design contest, making her quilt block design the official logo for the quilt trail. Sue has painted over 100 blocks and her passion is to help get blocks all over in the Flint Hills region. When Sue is not painting quilt blocks or promoting the KS Quilt Block Trail, she is also a quilter (the sewing kind) and has quilted for 15 years. She also enjoys biking and participated in Bike Across Kansas in 2013 and 2014.



Manhattan Arts Center

Fall 2014

<p style="text-align: center;">Theatre</p> <p>Cats Sept 26-28, Oct 2-5 Much Ado About Nothing Nov 7-9, Nov 14-16</p> <p style="text-align: center;"><i>BirdHouse fine acoustic music</i></p> <p>Ronny Cox Aug 29 Tim & Myles Thompson Oct 11 Appleseed Collective Nov 21 Finnders & Youngberg Dec 6</p> <p style="text-align: center;"><i>Plus Art & Music Classes, Clay and Painting Studios, & more!</i></p> <p style="text-align: center;">Special Events: Art Happens and New Year's Eve Party!</p>	<p style="text-align: center;">MAcademy Youth Theatre</p> <p>Babes in Toyland Performances Dec 12-14</p> <p style="text-align: center;">Galleries</p> <p>Manhattan Area Photographers Aug 30-Oct 11 Wrap It Up Nov 2-Dec 24</p> <p style="text-align: center;">Other Music</p> <p>Thundering Cats Dec 5 Chris Thompson Clarinet Recital Oct 17</p>
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1520 Poyntz Ave, Manhattan, KS 785-537-4420 www.manhattanarts.org

CREATIVE FREE TIME



Get Hooked!

14CCF222

Get hooked on crochet while making two easy projects! This class is intended for beginners and those needing a refresher. Learn chain stitch, single and double crochet. Materials for the first class project are size H hook and a light-colored worsted weight smooth yarn. Look for a skein that says weight 4. We will discuss a second project at the first class. Linda Teener taught herself to crochet in college and has experimented with traditional, nontraditional, flat and dimensional crochet.

Instructor: Linda Teener

Date: 09/23/2014 to 10/07/2014 (T)
 Time: 5:30 PM to 7:00 PM
 Fee: \$20.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Linda has been sewing since she was six years old. She enjoys sewing everything from garments to home decorations and quilting projects.

Mask Work!

14CCF210

Mary Elizabeth Atwood has been making masks for over 20 years. Mask making has become a form of story-telling for her. Each mask is made on her face, then fired and painted to represent a particular intention. In this class, we will mindfully make two masks. One representing how we believe the world sees us and the second mask representing the true self we know ourselves to be. Clay will be provided. Participants need only to bring items that they would like to imprint in the wet clay. The masks will then be fired and a week later be ready to be painted and decorated.

Instructor: Mary Elizabeth Atwood

Date: 09/23/2014 to 09/30/2014 (T)
 Time: 5:00 PM to 6:00 PM - 09/23/14
 5:00 PM to 6:30 PM - 09/30/14
 Fee: \$57.00 - Materials included
 Location: 1500 N. 9th St.
 Manhattan, KS

Operation Write Home® **NEW!** 14CCF228

Make greeting cards for a good cause. Operation Write Home® supports our nation's armed forces by sending blank handmade greeting cards for soldiers to write home on. In this class, we will make cards to donate to Operation Write Home®, while learning some cardmaking techniques along the way. We will also review Operation Write Home® card guidelines for making future donations that meet their needs. You will be able to keep one of each different card design we make. All materials provided. Beginner cardmakers welcome! Ages 13+
 Instructor: Rosanna Vail

Rosanna is a paper craft enthusiast who loves creating handmade greeting cards and gifts using rubber stamps, paper, embellishments, and just about anything that can be found around the house.

Date: 11/01/2014 (Sa)
 Time: 10:00 AM to 12 N
 Fee: \$10.00 - Materials included
 Location: UFM Solar Addition
 1221 Thurston St.



A different way to experience art

BEACH
 MUSEUM OF ART

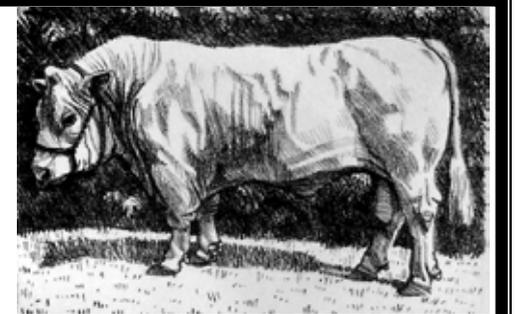
FREE admission and parking - 14th & Anderson
 785.532.7718 | beach.k-state.edu | Tues. - Wed., Fri. - Sat. 10-5 | Thurs. 10-8 | Sun. 12-5

KANSAS STATE
 UNIVERSITY

STRECKER-NELSON GALLERY

We are "bullish" about art

PREVIEW IT ON OUR WEBSITE AT WWW.STRECKER-NELSONGALLERY.COM
 THEN VISIT THE GALLERY MON-SAT 10:00-6:00 AT 406 1/2 POYNTZ 537-2099



Intro to Voiceovers Workshop 14CCF219

Fun, empowering, introductory workshop covering the different types of voiceovers and what tools are needed to find success. You'll be coached and receive a professional voiceover evaluation later. You'll have the knowledge necessary to help you decide if this is something you'd like to pursue. Taught by a professional voice actor from the Voice Acting Training Company, Voices For All. Instructor: Voices For All, LLC

Date: 11/17/2014 (M)
 Time: 6:00 PM to 8:00 PM
 Fee: \$49.00
 Location: UFM Conference Room
 1221 Thurston St.

Introduction to Adobe Lightroom 14CCF140

This class will cover an introduction to the software program Adobe Lightroom, which is part of the Photoshop family of programs. All modules of Lightroom (library, development, slideshow, print, and web) will be covered, however most of the class will focus on the library and development modules. The use of presets to speed up your workflow will be discussed as well as using Lightroom in combination with other image editing programs such as Photoshop.

Instructor: Scott Bean, scott@scottbeanphoto.com

Date: 11/11/2014 to 11/20/2014 (T/Th)
 Time: 7:00 PM to 9:00 PM
 Fee: \$56.00
 Location: UFM Computer Lab &
 Conference Room
 1221 Thurston St., 2nd floor

Introduction to Adobe Photoshop 14CCF65

The class will cover an introduction to image processing using Photoshop Elements and basic adjustments such as cropping and resizing images, adjusting the tonality using levels, color correction, image cleanup using the healing brush and clone stamp tools, an introduction to layers and how to use them in your workflow, black and white conversions, putting panoramas together, high dynamic range photography and an introduction to camera RAW. Instructor: Scott Bean, scott@scottbeanphoto.com

Date: 12/02/2014 to 12/11/2014 (T/Th)
 Time: 7:00 PM to 9:00 PM
 Fee: \$56.00
 Location: UFM Computer Lab
 1221 Thurston St., 2nd floor

Introduction to Digital Photography: The Basics 14CCF190

This class will focus on the basic concepts of photography and using your camera. To get the most from the class, participants should have a digital camera that users can set the f-stop and shutter speed for (DSLR's and most advanced compact cameras will have a manual, aperture priority or shutter priority mode that will work for this). If you aren't sure if your camera will work for the class, don't hesitate to ask. Topics that will be covered in the class are how f-stop, shutter speed, and ISO work together to determine a photograph's exposure, how these settings can influence the look of your photo, how to take control of your camera and set the f-stop and shutter speed, how to use ISO, what white balance is, and how in-camera processing settings can impact the color of your photographs. The class will also cover controlling your exposure, using your histogram, bracketing exposures and working with light. The last part of the class will introduce some basic concepts about composition and creating the photograph you want. The class will include 4 classroom meetings (Wed) and 3 optional field trips (Saturdays) to practice what we cover in the class meetings. Exact times of the fieldtrips will be discussed at the first class, but will be on Saturday evenings a few hours before sunset. Participants will be responsible for their own transportation to the field trips.

Instructor: Scott Bean, scott@scottbeanphoto.com

Date: 09/03/2014 to 09/24/2014 (W/Sa)
 Time: 7:00 PM to 9:00 PM &
 Sat from 6:00 PM to 8:00 PM
 Fee: \$68.00
 Location: UFM Conference Room
 1221 Thurston St., 2nd floor

Scott Bean has been enjoying the hobby of nature photography for several years. His goal is to help you avoid some of the common mistakes he experienced as a beginning photographer and help you get the most out of your camera and avoid being frustrated with your camera.



Landscape Photography Workshop 14CCF224 NEW!

This workshop provides an opportunity for participants to discuss landscape photography concepts and techniques and then put them into practice. The first two hours of the workshop will be spent reviewing examples of landscape photographs while discussing creative camera controls, composition and light.

Following an early dinner (included) the remaining time will be spent on location, photographing in the Flint Hills or along the shore of Tuttle Creek Lake on the grounds of the beautiful Living Water Ranch.

The workshop is designed for photographers who are familiar with the basics of photography and already know how to use their camera controls to set the aperture (f-stop), shutter speed and bracket exposures. To get the most out of the workshop, participants should have a camera that has a Mode Control dial that allows the photographer to set the f-stop and shutter speed.

The workshop will run from 2:30 p.m. until after sunset (around 7:30 p.m.) and will be held at the Living Water Ranch north of Manhattan, Kansas (4122 Living Water Road, Olsburg, KS). Directions will be emailed to all participants prior to the workshop. Your workshop fee includes a catered dinner.

Instructors: Scott Bean, scott@scottbeanphoto.com and Wayne Rhodus, wrhodus@hotmail.com

Date: 10/11/2014 (Sa)
 * Registration Deadline October 2nd
 Time: 2:30 PM to 7:30 PM
 Fee: \$92.00
 Location: Living Water Ranch
 4122 Living Water Road,
 Olsburg, KS

Dr. Frankenstein's Guide to Creating Your Own Monster 14CCF229

Do you ever wonder what it's like to have your own monster or be a mad scientist like Dr. Frankenstein? Here's your chance to design your own scary, but lovable monster! The class meets in Dr. Frankenstein's one and only laboratory. Class will explore monster green color palettes and complimentary patchwork clothing. Nut, bolts and lightning included in the supply fee. You'll be screaming "It's alive!" by the end of the course.

Date: 08/03/2014 to 12/12/2014 (M)
 Time: 7:00 PM to 9:00 PM
 Fee: \$-1.00
 Location: UFM Dungeon

CREATIVE FREE TIME

Guitar Private Instruction 14CCF199

This class is catered to the individual student. Whether you are starting fresh or a seasoned pro you will learn techniques to enhance your ability and performance as a guitarist. Students must have a guitar that is approved by the instructor. Please call Jonathan McBee to schedule an appointment to have him inspect your guitar and to schedule your private lesson dates and times at (785) 341-1230. Instructor: Jonathan McBee

Date: 08/25/2014 to 12/12/2014
 Time: TBD
 Fee: \$60.00 for 4 classes
 \$120.00 for 8 classes
 \$180.00 for 12 classes
 \$240.00 for 16 classes
 Location: TBD

Bass Guitar Private Instruction 14CCF200

This class is catered to the individual student. Whether you are starting fresh or a seasoned pro you will learn techniques to enhance your ability and performance as a bass guitarist. Students must have a guitar that is approved by the instructor. Please call Jonathan McBee to schedule an appointment to have him inspect your guitar and to schedule your private lesson dates and times at (785) 341-1230. Instructor: Jonathan McBee

Date: 08/25/2014 to 12/12/2014
 Time: TBD
 Fee: \$60.00 for 4 classes
 \$120.00 for 8 classes
 \$180.00 for 12 classes
 \$240.00 for 16 classes
 Location: TBD



Sept. 7: Plagues and Progress
 - inspired by *The Ghost Map*

Sept. 14: Electoral Dysfunction
 - starring Mo Rocca

Sept. 21: Girl Rising
 - power to change the world

Sept. 28: (at Sunset Zoo)
Wings of Life - a Disney Nature film

Oct. 5: (at Town Hall, Leadership Studies)
A Fierce Green Fire; the Battle for a Living Planet

For more info. - www.ksu.edu/mog
 Follow us on Twitter - @ksu_movies

All films are free and open to the public at KSU Coffman Plaza (outside of Hale Library) except where noted. Please join us after the movie to discuss the topic.

Jonathan has been teaching guitar, bass guitar, vocals and mandolin since 1995. He currently teaches music in Manhattan Kansas.

Learning to Write and Sell Fiction 14CCF36

Have you ever dreamed of being a writer? Do you have a great idea but you don't know how to turn that idea into a story or a novel? Are you already working on a novel but you'd like to get feedback from others to see if you're on the right track? Whether you're a complete beginner or you've been writing for years, this class can help you hone your skills and land a publishing contract. We will also cover the increasing respectability of self-publishing and will discuss the joys and pains of guiding your manuscript through the entire publishing process. "Learning to Write and Sell Fiction" will introduce the fundamentals of writing and selling novels, stories, and teleplays. General topics will be covered as well as specific issues related to student manuscripts. Please bring a sample of a work in progress or begin a project after the first class session. Each class provides guided workshop time where students learn through participation. Instructor: Glenn Sixbury, 587-9561 ext. 2003

Date: 10/14/2014 to 10/28/2014 (T)
 Time: 7:30 PM to 9:30 PM
 Fee: \$16.00
 Location: UFM Multipurpose Room
 1221 Thurston St.

Glenn Sixbury has been writing and selling fiction for over twenty-five years. His credits include mainstream, science fiction, fantasy, horror, westerns, and children's stories published in magazines and international hardcover and paperback anthologies.



Lou Douglas Lecture Series on Public Issues

"The Responsibility Revolution and the Future of Business"

Jeffrey Hollender

Social Entrepreneur and
 Co-founder of Seventh Generation



Tuesday, October 14, 2014
 7:00 p.m.
 Forum Hall,
 K-State Student Union

The Lou Douglas Lectures are free and open to all.
 After 5pm parking is free on K-State campus

EARTH & NATURE

Snow Shelters

NEW!

14CEN121A

Class will cover constructing winter snow shelters. We will focus on snow domes/drift shelters/quintzees. This is an outdoor hands on class. Participants will need to come prepared to be active outdoors, in sub-freezing weather for the duration of the class. We have established a floating class date so we can take advantage of the best snow conditions when they are available. Once enrolled the instructor will contact class participants (potentially on short notice) as to when the class will be held during the session time frame.

Instructor: Daniel Schapaugh, dts9765@ksu.edu

Date: 12/01/2014 to 12/12/2014

Time: 1:00 PM to 6:30 PM

Fee: \$26.00

Location: Cedar Ridge Area -
Tuttle Creek State Park

Daniel Schapaugh has been intimately involved in a variety of backcountry experiences for over 20 years.

Snow Shelters

NEW!

14CEN121B

Instructor: Daniel Schapaugh, dts9765@ksu.edu

Date: 01/20/2015 to 02/22/2015

Time: 1:00 PM to 6:30 PM

Fee: \$26.00

Location: Cedar Ridge Area -
Tuttle Creek State Park



Making Fire and Primitive Cordage

14CEN116

This class will cover modern fire lighting techniques that can be applied to backcountry and survival situations. We will also explore primitive lighting methods and how fire can be used as a tool. Finally the class will cover an introduction to making primitive cordage using materials found in the wild. This is a hands on course and will be held outdoors; dress appropriately. A small knife that one is comfortable using is recommended but not required. Make-up date due to inclement weather will be Nov 23rd.

Instructor: Daniel Schapaugh, dts9765@ksu.edu

Date: 11/22/2014 (Sa)

Time: 12:30 PM to 6:00 PM

Fee: \$26.00

Location: Cedar Ridge Area -
Tuttle Creek State Park

Backcountry Navigation

14CEN117A

This class will cover map and compass techniques, backcountry travel decision making, and travel without map and compass. Electronic devices will not be covered or used. This is a hands on course and will be held outdoors; dress appropriately. Participants should be able to hike three miles on uneven terrain. Class will meet at Tuttle Creek Observation Point for an orientation and then we will move on to the Carnahan park area. Make-up date due to inclement weather will be October 5.

Daniel Schapaugh, dts9765@ksu.edu

Date: 10/04/2014 (Sa)

Time: 12:30 PM to 6:00 PM

Fee: \$26.00

Location: Carnahan Park
Tuttle Creek Lake
11325 Park Road
Pottawatomie County

Backcountry Navigation

14CEN117BZ

Instructor: Daniel Schapaugh

Date: 10/11/2014 to 10/19/2014 (Sa/Su)

Time: 12:30 PM to 6:00 PM

Fee: \$77.00

Location: Carnahan Park
Tuttle Creek Lake
11325 Park Road
Pottawatomie County

Backcountry Navigation

14CEN117CZ

Instructor: Daniel Schapaugh

Date: 11/08/2014 to 11/16/2014 (Sa/Su)

Time: 12:30 PM to 6:00 PM

Fee: \$70.00

Location: Carnahan Park
Tuttle Creek Lake
11325 Park Road
Pottawatomie County

Food Forests and Plant Guilds: Not Just Another Gardening Class

14CEN74

Explore the ethics and core principles that define the permaculture method of designing sustainable environments and resilient communities. Learn why a hammock just might be your most valuable tool. Sponsored by the Flint Hills Resilience Coalition www.fhrconline.org

Instructor: Carol Barta

Date: 09/21/2014 (Su)

Time: 7:00 PM to 9:00 PM

Fee: No Charge

Location: UFM Conference Room
1221 Thurston St

Wildflower Walk at Tuttle Creek Lake

14CEN69

Join members of the Kansas Native Plant Society, who also serve as Konza Prairie docents, on wildflower walks at Tuttle Creek Lake. We will identify and talk about the incredible variety of wildflowers which grace our local tall grass prairie environs. You are sure to come away with a renewed appreciation for Flint Hills flora. Please preregister so that we will know how many persons to expect.

*Rain date the following Sunday.

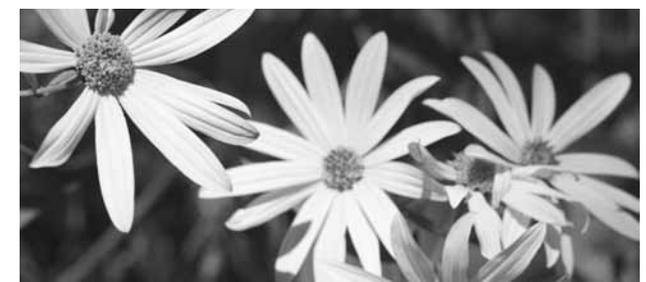
Instructor: Paul Weidhaas, (785) 539-8511

Date: 09/13/2014 (Sa)

Time: 10:00 AM to 12 N

Fee: No Charge

Location: Tuttle Creek Lake Visitor Center
5020 Tuttle Creek Blvd



EARTH & NATURE

Bicycle Ed 101

14CEN75A

Cyclists will learn how to care for their bicycle with proper maintenance and basic repair skills. Participants will learn about tire & tube changes, bicycling & the law, pre-ride safety check, cleaning and lubrication, proper storage and wheel removal & installation. Plan to wear clothes you don't mind getting greasy.

Instructor: Big Poppi Bicycle Co, (785) 537-3737

Date: 10/03/2014 (F)
Time: 7:00 PM to 8:00 PM
Fee: \$10.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Ed 101- For Women Only

14CEN75B

Cyclists will learn how to care for their bicycle with proper maintenance and basic repair skills. Participants will learn about tire & tube changes, bicycling & the law, pre-ride safety check, cleaning and lubrication, proper storage and wheel removal & installation. Plan to wear clothes you don't mind getting greasy.

Instructor: Big Poppi Bicycle Co, (785) 537-3737

Date: 10/17/2014 (F)
Time: 7:00 PM to 8:00 PM
Fee: \$10.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Core Concepts - Drive-train Mechanics

14CEN76

CLICK! TICK! POP! CREAK! Do your gears feel like they are jumping all over creation when you are pedaling? You need help and we have a class that will teach you how to fix all of those sounds, the clunky performance and leave you with nothing but crisp, smooth, quiet shifting all the live long day. Topics covered include: drivetrain cleaning & lubrication, front & rear d,railleur installation, front & rear d,railleur cable adjustment, front & rear d,railleur limit adjustment, chain installation & maintenance and shifter maintenance & cleaning.

Instructor: Big Poppi Bicycle Co, (785) 537-3737

Date: 10/05/2014 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$60.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Core Concepts - Brake System Mechanics

14CEN77

Let's just leave this one to explain itself. The danger of bad brakes is pretty apparent. If your bike does or has ever had trouble stopping, or you are just a gear-head and want to know how everything works, this class is a great opportunity to understand the different styles of brakes for bicycles and how they work. Topics covered: cantilever, side-pull, disc, v-brake/linear pull, u-brake, duel-pivot, brake pad installation, brake cable adjustments, caliper adjustments.

Instructor: Big Poppi Bicycle Co, (785) 537-3737

Date: 10/12/2014 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$60.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Bicycle Major Bearing Systems

14CEN78

Four areas on the bike are key to smooth, efficient forward movement. Without good bearing adjustment you will not go anywhere fast. The key to this class is, "as loose as possible without knock." Topics covered: bottom bracket overhaul, hub overhaul & adjustment, headset overhaul & adjustment 1" & 1 1/8".

Instructor: Big Poppi Bicycle Co, (785) 537-3737

Date: 10/19/2014 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$100.00
Location: Big Poppi Bicycle Co
1126 Moro St.



Bicycle Wheel Systems

14CEN79

Bicycle wheel building is a beautiful combination of science and art reserved for the patient. This class will explain the amazing amalgamation of parts and techniques that it takes to procedure bicycle wheels from the three components that comprise it - a rim, hub, and spokes. You will leave this class with a new wheel hand built by YOU!

Cost: If you buy a hub, rim, and spokes from Big Poppi Bicycle Co. the class is \$10. If you opt to attend and bring outside materials, the normal cost of the class is \$125.

Topics covered: wheel lacing 2-cross, 3-cross, 4-cross, radial, spoke tensioning, dishing, radial truing, lateral truing.

Instructor: Big Poppi Bicycle Co, (785) 537-3737

Date: 10/26/2014 (Su)
Time: 5:00 PM to 7:00 PM
Fee: \$10.00 or \$125.00
Location: Big Poppi Bicycle Co
1126 Moro St.

Manhattan Community Gardens

2015 Garden sign-ups

Visit www.tryufm.org/community_garden.htm
in October for returning gardener and new gardener sign-up dates.

Two Community Garden locations:
9th and Riley Lane in Manhattan
and
1435 Collins Lane

The Community Garden
has total
280 gardening plots!

EARTH & NATURE

The Causes and Record of Global Climate Change

NEW!

14CEN120

Do you have trouble sorting out the various claims and counter-claims concerning global climate change? Are you just curious about what, how and why the Earth's climate changes? This class will provide an opportunity to learn about the various driving and feedback mechanisms that control global climate. We will look at the record of climate change through Earth history, which reveals times during which the climate was dramatically different from today. We will also see how it is possible for human activities to alter the climate today. There will be plenty of time for questions, so please bring yours.

Instructor: Keith B Miller, (785) 537-5066, keithbmill@gmail.com

Date: 09/13/2014 to 10/11/2014 (Sa)
(No class 9/27, 10/04)
Time: 9:30 AM to 11:00 AM
Fee: \$14.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Fly Fishing

14CEN04AZ

This course will cover the proper techniques for performing four basic fly casting techniques: roll casting, pick up and put down, false casting and shooting a line. We will also cover tying flies, and fly fishing equipment. The class will be broken into two sections. The first section will cover casting, fly rods, reels, lines, tippets, and leaders. The second section will cover fly tying equipment and techniques to tie dry flies, wet flies, and nymphs. All equipment needed will be provided by the instructor. There is a non-refundable material fee of \$40 for withdrawing from the class after the first day.

Instructor: Paul Sodamann

Date: 11/03/2014 to 11/13/2014 (MTWTh)
Time: 6:00 PM to 8:00 PM
Fee: \$95.00
Location: K-State Durland/Rathbone
Hall 1061

* Class meets in Ahearn Fieldhouse (11/4, 11/5)



Featured UFM Instructor

Bill Dorsett

Bill has worked with solar energy since 1975, developing passive and active thermal systems and solar electricity. He has taught classes and presented demonstrations on solar energy on behalf of UFM for almost 20 years. Bill has been involved in the Flint Hills Renewable Energy and Efficiency Cooperative (FHREEC) since its inception. FHREEC buys solar and efficiency hardware in bulk quantities. A group of local "Sun Raisers" organize installation events, modeled after a barn-raising with the tradition of neighbor helping neighbor. This lowers both the purchase and installation of solar systems for a home location. "With 18 systems installed in the last two months, Manhattan has more systems than much bigger cities in Kansas. We did very well. Our coop has twenty two systems installed with a total of over 200 modules." Bill organized and participated in each one of the FHREEC installations. His efforts have brought together a variety of local people to help each other achieve their desire to add solar-generated electricity to their energy resource list. In recognition of Bill's coordination and the energy created through FHREEC, a fund has been created at UFM to be used for future UFM-led solar initiatives. To participate, send your contribution to UFM, 1221 Thurston, Manhattan, KS 66502. Designate your gift to the Bill Dorsett Fund.



Solar Electricity and Rural Electric Cooperatives

NEW!

14CEN122

While all major cities had central electricity as early as 1920, rural electric cooperatives didn't complete wiring Kansas until 1948. The reason is that in urban areas, there are 60 to 70 customers per mile of line. The number of customers in the Kansas Electric Cooperatives averages only 2.3 per mile of line. In western Kansas, there averages three miles of line per family. A mile costs about \$12,000 so there are people out there who have never economically provided in central electricity. Now we have new more reliable choices that will benefit both these households and the rural electric cooperatives. New batteries, solar modules and inverters make this increasingly easy. We will discuss the new technologies that will be a win-win for everyone.

Instructor: Bill Dorsett

Date: 10/12/2014 (Su)
Time: 1:30 PM to 2:30 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor

date: 1980

The UFM Passive Solar Addition was built in 1980 as a demonstration for the effectiveness of solar energy.

Solar Electricity in the New Kansas Law

NEW!

14CEN123

Families under the new Kansas Net Metering law have much less reason to export electricity back to Westar. Under the new contracts, Westar will only pay 3.4 cents/kilowatt hour for any excess electricity you send to them at the end of each month. So the goal for us will be to store and use excess electricity by the end of the month. We will discuss electric vehicles, solar system sizing, and other techniques we need to work inside this new law to make solar energy work for us. We just have to work smarter.

Instructor: Bill Dorsett

Date: 10/12/2014 (Su)
Time: 2:30 PM to 3:30 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St., 2nd floor



FUN FOODS



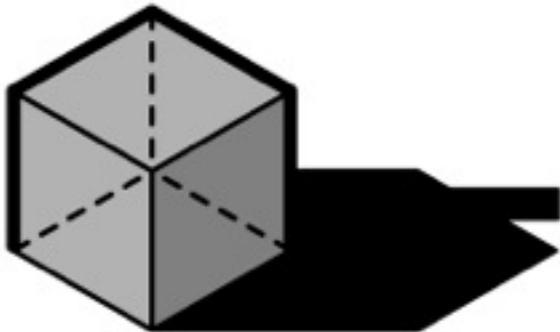
Easy Indian Cooking 14CFF121

Learn to make a traditional Indian meal, using ingredients that can be found locally. We will be learning how to prepare a three course Indian meal: Appetizer: Sago Balls (crispy balls made out of sago, rice flour and spices). Entree: Biryani (rice cooked in spices and vegetables). Dessert: Seviya kheer (vermicelli cooked in milk and nuts). Instructor: Likitha Vishnu, likithavishnu.1986@gmail.com

Date: 10/16/2014 (Th)
 Time: 6:00 PM to 8:00 PM
 Fee: \$24.00 - Individual
 \$44.00 - Couple
 Location: Box Lab Kitchen
 407 Poyntz Avenue

Downtown Manhattan, Kansas

boxlab
 design studio + showroom



PLAY • INHABIT • DESIGN • CONSTRUCT

Flavors of Korea: Bibimbap & Bulgogi 14CFF122

Learn the secrets of cooking Korean cuisines! With wellness becoming increasingly important, this class aims to teach authentic, healthy Korean cuisines which everyone will enjoy. The 2.5 hour class consists of a demonstration of two dishes Bibimbap (rice mixed with vegetables) and Bulgogi (Korean beef bbq). You will be shown how to enhance the flavors of new ingredients while learning fundamental culinary techniques and get familiar with chopsticks! Instructor: Juwon Choi

Date: 09/11/2014 (Th)
 * Registration deadline Sept 4
 Time: 6:00 PM to 8:30 PM
 Fee: \$25.00
 Location: Box Lab Kitchen
 407 Poyntz Avenue

Flavors of Korea: Japchae & Jeyuk Bokkeum 14CFF123

Learn the secrets of cooking Korean cuisines! With wellness becoming increasingly important, this class aims to teach authentic, healthy Korean cuisines which everyone will enjoy. The 2.5 hour class consists of a demonstration of two dishes Japchae (stir-fried noodles with vegetables) and Jeyuk Bokkeum (spicy marinated pork). You will be shown how to enhance the flavors of new ingredients while learning fundamental culinary techniques and get familiar with chopsticks! Instructor: Juwon Choi

Date: 11/06/2014 (Th)
 * Registration deadline Oct 30
 Time: 6:00 PM to 8:30 PM
 Fee: \$25.00
 Location: Box Lab Kitchen
 407 Poyntz Avenue

Creating Kimchi NEW! 14CFF126

Learn how simple it is to make kimchi—fermented, probiotic and vitamin rich Korean sauerkraut. The basic ingredient is cabbage which naturally contains the culturing organisms. It can be spicy or mild and enhanced with other vegetables or seaweed to yield a delicious and colorful delight. People's Grocery and UFM have collaborated to bring you this class. Instructor: Sylvia Beeman

Date: 09/06/2014 (Sa)
 Time: 2:00 PM to 3:30 PM
 Fee: No Charge
 Location: People's Grocery - 523 S. 17th St.



NEW!

Yo-Ho-Ho, and a Bottle of Rum 14CFF125

It's holiday time and rum drinks make great additions to group and family celebrations. This class looks at the history of rum, how it's made, and how some favorite rum tumbler drinks are made. Participants will be able to taste a rum that they can drink straight and make their own tumbler drink. Instructors: Rusty Andrews and Jenne Andrews

Date: 10/09/2014 (Th)
 * Registration deadline Oct 2
 Time: 6:30 PM to 8:00 PM
 Fee: \$24.00
 Location: Box Lab Kitchen
 407 Poyntz Avenue

Rusty and Jenne Andrews have been leading classes on cocktails and their ingredients for UFM since 2013. Their approach is to learn to appreciate the effort involved in creating high-quality spirits and how to enjoy them in moderation.



ONLINE LEARNING

Blended Learning: First Aid/CPR/AED

14CHW70A

Reduce classroom time for CPR, First Aid, and AED Training in half by using Blended Learning. Blended Learning combines a program which blends an ONLINE session with a hands-on skills practice and assessment session. Blended Learning is recommended for individuals recertifying. Certification is good for TWO YEARS. You will be contacted via email with login information and directions. Please be sure to check your email frequently and that it's in working order. Certification requirements are as follows:

Part I

Complete online session by correctly answering at least 80% of the questions of the final exam, then bring printed final exam score to hands-on skills practice and assessment session.

Part II

Attend in person and demonstrate competency in the hands-on skills practice and assessment session.

Source: American Red Cross

**No textbook required and the date listed is for hands-on skills practice session. There is a \$35 non-refundable deposit.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/30/2014 (Sa)

* DIRECTIONS WILL BE EMAILED TO STUDENT

Time: 10:00 AM to 11:00 AM

Fee: \$64.00

Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED

14CHW70B

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/30/2014 (Sa)

* DIRECTIONS WILL BE EMAILED TO STUDENT

Time: 11:00 AM to 12 N

Fee: \$64.00

Location: UFM Conference Room
1221 Thurston St., 2nd floor

Abby is a School Counselor in Haysville, KS. Abby graduated from Kansas State University in 2005. She is certified to teach CPR/First Aid, Water Safety Instructor, and Lifeguard Training. Abby trains about 70 lifeguards per year. Abby loves the opportunity to certify and train others!



Blended Learning: First Aid/CPR/AED

14CHW70C

Instructor: Kelly Reed-Harkness

Date: 10/18/2014 (Sa)

* DIRECTIONS WILL BE EMAILED TO STUDENT

Time: 9:30 AM to 11:00 AM

Fee: \$64.00

Location: UFM Conference Room
1221 Thurston St., 2nd floor

Blended Learning: First Aid/CPR/AED

14CHW70D

Instructor: Kelly Reed-Harkness

Date: 11/15/2014 (Sa)

* DIRECTIONS WILL BE EMAILED TO STUDENT

Time: 9:30 AM to 11:00 AM

Fee: \$64.00

Location: UFM Conference Room
1221 Thurston St., 2nd floor

The first UFM catalog was published in January 1968. It listed 7 classes. Today the average catalog has over 250 classes.



A One on One

Introduction to Voiceovers **14CCF129**

Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, "I could do that"? If so, then you could have what it takes to begin working as a professional Voiceover Artist. This fun and empowering 90 minute introductory workshop covers the different types of voiceovers and what tools are needed in order to find success in the voiceover industry. Your instructor will coach you in this one-on-one video chat setting as you read from real scripts, taking notes on your performance so you can receive a professional voice evaluation later. After class you will have the knowledge necessary to help you decide if this is something you'd like to pursue. Check out the video at <http://www.voicesforall.com/ooo> to get a better sense of how this class works. Taught by a professional voice actor from the Voice Acting Training Company, Voices For All, students schedule their one-time 90 minute one-on-one online session sometime between 08/25/14 and 12/12/14. Enroll before September 26th for \$24 or after for \$30. Once registered, or for any questions concerning the course, please contact Voices For All at support@voicesforall.com, or call 518-261-1664.

Date: 08/25/2014 to 12/12/2014

Time: See class description

Fee: \$24.00 (Before September 26)

\$30.00 (After September 26)

Location: Online



HEALTH & WELLNESS

Evening Yoga

14CHW88A

Close your day with gentle yoga movements and breathing practices to help you relax, rejuvenate and restore your energy! No experience necessary. Yoga is for everybody.

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 08/27/2014 to 10/01/2014 (W)
 Time: 5:30 PM to 6:30 PM
 Fee: \$29.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

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

Evening Yoga

14CHW88B

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 10/08/2014 to 11/05/2014 (W)
 Time: 5:30 PM to 7:00 PM
 Fee: \$29.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Evening Yoga

14CHW88C

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 11/12/2014 to 12/17/2014 (W)
 (No class 11/26)
 Time: 5:30 PM to 7:00 PM
 Fee: \$29.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Chair Yoga

14CHW156

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, & range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction. (All levels welcome)

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 09/02/2014 to 09/30/2014 (T)
 Time: 1:30 PM to 2:30 PM
 Fee: \$29.00
 Location: UFM Solar Addition
 1221 Thurston St.



Restorative Yoga

14CHW140A

Restorative yoga is a slower paced class allowing for deeper stretching and conscious mind-body relaxation. Supported with props, such as pillows, straps, or blocks, restorative poses offer benefits to both the body and mind. This class is designed for anyone, but can be therapeutic for many conditions ranging from asthma to depression to chronic fatigue/pain. (All levels welcome)

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 08/24/2014 to 09/28/2014 (Su)
 (No class 8/31)
 Time: 6:30 PM to 7:30 PM
 Fee: \$29.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Restorative Yoga

14CHW140B

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 10/05/2014 to 11/02/2014 (Su)
 Time: 6:30 PM to 7:30 PM
 Fee: \$29.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Restorative Yoga

14CHW140C

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 11/09/2014 to 12/14/2014 (Su)
 (No class 11/30)
 Time: 6:30 PM to 7:30 PM
 Fee: \$29.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Morning Yoga

14CHW89A

Greet the new day with breath and body-opening, stretching and energizing through yoga. No experience necessary. Yoga is for everybody.

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 08/23/2014 to 09/27/2014 (Sa)
 (No class 8/30)
 Time: 9:30 AM to 11:00 AM
 Fee: \$29.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Morning Yoga

14CHW89B

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 10/04/2014 to 11/01/2014 (Sa)
 Time: 9:30 AM to 11:00 AM
 Fee: \$29.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Morning Yoga

14CHW89C

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 11/08/2014 to 12/13/2014 (Sa)
 (No class 11/29)
 Time: 9:30 AM to 11:00 AM
 Fee: \$29.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

I'd like to try yoga, but I don't know how to do it workshop

NEW!

14CHW174

Many people would like to experience yoga, but think they need to know how in order to come to a class. This workshop will teach you basic terms, breathing and fundamental poses in Yoga. You will learn a simple yoga practice you can do at home and you can take other classes knowing that you can do yoga!

Instructor: Debbie Newton, dnewton@flinthills.com

Date: 08/31/2014 (Su)
 Time: 4:30 PM to 6:00 PM
 Fee: No Charge
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

We would like to acknowledge The Manhattan Mercury for their continued support and for printing the UFM Catalog.

HEALTH & WELLNESS

Gentle Yoga for All **14CHW99C**

(Was Yoga Over Forty) This class will help to heal your body, heart and mind. All you have to do is arrive at each class with an empty stomach, a willingness to relax and listen to your body's messages. Yoga can help you in all areas of your life - heart health, weight and stress reduction, emotional health and mental focus. Yoga means integration of the whole person. Hormone balance is also gained from regular practice.

Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 09/30/2014 to 11/18/2014 (T)
Time: 5:30 PM to 6:45 PM
Fee: \$89.00
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

Gentle Yoga for All **14CHW99D**

Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 10/02/2014 to 11/20/2014 (Th)
Time: 5:30 PM to 6:45 PM
Fee: \$89.00
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

Relax and Focus **NEW!** **14CHW175**

Learn how to relax and let go of stressful feelings. We'll be practicing time-tested yoga techniques, using the breath, body and conscious awareness to manage the fast pace of our lives by slowing down and enjoying the present moment. These skills, once learned can make for a happier life.

Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 08/29/2014 to 10/17/2014 (F)
Time: 11:00 AM to 12 N
Fee: \$89.00
Location: Heart Space Yoga
321 Poyntz Ave, Ste A



Move and Energize **NEW!** **14CHW176**

Our bodies were made to move. This dynamic yoga class teaches the art of moving your body effortlessly in ways that create a flow of energy without tiring you. Expect to feel refreshed and energized when you leave this class.

Instructor: Ana Franklin, (785) 537-8224, yogaconnection@gmail.com

Date: 08/29/2014 to 10/17/2014 (F)
Time: 12 N to 12:45 PM
Fee: \$89.00
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

Ana Franklin is a certified Yoga teacher who began her own practice forty years ago. Her teaching is detail oriented with personal attention given to individual students. "I am devoted to communicating the ancient wisdom of yoga in a way that everyone will understand and benefit from this healing tradition".



Heart Space
Yoga

Ana Franklin

321 Poyntz Avenue
Suite A
Manhattan, KS 66505

785-341-9908

www.yogaconnection.byregion.net



Yoga 1 **14CHW15AZ**

This course will cover the basic fundamentals of yoga. Sibilant breathing and breath ratios, coordination of movement and breath, proper sequencing of exercises, ten or more basic exercises and introduction to yoga philosophy. Available for KSU credit. yogaconnection@gmail.com
Instructor: Ana Franklin, (785) 537-8224

Date: 08/25/2014 to 10/15/2014 (M/W)
Time: 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 **14CHW15BZ**

Instructor: Ana Franklin, (785) 537-8224

Date: 08/25/2014 to 10/15/2014 (M/W)
Time: 5:30 PM to 6:30 PM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 **14CHW15CZ**

Instructor: Ana Franklin, (785) 537-8224

Date: 08/26/2014 to 10/14/2014 (T/Th)
Time: 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 **14CHW15FZ**

Instructor: Ana Franklin, (785) 537-8224

Date: 10/16/2014 to 12/11/2014 (Th/T)
Time: 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 **14CHW15DZ**

Instructor: Ana Franklin, (785) 537-8224

Date: 10/20/2014 to 12/10/2014 (M/W)
Time: 10:30 AM to 11:30 AM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Yoga 1 **14CHW15EZ**

Instructor: Ana Franklin, (785) 537-8224

Date: 10/20/2014 to 12/10/2014 (M/W)
Time: 5:30 PM to 6:30 PM
Fee: \$99.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

HEALTH & WELLNESS

Jin Shin Jyutsu Self Help 14CHW203A

Jin Shin Jyutsu an ancient harmonizing art that utilizes the power of the universe (big stuff!) through one's hands. One can practice self help and/or have sessions with a trained practitioner. Self help practice is simple: easy to learn and use. There are no contraindications, so everyone can benefit from the application. Class will focus on learning the art of self help. This includes first aid techniques, ways to bolster the immune system, practices to rejuvenate, detoxify, and lower stress. Jin Shin Jyutsu creates an awareness of the messages from one's body, and a fresh approach to addressing them. Class is experiential; handouts will be provided.

Instructor: Kate Cashman

Date: 08/23/2014 (Sat)
 Time: 1:00 PM to 4:00 PM
 Fee: \$22.00
 Location: 1421 Colorado Street

Kate Cashman is a certified Jin Shin Jyutsu practitioner and self help instructor. She started studying the art in 1998 when she took a class through UFM. Kate has been providing bodywork to the Manhattan community for over 20 years, and loves sharing knowledge about Jin Shin Jyutsu. Please call Kate (785-537-1911) if you are allergic to cats!

Jin Shin Jyutsu Self Help 14CHW203B

Instructor: Kate Cashman

Date: 09/13/2014 (Sat)
 Time: 9:00 AM to 12 N
 Fee: \$22.00
 Location: 1421 Colorado Street

Jin Shin Jyutsu Self Help 14CHW203C

Instructor: Kate Cashman

Date: 10/04/2014 (Sat)
 Time: 1:00 PM to 4:00 PM
 Fee: \$22.00
 Location: 1421 Colorado Street

INTERESTED IN TEACHING
 A CLASS FOR UFM?
 SPRING 2015 SUBMISSION DEADLINE IS
 OCTOBER 17, 2014.
 FOR MORE INFORMATION EMAIL
 KAYLA@TRYUFM.ORG



Women's Self Defense 14CHW118AZ

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

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

Date: 09/06/2014 to 09/20/2014 (Sa/Su)
 Time: 1:00 PM to 4:00 PM
 Fee: \$70.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Kyoshi Pam Johansen, master level instructor, has taught more than 30 years. She has competed and placed nationally. She was inducted into the Black Belt Hall of Fame in 2004. She has held her own Martial Arts Tournaments since 1983.

Women's Self Defense 14CHW118BZ

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

Date: 10/11/2014 to 10/26/2014 (Sa/Su)
 (No class 10/25)
 Time: 1:00 PM to 4:00 PM
 Fee: \$70.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Women's Self Defense 14CHW118CZ

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

Date: 11/02/2014 to 11/16/2014 (Su/Sa)
 Time: 1:00 PM to 4:00 PM
 Fee: \$70.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Fall Cleanse 14CHW139

When the seasons are changing our bodies are under stress because of changing temperatures and longer or shorter days/nights. October, November or even December are perfect months to plan your "Cleanse". In this class you'll learn to use certain foods that will help and not tax the body, to make meals you can eat while on the cleanse, as well as talking about what herbal products are helpful and how to use these, and other methods to help rid yourself of toxins. You'll be guided through a typical day of cleansing. We'll talk about the liver/gallbladder cleanse, the intestinal cleanse and the use of "mental floss" to cleanse even your mind! We'll talk about certain movement and yoga techniques to assist in the cleansing process as well. You'll receive a handout to remind you of what we talk about in class. It's a good idea to come to class with an empty stomach so that you can enjoy the juices and salads we'll be making. People's Grocery and UFM have collaborated to bring you this class.

Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 10/18/2014 (Sa)
 Time: 11:15 AM to 1:15 PM
 Fee: No Charge
 Location: Heart Space Yoga
 321 Poyntz Ave, Ste A

Ana is a certified Natural Health Consultant.



**OPEN SEVEN DAYS A WEEK:
 9AM-8PM**

**People's Grocery Co-op has a wide variety
 of healthy and nutritious food
 and home products.**



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 Produce
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1620 Ft. Riley Blvd Suite 101
 Manhattan, KS 66502
 785.539.4811
<http://www.peoplesgrocery.biz>

Movement-Based Empowerment Workshop 14CHW153

Move with confidence! Focus on needed tasks! Feel better and enjoy life by moving in simple ways! "Movement is the door to learning", motto of Brain Gym International, is the key insight and outcome in learning the concepts and movement techniques for adults and children taught in this class. You can speed up, cool down, figure things out, and have more fun when brain and body are in sync after doing simple, integrated movements. An introduction to the following techniques will be demonstrated and practiced by willing participants: (1) Sensory Integration Activities (www.sensory-processing-disorder.com); (2) Brain Gym Movements (www.braingym.org); (3) Bal-A-Vis-X Rhythmic Ball Skills (www.bal-a-vis-x.com); (4) Rhythmic Movement Training Skills (www.rhythmicmovement.com). Empower yourself through simple movements. Have a successful break de-stressing! All ages from very young children to elder adults benefit physically and mentally from these techniques. Children 5 and over may attend this workshop with an adult, one child per adult. They will definitely have fun! Children under 5 are too young for workshop attendance but would benefit from class techniques done at home. Adults enjoy these techniques, too, which have been taught in Manhattan for 9 years. Parents, teachers, whole classrooms, single adults and children, elders, university faculty and students, disabled children and adults, conference/workshop/meeting attendees, and those needing urgent stress-relief have successfully learned and benefitted from using various techniques taught in this class. Wear comfortable clothes for movement exercise. For further information, contact Pat Embers at 785-539-2819 or embers1@cox.net. Enrollment deadline is 10/13/14. This event is co-sponsored by the Flint Hills Resilience Coalition. Instructor: Pat Embers

Heartland Movement-Based Network Instructors:
Pat Embers, Licensed Occupational Therapist, OTR/L, Brain Gym Core Course Graduate.

Earl Robinson, Licensed Clinical Social Worker, Brain Gym Core Course Graduate.

Diane Barker, Master of Arts in English, Brain Gym Core Course Graduate

Date: 10/18/2014 (Sa)
* Registration Deadline Oct 13
Time: 1:30 PM to 5:00 PM
Fee: \$20.00 Class fee - Individual
\$25.00 Class fee - Parent & child
Location: UU Fellowship Bldg
481 Zeandale Rd
Manhattan, KS

Water Kefir 14CHW179**NEW!**

Come and practice the basics of artful water kefir. We'll drink to your health! People's Grocery and UFM have collaborated to bring you this class.
Instructor: Jennifer Guilford

Date: 09/20/2014 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: UFM Solar Addition
1221 Thurston St.

Jenny Guilford is the Wellness Manager at Peoples Grocery Cooperative in Manhattan, formerly the manager of the K-State Willow Lake Farm, with a Bachelor's of Science in Horticulture with an emphasis on organic and sustainable agriculture.

Past, Present & Future Uses of Essential Oils 14CHW160

First session - Introduction to the company and to the therapeutic Essential oils: These concentrated, natural aromatic liquids are extracted from shrubs, flowers, trees, roots, bushes, and seeds. Pure, unadulterated Essential oils have many potential benefits and are used daily to enhance the lives of millions. You will receive a CD, The Missing Link.
Instructor: Enell Foerster, (785) 537-0977, foerbande@gmail.com

Date: 09/06/2014 (Sa)
Time: 10:00 AM to 12 N
Fee: \$22.00
Location: UFM Multipurpose Room
1221 Thurston St.

Enell Foerster, Young Living distributor, Body Recall Exercise instructor, past UFM and Red Cross Swimming, First Aid and CPR instructor.

Nine Everyday Young Living Essential Oils 14CHW161

Second Session - Building a Natural Medicine Cabinet for First Aid: How to use the different oils in small emergencies like a headache or a bee sting. This session will include a CD presentation, discussion, hand out materials and Essential Oil samples.
*Prerequisite - Session 1 - 14CHW160

Instructor: Enell Foerster, (785) 537-0977, foerbande@gmail.com

Date: 09/13/2014 (Sa)
Time: 10:00 AM to 12 N
Fee: \$14.00
Location: UFM Solar Addition
1221 Thurston St.

Essential Oils for a Healthy Home and Environment 14CHW162

Thirds session - Using the Essential Oils for mold and helping keep our bodies healthy and our home clean. This session will include a CD presentation, discussion, hand out materials and Essential Oil samples. *Prerequisite - Session 1 - 14CHW160
Instructor: Enell Foerster, (785) 537-0977, foerbande@gmail.com

Date: 10/11/2014 (Sa)
Time: 10:00 AM to 12 N
Fee: \$14.00
\$12.00 - completed sessions 1 & 2
Location: UFM Multipurpose Room
1221 Thurston St.

Raindrop Technique and Essential Oils Demonstration 14CHW171**NEW!**

"Raindrop Technique is one of the safest, most noninvasive regimens for spinal health. It is also an invaluable method to promote healing from within using topically applied essential oils" (quote from the Essential Oils Desk Reference Book). Use of 9 difference Essential Oils. Name will be drawn from the group on their approval for the demonstration.

Instructor: Patrica Casinelli & Enell Foerster, (785) 537-0977, foerbande@gmail.com

Date: 10/18/2014 (Sa)
Time: 10:00 AM to 12 N
Fee: \$32.00
Location: 513 Leavenworth
Body, Mind, and Spirit
(across from the Manhattan Post Office)

Joint Pain Self Help 14CHW178**NEW!**

There are many causes for joint pain and there are some time-tested things which, if done on a daily basis can help relieve it. In this class you'll learn about some safe, natural ways to prevent some causes of joint pain. Please wear comfortable clothing that you can move in, as we will be doing some movements and stretches. People's Grocery and UFM have collaborated to bring you this class.
Instructor: Ana Franklin

Date: 11/08/2014 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: Heart Space Yoga
321 Poyntz Ave, Ste A

HEALTH & WELLNESS

Your Divine Self: Creating Self-Esteem from the Soul Level - Mini Workshop 14CHW172A

NEW!

Do you struggle with self-esteem issues? Do you feel that you're never quite "good enough"? Come join us for a mini-workshop that teaches you to see yourself in a totally different light. Learn to love yourself from your core by recognizing the Divine in yourself. Creative writing processes will bring your new identity home.

Instructor: Linda Rae, lindarae@lindarae.org,
(785) 340-2557

Date: 09/20/2014 (Sa)
Time: 2:00 PM to 4:00 PM
Fee: \$72.00
Location: UFM Solar Addition
1221 Thurston St.

Linda Rae is an artist, registered art therapist, and author. Her abstract paintings express the profound joy she experiences in her life. Linda has a private practice in art therapy in Manhattan and she also offers Skype sessions worldwide. She is currently writing a book titled "Your Divine Self: Seven Steps to Creating Self-esteem from the Soul Level". You can find information about her work at www.lindarae.org.

Your Divine Self: Creating Self-Esteem from the Soul Level - Mini Workshop 14CHW172B

NEW!

Instructor: Linda Rae, lindarae@lindarae.org,
(785) 340-2557

Date: 10/18/2014 (Sa)
Time: 2:00 PM to 4:00 PM
Fee: \$72.00
Location: UFM Solar Addition
1221 Thurston St.



Your Divine Self: Creating Self-Esteem from the Soul Level - Full Workshop 14CHW173

NEW!

Do you struggle with self-esteem issues? Do you feel that you're never quite "good enough"? Come join us for a full length workshop that teaches you to see yourself, your life, and your relationships in a totally different light. Learn to love yourself from your core. Recognize the Divine in yourself and everything around you. Creative processes of writing, painting and drawing will bring your new identity home. No previous art experience is necessary as the focus is on personal expression and awareness rather than on learning art technique. All materials are included.

Instructor: Linda Rae, lindarae@lindarae.org,
(785) 340-2557

Date: 11/15/2014 (Sa)
Time: 10:00 AM to 4:00 PM
Fee: \$162.00
Location: UFM Solar Addition
1221 Thurston St.

Series of Three 14CHW146

Register for this class and participate in all three classes. See class descriptions listed with individual classes: Guided Meditation: Peeling the Layers; Guided Meditation: Shifting Into Compassion; Empowering Questions for Success (savings of \$10.00).

Instructor: Palma Holden (785) 341-9072,
palma@brightlifeconsulting.com

Date: 09/09/2014 to 10/07/2014 (T)
Time: 6:00 PM to 7:30 PM
Fee: \$98.00 - Series Individual
Location: UFM Solar Addition
1221 Thurston St.

Guided Meditation: Peeling the Layers 14CHW145

Are you curious to know what's under the negative gunk we pile on ourselves? Would you like to let go of unproductive thoughts, feelings or stories? Then you're ready for Palma's "bright light" work! You'll be guided to peel the layers that have been getting in the way of greater happiness and success and connect to a place of strength, peace and light.

Instructor: Palma Holden (785) 341-9072,
palma@brightlifeconsulting.com

Date: 09/09/2014 (T)
Time: 6:00 PM to 7:30 PM
Fee: \$36.00
Location: UFM Solar Addition
1221 Thurston St.

Guided Meditation: Shifting Into Compassion 14CHW143

Are you feeling the need to bring more compassion to the planet and those you love? Would you like to learn ways to do this? Together, we'll focus on heart-centered meditations to promote peace within and globally.

Instructor: Palma Holden (785) 341-9072,
palma@brightlifeconsulting.com

Date: 09/23/2014 (T)
Time: 6:00 PM to 7:30 PM
Fee: \$36.00
Location: UFM Solar Addition
1221 Thurston St.

Palma Holden, M.S., helps people de-stress, relax, and feel better and brighter about life through her practical, spiritually uplifting workshops and private consulting.

Empowering Questions for Success 14CHW177

NEW!

Do you ever wonder why it seems so hard to move forward? Sometimes, how we speak is counterproductive to what we actually want for ourselves and others. Often, that's due to the old tapes we are playing that we learned from others. If you'd like to begin shifting negative self talk and create positive, empowering questions for yourself and your life, this workshop is for you.

Instructor: Palma Holden, (785) 341-9072,
palma@brightlifeconsulting.com

Date: 10/07/2014 (T)
Time: 6:00 PM to 7:30 PM
Fee: \$36.00
Location: UFM Solar Addition
1221 Thurston St.





**Blended Learning:
First Aid/CPR/AED** **14CHW70B**
Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/30/2014 (Sa)
* DIRECTIONS WILL BE EMAILED TO STUDENT
Time: 11:00 AM to 12 N
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Blended Learning:
First Aid/CPR/AED** **14CHW70C**
Instructor: Kelly Reed-Harkness

Date: 10/18/2014 (Sa)
* DIRECTIONS WILL BE EMAILED TO STUDENT
Time: 9:30 AM to 11:00 AM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Responding to Emergencies 14CHW19Z

This class will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life, minimize pain, and reduce consequences of injury or sudden illness until medical help arrives, thereby acting as the first link in the Emergency Medical Services system (EMS). The course also emphasizes prevention of injuries and illness with a focus on personal safety and health. AED Essentials will teach individuals the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Mask not included in the class fee; it can be purchased for \$14.00 at UFM, 1221 Thurston St. before class. Available for KSU credit.
Instructor: Henry Brown

Date: 10/05/2014 to 10/19/2014 (Su/Sa)
Time: 12 N to 6:30 PM
Fee: \$154.00
Location: UFM Banquet Room
1221 Thurston St.

**Blended Learning:
First Aid/CPR/AED** **14CHW70A**

Reduce classroom time for CPR, First Aid, and AED Training in half by using Blended Learning. Blended Learning combines a program which blends an ONLINE session with a hands-on skills practice and assessment session. Blended Learning is recommended for individuals recertifying. Certification is good for TWO YEARS. You will be contacted via email with login information and directions. Please be sure to check your email frequently and that it's in working order. Certification requirements are as follows:

Part I

Complete online session by correctly answering at least 80% of the questions of the final exam, then bring printed final exam score to hands-on skills practice and assessment session.

Part II

Attend in person and demonstrate competency in the hands-on skills practice and assessment session.

Source: American Red Cross

**No textbook required and the date listed is for hands-on skills practice session. There is a \$35 non-refundable deposit.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 08/30/2014 (Sa)
* DIRECTIONS WILL BE EMAILED TO STUDENT
Time: 10:00 AM to 11:00 AM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Blended Learning:
First Aid/CPR/AED** **14CHW70D**
Instructor: Kelly Reed-Harkness

Date: 11/15/2014 (Sa)
* DIRECTIONS WILL BE EMAILED TO STUDENT
Time: 9:30 AM to 11:00 AM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

**Community CPR,
First Aid & AED** **14CHW25**

This course includes training in Adult, Child, Infant CPR, First Aid and AED. Participants will learn to recognize and care for breathing and cardiac emergencies in adults, infants, and children; control bleeding; and many other useful skills. Class materials included in fee. There will be a \$20 non-refundable deposit for this class.
Instructor: Kelly Reed-Harkness

Date: 10/18/2014 (Sa)
Time: 11:00 AM to 7:00 PM
Fee: \$64.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Teach a class at UFM!

***Share** a hobby or skill

***Meet** new people

***Enhance** your business



LANGUAGE

Swahili Language and Cultures of Africa

14CLA53

This course introduces participants to the Swahili language and cultures of Africa. The Swahili language is spoken by over 150 million people. It is the most widely spoken African language. This course is ideal for people with different interests ranging from volunteering, touring, Peace Corps, community service, study abroad, and many more interests.

Instructor: Joab Esamwata

Date: 09/13/2014 to 10/11/2014 (Sa)
Time: 11:30 AM to 1:00 PM
Fee: \$50.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Joab is originally from Kenya and is currently seeking his doctorate of sociology from KSU. He has taught the Swahili language to students for nearly 25 years in multiple countries throughout the world. Joab looks forward to sharing his culture and his language with you.

We want YOU!
Contact UFM about teaching a class.
Call 785.539.8763
or email info@tryufm.org.

Introduction to Spanish

14CLA33

In this course, students will receive a basic introduction to the exciting world of the Spanish Language. While this opportunity may seem like one big fiesta, the class will cover topics useful in real life situations such as basic vocabulary, numbers, grammar and sentence structure. Students are encouraged to bring a notebook and writing utensil to class. Ages 13 and up are welcome

Date: TBA
Time: TBA
Fee: TBA
Location: TBA

Beginning Conversational Sign Language

14CLA23

This class will build a basic knowledge of American Sign Language including vocabulary used in everyday conversation. It will also cover a little about the culture of the deaf community. Participants should leave the class with a better understanding of American Sign Language.

Date: TBA
Time: TBA
Fee: TBA
Location: TBA



Lou Douglas Lecture Series on Public Issues

“Monetizing the Student “

Marc Bousquet

Associate Professor of English at
Emory University



Tuesday, November 11, 2014

7:00 p.m.

Forum Hall,

K-State Student Union

The Lou Douglas Lectures are free and open to all.
After 5pm parking is free on K-State campus

AGGIEVILLE'S TURNING 125 THIS YEAR,
AND WE WANT YOU TO CELEBRATE WITH
US. GATHER YOUR FAMILY AND FRIENDS
FOR A BIRTHDAY STREET FAIR AND DANCE.

———— SATURDAY ————
SEPTEMBER 20, 2014

FEATURING A STATE FAIR FOOD COOKOFF,
ANTIQUE CAR SHOW, CARNIVAL, MAKER
FAIRE, GIANT DONUT BIRTHDAY CAKE AND
DANCE, ALL ON MORO STREET IN AGGIEVILLE

LET'S CELEBRATE 125 YEARS OF SHOPPING,
FOOD, AND FUN IN THE BEST COUPLE OF
BLOCKS IN KANSAS!



MARTIAL ARTS

Tae Kwon Do I

14CMA01Z

Tae Kwon Do is an effective way to unify the mind and body. It helps develop one's health by increasing cardiovascular abilities, strength, balance and flexibility. The basics of blocking, punching, kicking, self-defense and white belt form will be covered. Class will consist of practicing these skills as a group, working with other classmates and with the instructor. At the end of the semester, students will have the option to be tested for their orange belt. Ages 9+. Available for KSU credit.

Instructor: David Moore

Date: 08/26/2014 to 12/11/2014 (T/Th)
(No class 11/25, 11/27)
Time: 5:00 PM to 6:00 PM
Fee: \$72.00
Location: Sun Yi's Academy
1650 Hayes Dr.

Judo I

14CRF08Z

Judo I is an introduction to the Olympic sport of Judo. Students will learn mat etiquette, break falls, basic mat and throwing techniques. Judo I is intended not for gaining proficiency, but to gain understanding of how principles of dynamics (force, acceleration, momentum, work, rotation, moment of inertia, etc.) are used to gain physical advantage (subduing the opponent). Techniques are selected for safety of participants and for demonstrating fundamental principles. Available for KSU credit.

Instructor: Jim Kiker

Date: 08/25/2014 to 12/11/2014 (M/Th)
(No class 9/1, 11/24)
Time: 8:00 PM to 9:00 PM
Fee: \$75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Judo II

14CMA09Z

In Judo II, participants continue to gain understanding of how principles of dynamics are used to gain physical advantage. New and advanced skills are taught along with safety techniques. In preparation for competitive effectiveness, techniques will be tailored to fit the individual's physique. Available for KSU credit.

Instructor: Jim Kiker

Date: 08/25/2014 to 12/11/2014 (M/Th)
(No class 9/1, 11/24)
Time: 8:00 PM to 9:30 PM
Fee: \$75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Karate & Self-Defense

14CMA10

Classes are structured to provide mental and physical coordination. Training is divided into 3 major areas: basic motion ("Kihon") with study of the fundamental technique, forms and pattern of movements and techniques that demonstrate physical/combative principles and sparring ("Kumite"). No matter your current situation, you will be guided step-by-step and shown exactly how to achieve Karate success. Class is for both adults and youth (ages 4+).

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

Date: 09/06/2014 to 11/15/2014 (Sa)
(No class 9/27, 10/4, 10/25, 11/01)
Time: 11:30 AM to 12:30 PM
Fee: \$74.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Kyoshi Pam Johansen, master level instructor, has taught more than 30 years. She has competed and placed nationally. She was inducted into the Black Belt Hall of Fame in 2004. She has held her own Martial Arts Tournaments since 1983.



The White Phoenix System

14CMA18

The White Phoenix System is comprised mostly of Japanese Jujutsu and Chinese Kung Fu. In this class we will work on Kung Fu Basics, (stances, blocks, punches, kicks, and strikes) and the 20 Jujutsu self-defense techniques. This makes up the 6th lower level of the White Phoenix System. The student will be able to test over this level; if they want to. If we have time, we will start on the 5th lower level.

Instructor: Stan Wilson, (785) 313-5488,
stan3804@att.net

Date: 09/03/2014 to 11/19/2014 (W)
Time: 7:00 PM to 8:00 PM
Fee: \$66.00
Location: K-State Ahearn Fieldhouse

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

www.rileychs.com

Celebrating 100 Years!

Free Admission at all sites

Riley County Historical Museum
2309 Claflin Road
Tues. – Fri. 8:30 – 5:00
Sat. & Sun. 2:00 – 5:00
Research Library by appointment
785.565.6490

Goodnow House Museum
State Historic Site
2301 Claflin Road
Ask for a tour at the Riley Co.
Historical Museum

Wolf House Museum
630 Fremont Street
Sat. & Sun. 2:00 – 5:00
Also by appointment

Pioneer Log Cabin
Manhattan City Park
Open Sundays
April – October
2:00 – 5:00

PERSONAL INTEREST

Craft Coffee

NEW!

14CPI88

A basic look at craft coffee brewing methods. We will cover the basics of coffee extraction by examining V60 and Chemex Pourovers, Aeropress and Cold Brew methods. This class will teach you simple ways to make delicious, high quality coffee at home. Participants will receive their own cold brew kit!
Instructor: Arrow Coffee

Date: 09/15/2014 (M)
Time: 7:00 PM to 8:30 PM
Fee: \$10.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

Coffee: Sustainability & Culture

NEW!

14CPI89

Learn why what we consume matters. We will cover the global impact of the coffee industry, why direct trade relationships work best, and the benefits of using low energy and low waste brewing methods. Participants will get their own cold brew kit!
Instructor: Arrow Coffee

Date: 10/13/2014 (M)
Time: 7:00 PM to 8:30 PM
Fee: \$10.00
Location: Arrow Coffee Company
1800 Claflin Road, #160

**COFFEE SHOP - CAFE - BREAKFAST
& BRUNCH RESTAURANT**



**1800 CLAFLIN RD. STE. 160,
MANHATTAN, KS.**

**Find the Fake Class in the
UFM Catalog and get \$1 off your
registration!**

The Design, Construction, and Use of Wood Fired Masonry Ovens

14CPI111

This class will focus on the design aspects needed to construct an effective masonry oven, some details associated with building an oven, and an overview of how to use a wood fired oven. Topics include: How to design for heat retention and thermal expansion; What materials to use during construction; Cost, skills and tools required to construct an oven; How to properly fire (heat) and prepare the oven; and finally how to bake and cook in a retained heat, masonry oven. Also, a secondary aspect of brick oven cooking will be discussed: community involvement. The class will get hands-on experience preparing the oven and baking pizza as we will conclude the class with a brick oven pizza party. In case of inclement weather the class will be held at the UFM house, 1221 Thurston.
Instructor: Matt Campbell

Date: 09/13/2014 (Sa)
Time: 2:00 PM to 5:00 PM
Fee: \$10.00
Location: 1624 Osage
Manhattan, KS 66502

Matt Campbell earned his Bachelors and Masters in Mechanical Engineering degrees at K-State.

Sweet Grass Braiding Class

NEW!

14CPI85

Sweet grass is a long, tall, sweet-smelling grass from the north country that can be grown in Kansas from transplant starts, available at a local retail store. In this class you will receive a transplant start from Pat's established sweet grass garden grown in large pots and a raised bed, where the class will be held (or indoors if raining). You will also receive a prepared handful of harvested sweet grass that will be ready for you to braid as demonstrated in this class. You will learn the symbology of this herb in native tradition and will be given websites to see how sweet grass is harvested, and other related information. Limit of 15 people. This class is sponsored by the Flint Hills Wisdom Keepers Foundation, sponsor of the April 2015 Flint Hills Wisdom Keepers Gathering (www.fhwisdomkeepers.org).
Instructor: Pat Embers

Date: 10/11/2014 (Sa)
Time: 10:00 AM to 12 N
Fee: \$22.00
Location: 733 Galaxy Drive
Manhattan, KS 66502

Pat is a Flint Hills Wisdom Keepers Foundation Board Member.

Flint Hills Wisdom Keepers Gathering Informational Meeting

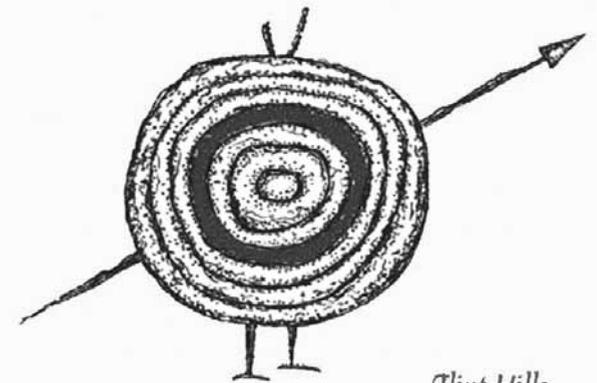
14CPI130

You are invited to a free "get acquainted" informational meeting to introduce the historical Flint Hills Wisdom Keepers Gathering which is next scheduled in April, 2015 (www.fhwisdomkeepers.org). Featured at this Gathering are American Indian Elders from across the country, sharing their tribal traditions as they feel called to do. It has been held most every year since the mid-1980's with beginnings in Ashville, North Carolina. In 2002 it was moved to Council Grove, Kansas, by co-founder and author, Doug Boyd (Rolling Thunder, Mad Bear, et al) as a central, native plains states location for attendees in the US, Canada and Mexico. At this informational meeting, the following related activities are planned as a preview to the spring 2015 Gathering:

1. Drumming, singing and dancing (drums to share)
2. Brief slide presentation of Gathering highlights
3. Stories and accounts about previous invited Elders
4. Chance to speak with past attendees of Gathering
5. Ceremonial and traditional aspects of Gathering
6. Time for discussion with others at this get acquainted meeting
7. Brief "hands on" native craft demonstration

Come join us for this class sponsored by the Flint Hills Wisdom Keepers Foundation. Check our website at: www.fhwisdomkeepers.org
Instructor: Pat Embers

Date: 11/08/2014 (Sa)
Time: 10:00 AM to 12 N
Fee: No Charge
Location: UU Fellowship Bldg
481 Zeandale Rd
Manhattan, KS 66502



*Flint Hills
Wisdom Keepers*

**Haunted Manhattan
Trolley Tour**

Cautiously enter the MHK Trolley for a guided tour of nearly 20 haunted sites in Manhattan. Your ghostly guide will give you a map of the sites and tell you the spooky stories behind each of them. The trolley will make several stops, as time allows. Decide for yourself if these places are really haunted. Ages 16 and under must be accompanied by an adult.
Instructor: Felicia Osburn

Fee: \$18.00 – Individual
\$14.50 – Couple
\$12.00 – Family - Limit 6 people
\$11.00 – Group - Limit 14 people
Location: Mr. K's Cafe, 3901 Vanesta Drive

Felicia is a Kansas Native and an avid reader. Even as a child she enjoyed reading about ghosts and spirits. Combining that with Kansas history seemed like a natural mix. She works in Hale Library as the Reserves Specialist and helps supervise the Help Desk students. She has two wonderful grown daughters. Felicia has great resources at Hale Library and hopes to find some stories that will surprise you.

14CPI125A

Date: 10/21/2014 (T)
Time: 6:00 PM to 7:45 PM

14CPI125B

Date: 10/21/2014 (T)
Time: 8:30 PM to 10:15 PM

14CPI125C

Date: 10/22/2014 (W)
Time: 6:00 PM to 7:45 PM

14CPI125D

Date: 10/22/2014 (W)
Time: 8:30 PM to 10:15 PM

14CPI125E

Date: 10/23/2014 (Th)
Time: 6:00 PM to 7:45 PM

14CPI125F

Date: 10/23/2014 (Th)
Time: 8:30 PM to 10:15 PM

14CPI125G

Date: 10/27/2014 (M)
Time: 6:00 PM to 7:45 PM



14CPI125H

Date: 10/27/2014 (M)
Time: 8:30 PM to 10:15 PM

14CPI125I

Date: 10/28/2014 (T)
Time: 6:00 PM to 7:45 PM

14CPI125J

Date: 10/28/2014 (T)
Time: 8:30 PM to 10:15 PM

14CPI125K

Date: 10/29/2014 (W)
Time: 6:00 PM to 7:45 PM

14CPI125L

Date: 10/29/2014 (W)
Time: 8:30 PM to 10:15 PM

14CPI125M

Date: 10/30/2014 (Th)
Time: 6:00 PM to 7:45 PM

14CPI125N

Date: 10/30/2014 (Th)
Time: 8:30 PM to 10:15 PM



Holiday Lights Tour

All aboard the MHK Trolley for a beautiful December evening in Manhattan! Sit back, relax and let us do the driving during this hour and a half outing while we view the breathtaking Manhattan holiday lights. The complete auto tour will drive through neighborhoods in northwest and central Manhattan, Candlewood, Cico Park and Sharingbrook. Take it all in and enjoy the creative displays that celebrate the spirit of the holidays! The tour begins and ends at Mr. K's.

Fee: \$18.00 – Individual
\$14.50 – Couple
\$12.00 – Family - Limit 6 people
\$11.00 – Group - Limit 14 people
Location: Mr. K's Cafe, 3901 Vanesta Drive

14CPI81A

Date: 12/16/2014 (T)
Time: 6:00 PM to 7:30 PM

14CPI81B

Date: 12/16/2014 (T)
Time: 8:00 PM to 9:30 PM

14CPI81C

Date: 12/17/2014 (W)
Time: 6:00 PM to 7:30 PM

14CPI81D

Date: 12/17/2014 (W)
Time: 8:00 PM to 9:30 PM

14CPI81E

Date: 12/18/2014 (Th)
Time: 6:00 PM to 7:30 PM

14CPI81F

Date: 12/18/2014 (Th)
Time: 8:00 PM to 9:30 PM

Philosophy of Gurdjieff & Ouspensky **14CPI136**

Explore the psychological system of the two Russian philosophers and teachers: Gurdjieff and Ouspensky. Their philosophy seeks to join Eastern traditions with Western needs by emphasizing a system of self-development grounded in verification through personal exercises, discussion and reading aloud from Ouspensky's A Psychology of Man's Possible Evolution.

Instructor: David Seamon

Date: 09/25/2014 to 10/30/2014 (Th)
(No class 10/31)
Time: 7:30 PM to 9:00 PM
Fee: \$19.00
Location: UFM Solar Addition
1221 Thurston St.

David Seamon has been active with Gurdjieff's work for 25 years. He has studied with J.G. Bennet, a pupil of both Gurdjieff and Ouspensky.



Finding your roots; How deep are they? **14CPI132**

This is a comprehensive genealogy course covering the use of the internet, different genealogical sources, brick walls, women in the family tree and more. The class is open to all interested in genealogy-whether those just starting out or the seasoned genealogist. (there is always more to learn!)

Instructor: Jill Frese

Date: 09/08/2014 to 11/17/2014 (M)
Time: 6:00 PM to 8:00 PM
Fee: \$35.00
Location: UFM Conference Room
1221 Thurston St., 2nd floor

Jill Meyers Frese has been enjoying the field of genealogy for over 35 years.

Philosophy of Meditation and its Concerned Elements **14CPI86A**

Learn the philosophy and technique for connecting mind and body for improved concentration, total relaxation, and relief from both physical and mental stresses. You will be introduced to the what, who, why and how of meditation philosophy to make yoga a total consciousness experience. He uses original Sanskrit text, called 'Patanjal Yog Pradeep' to guide and inform all meditation exercises.

Instructor: Prabhakar Naware

Date: 08/26/2014 to 08/28/2014 (T/W/Th)
Time: 7:00 PM to 8:30 PM
Fee: \$36.00
Location: UFM Solar Addition
1221 Thurston St.

Naware has been successfully practicing and informally coaching people in the ancient philosophy, art and science of meditation in India for the past 20 years.

Philosophy of Meditation and its Concerned Elements **14CPI86B**

Instructor: Prabhakar Naware

Date: 08/30/2014 to 08/31/2014 (Sa/Su)
Time: 5:00 PM to 7:15 PM
Fee: \$36.00
Location: UFM Solar Addition
1221 Thurston St.

Voting in America **14CPI87**

Movies on the Grass www.ksu.edu/mog will be hosting a free viewing of the film Electoral Dysfunction on Sunday, September 14 at 8pm on the grass area in front of the K-State Library. You are welcome to bring a lawn chair or blanket and join us to watch the outdoor viewing of this documentary. In case of bad weather it will be moved inside to the Leadership Studies Building on campus. Representatives from the League of Women Voters will be facilitating a follow-up discussion about voting in America at this UFM class. Please join us; no class fees required but registration is needed for room accommodations. You do not need to view the film to attend this class but it would be helpful for the discussion.

Instructor: Linda Morse

Date: 09/18/2014 (Th)
Time: 7:00 PM to 8:00 PM
Fee: No Charge
Location: College Court Room 31
K-State Global Campus
1615 Anderson Avenue

*Enter through back door off Holiday Inn parking lot

Making the Most of Our Senior Years **14BPI84**

The truth is as people enter their senior years, we are presented with realities and choices that can present exciting new experiences and expanded opportunities. At the same time, we are confronted with some of the challenges of potential decline in health, limits of physical prowess, retirement from long-term work, and the reality that life has an ultimate ending. This four session workshop will seek out the following outcomes: (a) reflective planning for developing meaningful goals; (b) developing enhanced self-awareness of our own ability to manage our stress, health and physical/mental/social activity; (c) training is the process of self-regulation demonstrating how the mind/body connection is an intentionally learned process that can make a major difference. Activities will include: (1) readings and brief presentation examples from recent theory and research on aging; (2) group discussions and interactions personalizing these ideas in our own lives; (3) demonstration of the mind/body self-regulation methods demonstrating self-management activity and biofeedback monitoring.

Instructors: Fred Newton & Art Rathbun

Date: 09/23/2014 to 10/14/2014 (T)
Time: 3:00 PM to 4:15 PM
Fee: \$9.00
Location: UFM Solar Addition
1221 Thurston St.

Tiny Houses & Intentional Communities **14CPI90**

Are you fascinated by the increasing popularity of tiny houses? What are the advantages or draw backs to "living tiny"? Where would you park your tiny home? What might a tiny house intentional community look like? Interested? Join the discussion. Sponsored by the Flint Hills Resilience Coalition www.fhrconline.org

Instructor: Carol Barta

Date: 10/19/2014 (Su)
Time: 7:00 PM to 9:00 PM
Fee: No Charge
Location: UFM Conference Room
1221 Thurston St

Full Instructor biographies are available on our website www.tryufm.org > Noncredit > By Instructor > Instructor name

RECREATION & FITNESS

Introduction to Country Swing Dancing 14CRF117

The class will cover the basic two step as well as swing dance transitions, spins and dips. Students will be able to dance at social events and local dancing establishments with ease at the conclusion of the class. It will be a very relaxed setting with lots of one-on-one instruction. Partners are required for the class. Singles allowed only with special instructor permission. Trweeks@ksu.edu, (417) 280-5719

*Soft-sole, non-marking tennis shoes are required.

No boots allowed on gym floor.*

Instructor: Thomas Weeks

Date: 09/03/2014 to 09/24/2014 (W)
Time: 8:00 PM to 10:00 PM
Fee: \$58.00 - Individual
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Thomas Weeks has been dancing in the Manhattan area for the last three years. He's been involved with the K-State Two Step and Swing Club during his time at K-State. He is now the team captain for the Swingin' Spurs, a new country swing dance performing team here in Manhattan.

Ballroom, Swing and Salsa 14CRF100

Come dance with us! If you want to learn to dance with a partner, plan to attend a wedding, or you just want to brush up on your steps, this class is for you. Steps from Ballroom (Foxtrot, Waltz, or Tango), Swing (Jitterbug or Lindy), and Latin (Chacha, Salsa, or Mambo) will be taught. Learn something new each time you enroll! Classes fill rapidly, and it is advisable to register early. Partners are not required for the class, but strongly encouraged.

Instructor: Issac Falcon

Date: 09/12/2014 to 10/24/2014 (F)
Time: 7:00 PM to 8:00 PM
Fee: \$50.00 - Individual
Location: K-State Ahearn Room 301
College Heights St., 3rd floor



Salsa Dance 14CRF121

This is an introductory course in social dancing that emphasizes technique, partnering, musicality, and style of salsa as well as other Latin dances. Demonstrations, performances, and videos will supplement the course. Partners are welcome but not required for this class. No textbook is required for this course; however, ordering information for optional text/DVD/dance shoes is available from the instructor.

Instructor: Issac Falcon

Date: 09/10/2014 to 10/29/2014 (W)
Time: 7:00 PM to 9:00 PM
Fee: \$75.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Issac's passion for dancing has introduced him to a wide variety of dances, (e.g. Chacha, Mambo, Swing, Waltz, Fox Trot, Two step, Tango, Rumba, Bachata, Merengue). He is passionate about teaching people how to dance and strongly believes that anyone can learn to dance.

Intro to Contemporary Dance 14CRF162

So you think you think you can dance! Join this fun class to focus on technique and form. This class is all about grace, beauty, strength and sound technical training which we will do by warming up with the basis of all modern, lyrical and contemporary dance, ballet. Then we'll turn it up a notch and delve into what everyone loves about contemporary dance, leaps, floor work and dancing to beautiful, fun, modern day music.

Instructor: Laura Vallejo

Date: 10/14/2014 to 11/18/2014 (T)
Time: 6:45 PM to 7:45 PM
Fee: \$27.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Laura Vallejo has been cast in numerous shows in the area to include KState theatre and dance productions, Manhattan Arts Center, Columbian Theatre and The Kansas Dance Festival in Wichita. She has choreographed for dance concerts and musicals to include "Funny Girl," "Cabaret," "9-5 The Musical," "MAC Dance Attack", "Pirates of Penzance" and "Joseph and the Amazing Technicolor Dreamcoat."



Belly Dance Conditioning Workout 14CRF12A

Looking for a fab workout that's also a lot of fun? Welcome to the Belly Dance Workout class! Belly Dancing is designed to echo the natural movements of the female body, and celebrates our bodies as well as keeping us strong and fit. Using moves from Belly Dance, this class combines a high-energy cardiovascular workout with strengthening exercises that tone the abs, arms, chest, legs, and hips. No previous experience with Belly Dancing is necessary; all steps will be taught in class. A friendly, fast-paced aerobic workout, this class is great for all ages and body types!

Instructor: Michele Janette

Date: 09/02/2014 to 09/23/2014 (T)
Time: 5:30 PM to 6:30 PM
Fee: \$34.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Belly Dance Conditioning Workout 14CRF12B

Instructor: Michele Janette

Date: 10/28/2014 to 11/18/2014 (T)
Time: 5:30 PM to 6:30 PM
Fee: \$34.00
Location: K-State Ahearn Room 304
College Heights St., 3rd floor

Level I: Basic Belly Dance 14CRF09

Level I Basic will cover the fundamental building blocks of Middle Eastern dance movements, including hip and rib cage isolations, arm and hand movements, turns, traveling steps, percussive body movements, combinations, and choreography. No previous dance experience necessary. You will also be introduced to the music, rhythms, history and costuming, as they apply to the dance. Please wear comfortable clothing that allows for ease of movement.

Instructor: Amy (Nashid) Werner

Date: 08/28/2014 to 10/16/2014 (Th)
 Time: 5:30 PM to 6:30 PM
 Fee: \$69.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Nashid began studying dance at the age of 6 with Polynesian and Tahitian style dance. Nashid is the Director of a local performance dance troupe, The Eyes of Bastet. She loves performing and sharing the art with as many people as possible!

Level II: Tribal Fusion Belly Dance 14CRF161

Tribal Fusion Belly Dance does not represent one style of dance, but instead celebrates the beauty of dance by combining many forms. Its origins stem from American Tribal Style (ATS) Belly Dance, while incorporating other Middle Eastern and African cultures, and moving toward urban or modern primitive styles. "Tribal" speaks to the spirit of this dance form; the aesthetic influence from many tribal cultures and the strong communal bond created by group improvisation. This class will teach dancers how to fuse elements from a large group of styles, including movements learned in Level 1.

Instructor: Kathryn Harth

Date: 09/08/2014 to 10/27/2014 (M)
 (No class 10/13)
 Time: 6:45 PM to 7:45 PM
 Fee: \$64.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Kathryn studied tribal fusion with Elizabeth Osteen for three years before joining the performance troupe Marrakech Express. In 2010 Kathryn turned to a new form of belly dance -- cabaret. After a few classes and a new belly dance vocabulary, the Eyes of Bastet quickly welcomed Kathryn into their performance troupe.

Level III: Advanced Belly Dance 14CRF11

In this class, we will not only learn advanced moves, but will also delve into more specialized areas of Belly Dance. Topics may include: Drum solos, advanced zills, double veil, sword balancing, and oh so much more! Be prepared to challenge yourself as we explore the many sides of Belly Dance! Students must have completed both Level II courses.

Instructor: Amy (Nashid) Werner

Date: 08/27/2014 to 10/01/2014 (W)
 Time: 6:45 PM to 7:45 PM
 Fee: \$52.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor

Archery for Adults 14CRF01AZ

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

Instructor: Tom Korte, (785) 494-8889

Date: 08/25/2014 to 12/08/2014 (M)
 (No class 9/1, 11/24)
 Time: 6:30 PM to 7:30 PM
 Fee: \$101.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Archery for Adults 14CRF01BZ

Instructor: Tom Korte, (785) 494-8889

Date: 08/25/2014 to 12/08/2014 (M)
 (No class 9/1, 11/24)
 Time: 7:40 PM to 8:40 PM
 Fee: \$101.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Archery for Adults 14CRF01CZ

Instructor: Tom Korte, (785) 494-8889

Date: 08/25/2014 to 12/08/2014 (M)
 (No class 9/1, 11/24)
 Time: 8:50 PM to 9:50 PM
 Fee: \$101.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor



Introduction to Golf 14CRF04A

Get some fresh air and find out if golf is the sport for you. This is a short course geared for beginning and intermediate players. The fundamentals of the full swing, short game, pitching, chipping, and putting will be covered. Some class time will be devoted to equipment used to play golf, rules, etiquette, courtesy, conduct on the course, registering to play, use of score card and handicaps.

Instructor: Brian Lorenz

Date: 08/14/2014 to 08/28/2014 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Introduction to Golf 14CRF04B

Instructor: Brian Lorenz

Date: 09/11/2014 to 09/25/2014 (Th)
 Time: 6:00 PM to 7:00 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Introduction to Golf 14CRF04C

Instructor: Brian Lorenz

Date: 10/09/2014 to 10/23/2014 (Th)
 Time: 5:15 PM to 6:15 PM
 Fee: \$41.00
 Location: Stagg Hill Golf Club
 4441 Fort Riley Blvd.

Golf in Junction City 14CRF30AZ

This course will emphasize the fundamentals of the full golf swing; the short game techniques of chipping, pitching, and sand shots; rules of play, course etiquette, selection and use of equipment.

Instructor: Jim Peterson

Date: 08/26/2014 to 10/14/2014 (T)
 Time: 5:30 PM to 7:30 PM
 Fee: \$146.00
 Location: Rolling Meadows Golf Course,
 6514 Old Milford Rd.
 Junction City, KS

QiForze™ 14CRF116Z

QiFORZE™ is a motivating muscular strength and endurance program that targets every major muscle group with unique Foundation Movement Patterns. Move as your body was meant to move in a fast-paced, time-efficient workout that rocks to hit quality music. Use the natural resistance of gravity to become stronger, more powerful and more coordinated, in less time than you ever imagined. QiFORZE™ is modern, integrated functional strength training at its finest. The only equipment used is the body's own resistance and a 5ft (5.5 inches wide) light resistance bands! The resistance band can be purchased at Wal Mart, Target or any fitness store. This class is for female and male, ages 13 and up.

Instructor: Elsa Toburen, elsatob@hotmail.com

Date: 08/26/2014 to 12/09/2014 (T)
 (No Class 11/26)
 Time: 5:30 PM to 6:30 PM
 Fee: \$75.00
 Location: K-State Ahearn Room 301
 College Heights St., 3rd floor



Beginning Ballet for Adults 14CRF160

This is a basic ballet class for adults with little or no experience, but will also offer challenging technique for more experienced dancers. Ballet is a fantastic way to gain strength and flexibility, as well as balance and focus. The class will be a fun and relaxed atmosphere and open to anyone wanting to learn!

Instructor: Amy Jones

Date: 09/05/2014 to 11/21/2014 (F)
 Time: 5:30 PM to 6:30 PM
 Fee: \$52.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Amy Jones has been studying ballet for 17 years, at a variety of studios including The Culture House, Kansas City Ballet, and Kansas State University. She also has experience in modern, jazz, lyrical and some tribal dance. Amy has been teaching ballet for two years and has also been involved in choreographing several pieces for Manhattan Art Center's Dance Attack' performances in 2012 and 2013. Dancing is her passion and teaching it to others is her joy!

Intermediate Ballet for Adults 14CRF122

Intermediate Ballet for Adults builds on the basics learned from Beginning Ballet for Adults. New movements and more challenging combinations will be introduced. Those with previous ballet experience, or who have taken at least two semesters of Beginning Ballet for Adults are welcome to enroll. It is not required, but strongly recommended that Intermediate students also take the Beginner class. The class will be a relaxed atmosphere, focused on improving your dancing, confidence, and reaching your ballet fitness goals. Please contact the instructor if you have questions!

Instructor: Amy Jones

Date: 09/05/2014 to 11/21/2014 (F)
 Time: 6:30 PM to 8:00 PM
 Fee: \$52.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Hula Hooping for Fitness 14CRF118A

It was fun when you were a kid. It's still fun now. Come join us for 50 minutes of hula hooping. No fancy tricks. Just good cardio/toning techniques. Please bring your own hula hoop. (If you are unsure of the size, the hoop should come to your belly button when held in front of you, touching the ground.) Ages 13+

Instructor: Pam Lathrop

Date: 09/18/2014 to 10/16/2014 (Th)
 Time: 7:00 PM to 7:50 PM
 Fee: \$20.00
 Location: College Avenue United Methodist
 1609 College Ave

Pam Lathrop is a certified group fitness instructor who prefers creative, challenging and fun workouts.

Hula Hooping for Fitness 14CRF118B

Instructor: Pam Lathrop

Date: 10/23/2014 to 11/20/2014 (Th)
 Time: 7:00 PM to 7:50 PM
 Fee: \$20.00
 Location: College Avenue United Methodist
 1609 College Ave



Full Instructor biographies
 are available on our website
www.tryufm.org >
 Noncredit > By Instructor >
 Instructor name



Beginning Tennis **14CRF164AZ**

The focus of this beginning tennis class will be to introduce the students to proper techniques of each tennis stroke. Scoring, rules, single and doubles formations, shot selection, and match play will also be covered. Come enjoy the "Sport of a Lifetime." All players must wear appropriate tennis shoes (no running shoes) and comfortable workout attire. Students must provide their own tennis rackets.
Instructor: Dave Hoover

Date: 09/02/2014 to 11/11/2014 (T)
Time: 1:30 PM to 3:00 PM
Fee: \$99.00
Location: Body First Tennis & Fitness,
3615 Claflin Road, (785) 776-6060

Beginning Tennis **14CRF164BZ**

Instructor: Dave Hoover

Date: 09/03/2014 to 11/12/2014 (W)
Time: 1:30 PM to 3:00 PM
Fee: \$99.00
Location: Body First Tennis & Fitness,
3615 Claflin Road
(785) 776-6060

PiYo™ Strength

14CRF167A

With a foundation in basic yoga and Pilates, PiYo™ Strength incorporates elements of sports and dance conditioning, flexibly, training, dynamic stretch and balance, and core conditioning. PiYo™ Strength will increase the participants strength, flexibility and balance while offering stress reduction and improving ones overall fitness level. Set to all genres of music, PiYo™ Strength delivers a rhythmic all over body workout. Be sure to bring water and a yoga mat!
Ages 14+

Instructor: Alana Pfeifer

Date: 09/03/2014 to 09/24/2014 (W)
Time: 6:15 AM to 7:15 AM
Fee: \$24.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Alana has a degree in Physical Education and Health and Human Performance from Fort Hays State University. She is currently at K-State working on her dance degree. She also has certifications from YogaFit (working on her 200 hours), Spinning, and PiYo™ Strength.

PiYo™ Strength

14CRF167B

Instructor: Alana Pfeifer

Date: 10/01/2014 to 10/22/2014 (W)
Time: 6:15 AM to 7:15 AM
Fee: \$24.00
Location: K-State Ahearn Room 301
College Heights St., 3rd floor

Beginning Fencing

14CRF21Z

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

Instructor: Jeff Gwartz

Date: 08/25/2014 to 12/08/2014 (M)
(No class 9/1, 11/24)
Time: 6:00 PM to 7:30 PM
Fee: \$60.00 - Has equipment
\$93.00 - use instructors
Location: K-State Ahearn Fieldhouse

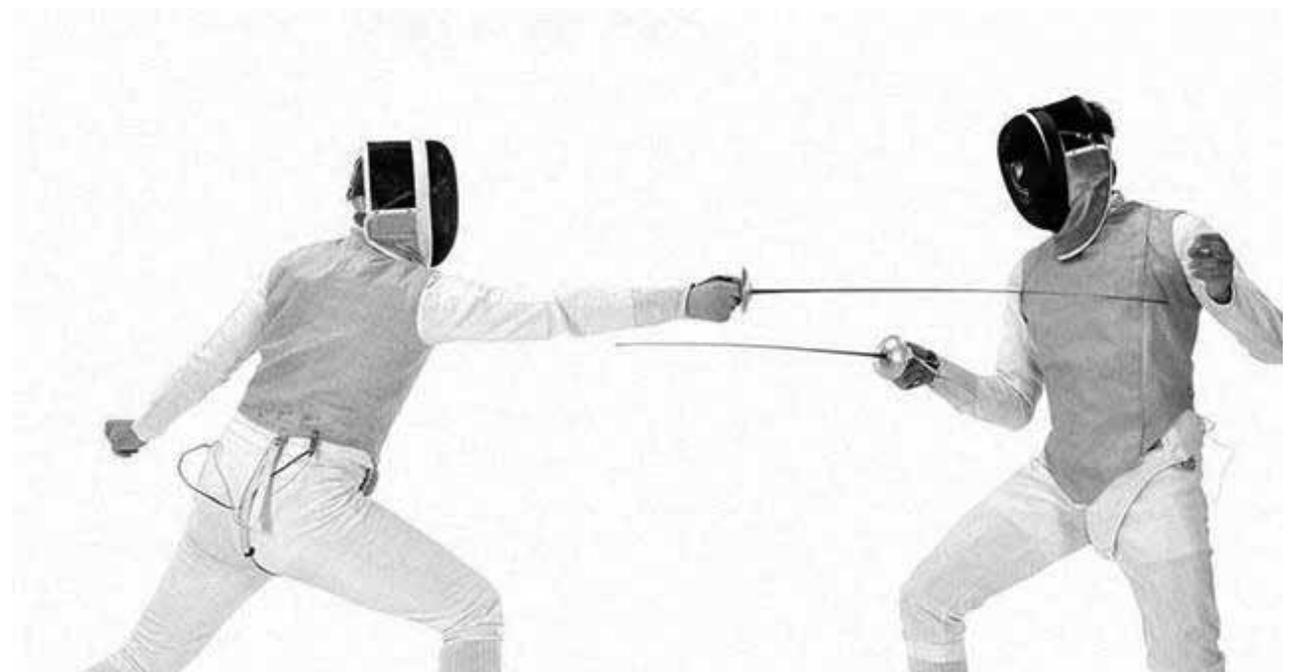
Intermediate Fencing

14CRF22Z

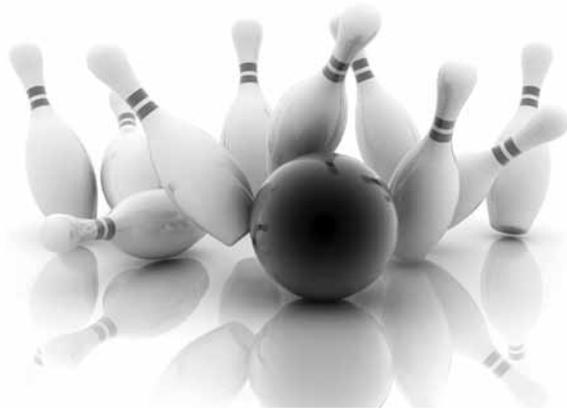
Intermediate fencing continues with the concepts presented in beginning foil fencing. Emphasis is on technique refinement, theory of attack, and bouting.

Instructor: Jeff Gwartz

Date: 08/25/2014 to 12/08/2014 (M)
(No class 9/1, 11/24)
Time: 7:30 PM to 9:00 PM
Fee: \$60.00 - Has equipment
\$93.00 - use instructors
Location: K-State Ahearn Fieldhouse



Check out our
website for
NEW classes!
www.tryufm.org



Intermediate Bowling 14CRF168Z

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

Instructor: John Garetson

Date: 08/25/2014 to 12/08/2014 (M)
(No class 9/1, 11/24)
Time: 2:30 PM to 3:30 PM
Fee: \$80.00
Location: K-State Student Union - Bowling Alley

Marathon Training 14CRF68

If you have ever wanted to finish a marathon or run a personal best, but didn't know how to begin or train, this is the class for you! This class will cover setting a marathon goal, designing a marathon schedule, selecting a marathon, nutrition, hydration, weather, pre-race routines and post-race recovery. The course structure will consist of classroom lectures, discussions and some running. All participants are encouraged to meet outside of class time for organized runs. In addition, there will be opportunities to meet with the instructor at different locations outside of regularly scheduled classes for organized runs. This course is recommended for individuals that have been running at least 30 minutes per day, 4-7 days per week for 6 weeks. You must be able to run at least 6 miles the first week of class. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to train for, complete and survive a marathon. Class will meet Tuesday from 5:30-6:30 pm at UFM, 1221 Thurston and work outs will be Thursday from 5:30-6:30 pm at Memorial Stadium outdoor track meet at south end.

Instructor: Dan Boyle, (785) 532-0134, dboyle@ksu.edu

Date: 09/02/2014 to 10/23/2014 (T/Th)
Time: 5:30 PM to 6:30 PM
Fee: \$140.00
Location: UFM Multipurpose Room 1221 Thurston St.



Run Happy! Run For Life! 14CRF72

If you have ever wanted to start running, but didn't know how to begin, this is the class for you! This training program is designed for people who have never run before, those who may have tried to run, then stopped, and those who used to run and want to begin again. The program starts with walking/running workouts with a goal to run continuously for 30 minutes or 5 km by the end of the 6 week program. The overall objective of this course is to provide a running environment where you are encouraged, inspired, and learn how to incorporate a running program into your lifestyle. You must have the physical ability to begin a program based on walking and running.

Instructor: Dan Boyle, (785) 532-0134, dboyle@ksu.edu

Date: 09/08/2014 to 10/17/2014 (M/W/F)
Time: 6:00 PM to 7:00 PM
Fee: \$145.00
Location: K-State Ahearn Field House Indoor Track

Dan Boyle has over 30 years of experience as a competitive distance runner and distance running coach. He has helped numerous athletes from around the US achieve their goals at distances from 2 miles up to the marathon distance. See Dan's full bio at www.tryufm.org.



The top five reasons for taking a *UFM* Class!

There is a class for *Everyone!*

Learning is *Fun!*

Meet *New* people!

Try something new!

Easy to register!

"LIKE"

UFM Community Learning Center
on Facebook
for information and updates
on classes and events.

 Connect with UFM on
Facebook.com/UFMCLC

YOUTH

Archery for Youth **14CYO01A**

The main focus of this course will be to introduce youth to Olympic Style Archery and learn the important basics of the sport. This is a great sport geared toward individual achievement. Classes will be structured around key points needed for good form, safety and introduction to the world of archery. All equipment will be provided by the instructor. Ages 8+.

Instructor: Tom Korte, (785) 494-8889

Date: 09/30/2014 to 10/21/2014 (T)
 Time: 7:00 PM to 8:00 PM
 Fee: \$35.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Archery for Youth **14CYO01B**

Instructor: Tom Korte, (785) 494-8889

Date: 10/28/2014 to 11/18/2014 (T)
 Time: 7:00 PM to 8:00 PM
 Fee: \$35.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor



Ask us about our scholarship opportunities!



Teen Archery **14CYO82**

This is for older students to practice archery in a supervised environment. Emphasis is on learning steps for development of good form. Repeaters are welcome and will be accommodated with instruction to match the individual skill sets. All equipment supplied by instructor. Ages: 13-17
 Instructor: Tom Korte, (785) 494-8889

Date: 09/30/2014 to 10/21/2014 (T)
 Time: 6:00 PM to 7:00 PM
 Fee: \$35.00
 Location: K-State Ahearn Room 304
 College Heights St., 3rd floor

Pre-School Dance **14CYO63**

This class is designed for boys and girls ages 3-6. Basic dance movements like marching, hopping, skipping, leaping and jumping will be blended with ballet, peppy music and pre-tap techniques. Dance games and creative dance will make this class fun and exciting. No dance attire is needed. Call Randi Dale for more information 785.539.5767.
 Instructor: Randi Dale, (785) 539-5767

Date: 09/05/2014 to 09/12/2014 (F)
 Time: 5:30 PM to 6:00 PM
 Fee: \$14.00
 Location: UFM Banquet Room
 1221 Thurston St.

Introduction to Nutcracker Ballet **14CYO06A**

This class is designed for boys and girls 5-10 years old for both beginners and dancers with experience. Some basic ballet steps will be taught. Then the students will dance some scenes from the Nutcrackers Ballet. No formal dance wear is needed. Students can continue dance.

Instructor: Randi Dale, (785) 539-5767

Date: 08/28/2014 (Th)
 Time: 5:00 PM to 5:30 PM
 Fee: \$12.00
 Location: UFM Banquet Room
 1221 Thurston St.

Randi Dale has taught dance for many years as well as being a public school teacher. Her dance choir toured the Midwest and Europe. She is a certified teacher for K-12 with a Master's degree in Education.

Introduction to Nutcracker Ballet **14CYO06B**

Instructor: Randi Dale, (785) 539-5767

Date: 08/28/2014 (Th)
 Time: 5:30 PM to 6:00 PM
 Fee: \$12.00
 Location: UFM Banquet Room
 1221 Thurston St.

Find the Fake Class in the UFM Catalog and get \$1 off your registration!



Have Fun!



{Teen Mentoring!}

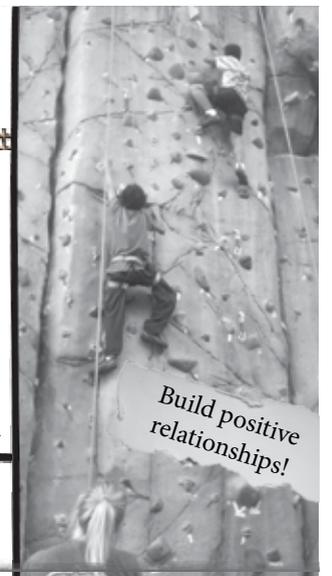
High School - Tuesdays
 Sept. 9 - Dec. 2

Middle School - Wednesdays
 Sept. 10 - Dec. 3

3:00pm to 5:00pm

Field trips ~ Games ~ Creative Arts ~ Recreation

To apply or for more information about the mentoring program, visit www.tryufm.org or email mandy@tryufm.org



Build positive relationships!

Civil War Battles in Kansas, Missouri and Arkansas

Presented by Tray Green
Mondays, Sept. 15, 22 & 29 - 3:00pm to 5:00pm
Manhattan Arts Center
1520 Poyntz Avenue, Manhattan
\$40.00

This course examines the battles fought west of the Mississippi, beginning in the period prior to the American Civil War through its conclusion, with an emphasis on engagements involving Kansas units. Highlights include the battle of Black Jack; John Brown's engagement with a pro-slavery posse near Lawrence, Kans.; African-American troops engaging Missouri irregulars one year prior to the Fort Wagner assault, depicted in the movie *Glory*; and Sterling Price's 1864 raid into Missouri.

Conserving Our Natural World

Presented by Jared Bixby
Wednesdays, Oct. 29, Nov. 5 & 12 - 2:00pm to 4:00pm
Sunset Zoo
223 Oak St., Manhattan
\$40.00

Inspiring conservation of the natural world is the mission Sunset Zoo strives to achieve every day. This series will explore issues facing the animals and habitats that have been targeted for conservation projects by Sunset Zoo and the Friends of Sunset Zoo. We will explore the plight of pollinators and why amphibians are facing mass extinction. We will also venture into discussions about international conservation efforts involving the sloth bear, snow leopards and other animals. This class will inspire you to act globally in the conservation of your favorite animal.

The War for America, 1775-1783

Presented by Robert Smith, Ph.D.
Wednesdays, Oct. 1, 8 & 15 - 2:00pm to 4:00pm
Meadowlark Hills Community Room
2121 Meadowlark Road, Manhattan
\$40.00

This course examines both the military and social aspects of the American Revolution. The first session examines the origins of the war and its early campaigns, including Lexington, Concord, the Battle of Bunker Hill, the invasion of Canada, and the New York campaign. The second session discusses the war in the middle colonies, including the Trenton and Princeton campaigns and the Philadelphia and Saratoga campaigns. The final session looks at the southern campaigns that culminated in the battle of Yorktown and the American victory.

Coronado in Old Quivira

Presented by Roy Bird
Mondays, Nov. 3, 10 & 17 - 2:00pm to 4:00pm
Manhattan Arts Center
1520 Poyntz Avenue, Manhattan
\$40.00

Almost 500 years ago, Spanish explorer Francisco Vasquez de Coronado led an expedition to explore the rumor of cities of gold in a place called Cibola. Coronado's expedition found no such empire but it opened much of what became the southwest and south central United States to exploration and Spanish colonization, including parts of present-day Kansas. This course looks at the era when the plains and prairies were home to early natives and traces the path of exploration by the soldiers and clergy with Coronado as well as the return of priests to Quivira and Harahey.

Arlington National Cemetery: Its History and Its Heroes

Presented by Jim Peters, J.D.
Thursdays, Oct. 9, 16, & 23 - 2:00pm to 4:00pm
Manhattan Arts Center
1520 Poyntz Avenue, Manhattan
\$40.00

This year marks the 150th anniversary of Arlington National Cemetery. We'll review its colorful history from its pre-Civil War days as Robert E. Lee's home through current U.S. conflicts. We'll recount lives of the famous and not-so-famous buried there, from presidents to privates, officers to enlisted men, Supreme Court justices to unknown slaves. We'll visit its major monuments and memorials, including Tomb of the Unknowns and the September 11th Memorial.

Special Event:

Day on the Flying W Ranch in the Flint Hills

Presented by Jim Hoy
Friday Sept. 19 - 8:30 a.m., coach departs from Meadowlark Hills, 2121 Meadowlark Road - 8:40 a.m., coach stops at Manhattan Town Center parking lot west of Dillard's 4 p.m., approximate return
\$55.00 - includes coach transportation, ranch tour and lunch

We'll drive by coach to the heart of the Flint Hills to the Flying W Ranch owned by the Hoy family, who have been ranchers for five generations. During the ride, Josh Hoy will talk about the folklore and history of the area and its inhabitants. A mouth-watering chuck wagon lunch will feature brisket, Dutch oven potatoes, homemade bread, a vegetable and dessert.



Special Event:

Cats: Behind the Scenes

Presented by Michael Donnelly, Ph.D.
Sunday, Sept. 28, 2014 - Noon - 5:00 pm
Manhattan Arts Center
1520 Poyntz Avenue, Manhattan
\$25 Fee includes lunch, pre-performance presentation and tickets for Cats performance.

This event begins with lunch, accompanied by a presentation by Michael Donnelly on *Old Possum's Book of Practical Cats* by T.S. Eliot, a 1939 book of whimsical poems that became the basis for the musical, *Cats*.

Special Event:

Kansas at the Crossroads: The Future of Energy and Water Resources

Presented by Rex Buchanan
Tuesday, Oct. 14, 2014 • 7:00pm - 9:00pm
Meadowlark Hills Community Room
2121 Meadowlark Road, Manhattan
Free

This presentation focuses on the state's energy and water issues—and the places they intersect, along with the attendant public policy debate.

Special Event:

Tom Averill and A Carol Dickens Christmas

Presented by Thomas Fox Averill
Tuesday, Dec. 9, 7:30pm – 9:30 pm
Manhattan Arts Center
1520 Poyntz Avenue, Manhattan
Free

Writer and Kansas Public Radio personality Thomas Averill will take you on a journey into his new novel to meet its characters. It's Christmas, and Carol Dickens's life is in major transition.

These Recreation, Dance, and Fitness Credit courses are offered for KSU credit through the K-STATE GLOBAL CAMPUS with the cooperation of various Kansas State University departments.

- Enroll on iSIS at <http://isis.k-state.edu>. When you find the class you are interested in, write down the class number. You will need this to enroll through iSIS

- For full class description and information visit www.tryufm.org

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

Reference # - TITLE	TIME	DATE	FEE	LOCATION
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DANCE 599

16577 - Mid Eastern Dance	6:45-7:45PM	8/28/2014 to 12/11/2014 (Th)	\$328.10	Ahearn 301
16579 - Yoga I	10:30-11:30AM	8/25/2014 to 10/15/2014 (M/W)	\$328.10	Ahearn 301
16580 - Yoga I	5:30-6:30PM	8/25/2014 to 10/15/2014 (M/W)	\$328.10	Ahearn 301
16583 - Yoga I	10:30-11:30AM	8/26/2014 to 10/14/2014 (T/TH)	\$328.10	Ahearn 301
16578 - Yoga I	10:30-11:30AM	10/20/2014 to 12/10/2014 (M/W)	\$328.10	Ahearn 301
16581 - Yoga I	5:30-6:30PM	10/20/2014 to 12/10/2014 (M/W)	\$328.10	Ahearn 301
16582 - Yoga I	10:30-11:30AM	10/16/2014 to 12/11/2014 (T/Th)	\$328.10	Ahearn 301
16619 - Zumba	10:00-11:00AM	8/25/2014 to 10/15/2014 (M/W)	\$432.00	Max Fitness
16612 - Zumba	10:00-11:00AM	10/20/2014 to 12/10/2014 (M/W)	\$432.00	Max Fitness
16616 - Zumba	1:00-2:00PM	8/25/2014 to 10/15/2014 (M/W)	\$432.00	Max Fitness
16605 - Zumba	1:00-2:00PM	10/20/2014 to 12/10/2014 (M/W)	\$432.00	Max Fitness
16623 - Zumba	1:00-2:00PM	8/26/2014 to 10/14/2014 (T/Th)	\$432.00	Max Fitness
16609 - Zumba	1:00-2:00PM	10/16/2014 to 12/11/2014 (T/Th)	\$432.00	Max Fitness
16575 - QiForze	5:30-6:30PM	8/26/2014 to 12/9/2014 (T)	\$328.10	Ahearn 301

KIN 101

16703 - Bootcamp Fitness	12:00-1:00PM	8/25/2014 to 10/15/2014 (M/W)	\$432.00	Pro Fitness
16693 - Bootcamp Fitness	12:00-1:00PM	10/20/2014 to 12/10/2014 (M/W)	\$432.00	Pro Fitness
16702 - Bootcamp Fitness	9:30-10:30AM	8/26/2014 to 10/14/2014 (T/Th)	\$432.00	Pro Fitness
16696 - Bootcamp Fitness	9:30-10:30AM	10/16/2014 to 12/11/2014 (T/Th)	\$432.00	Pro Fitness
16695 - Bootcamp Fitness	4:00-5:00PM	8/26/2014 to 10/14/2014 (T/Th)	\$432.00	Pro Fitness
16694 - Bootcamp Fitness	4:00-5:00PM	10/16/2014 to 12/11/2014 (T/Th)	\$432.00	Pro Fitness
17049 - Bootcamp Fitness	7:00-8:00PM	8/26/2014 to 10/14/2014 (T/Th)	\$432.00	Pro Fitness
17050 - Bootcamp Fitness	7:00-8:00PM	10/16/2014 to 12/11/2014 (T/Th)	\$432.00	Pro Fitness
16718 - Yogilates	9:00-10:00AM	8/25/2014 to 10/15/2014 (M/W)	\$432.00	Pro Fitness
16716 - Yogilates	9:00-10:00AM	10/20/2014 to 12/10/2014 (M/W)	\$432.00	Pro Fitness
16715 - Yogilates	1:30-2:30PM	8/25/2014 to 10/15/2014 (M/W)	\$432.00	Pro Fitness

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<u>KIN 101 (continued)</u>				
16717 - Yogilates	1:30-2:30PM	10/20/2014 to 12/10/2014 (M/W)	\$432.00	Pro Fitness
17055 - Yogilates	12:00-1:00PM	8/26/2014 to 10/14/2014 (T/Th)	\$432.00	Pro Fitness
17056 - Yogilates	12:00-1:00PM	10/16/2014 to 12/11/2014 (T/Th)	\$432.00	Pro Fitness
16713 - Total Body Toning	1:30-2:30PM	8/26/2014 to 10/14/2014 (T/Th)	\$432.00	Pro Fitness
16714 - Total Body Toning	1:30-2:30PM	10/16/2014 to 12/11/2014 (T/Th)	\$432.00	Pro Fitness
17053 - Total Body Toning	10:30-11:30AM	8/25/2014 to 10/15/2014 (M/W)	\$432.00	Pro Fitness
17052 - Total Body Toning	10:30-11:30AM	10/20/2014 to 12/10/2014 (M/W)	\$432.00	Pro Fitness
16895 - Intro to Crossfit	3:30-4:45PM	8/26/2014 to 10/14/2014 (T/Th)	\$346.10	Natatorium 4
16894 - Intro to Crossfit	3:30-4:45PM	10/16/2014 to 12/11/2014 (T/Th)	\$346.10	Natatorium 4
17478 - 5K-1/2 Marathon	5:00-6:15PM	9/8/2014 to 11/10/2014 (M/W)	\$346.10	Ahearn Gym 7
16711 - Indoor Cycling	10:30-11:30AM	8/26/2014 to 10/14/2014 (T/Th)	\$432.00	Max Fitness
16712 - Indoor Cycling	10:30-11:30AM	10/16/2014 to 12/11/2014 (T/Th)	\$432.00	Max Fitness
17218 - Indoor Cycling	7:00-8:00PM	8/25/2014 to 10/15/2014 (M/W)	\$432.00	Max Fitness
17231 - Indoor Cycling	7:00-8:00PM	10/20/2014 to 12/10/2014 (M/W)	\$432.00	Max Fitness
<u>KIN 102</u>				
16719 - Fitness Swim	6:00-7:30PM	8/26/2014 to 10/14/2014 (T/Th)	\$328.10	Natatorium
16720 - Fitness Swim	6:00-7:30PM	10/16/2014 to 12/11/2014 (T/Th)	\$328.10	Natatorium
<u>RRES 200</u>				
16658 - Archery	6:30-7:30PM	8/25/2014 to 12/8/2014 (M)	\$328.10	Ahearn 304
16659 - Archery	7:40-8:40PM	8/25/2014 to 12/8/2014 (M)	\$328.10	Ahearn 304
16866 - Archery	8:50-9:50PM	8/25/2014 to 12/8/2014 (M)	\$328.10	Ahearn 304
16664 - Beginning Bowling	2:30-3:20PM	8/27/2014 to 12/10/2014 (W)	\$328.10	Student Union
16665 - Beginning Bowling	2:30-3:20PM	8/26/2014 to 12/9/2014 (T)	\$328.10	Student Union
16666 - Beginning Bowling	10:30-11:20AM	8/26/2014 to 12/9/2014 (T)	\$328.10	Student Union
16667 - Beginning Bowling	10:30-11:30AM	8/25/2014 to 12/8/2014 (M)	\$328.10	Student Union
16731 - Intermediate Bowling	2:30-3:20PM	8/25/2014 to 12/8/2014 (M)	\$328.10	Student Union
16662 - Beginning Fencing	6:00-7:30PM	8/25/2014 to 12/8/2014 (M)	\$328.10	Ahearn FH
16663 - Intermediate Fencing	7:30-9:00PM	8/25/2014 to 12/8/2014 (M)	\$328.10	Ahearn FH
16441 - Beginning Tennis	1:30-3:00PM	9/2/2014 to 11/11/2014 (T)	\$416.00	Body First
16862 - Beginning Tennis	1:30-3:00PM	9/3/2014 to 11/12/2014 (W)	\$416.00	Body First
16425 - Boxing 1	2:00-3:00PM	8/25/2014 to 10/15/2014 (M/W)	\$438.00	K.O. Boxing
16969 - Boxing 1	4:20-5:20PM	8/25/2014 to 10/15/2014 (M/W)	\$438.00	K.O. Boxing
16421 - Boxing 1	6:30-7:30PM	8/25/2014 to 10/15/2014 (M/W)	\$438.00	K.O. Boxing
16338 - Boxing 1	2:00-3:00PM	8/26/2014 to 10/14/2014 (T/Th)	\$438.00	K.O. Boxing
16337 - Boxing 1	6:30-7:30PM	8/26/2014 to 10/14/2014 (T/Th)	\$438.00	K.O. Boxing

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<u>RRES 200 (continued)</u>				
16426 - Boxing 1	2:00-3:00PM	10/16/2014 to 12/11/2014 (T/Th)	\$438.00	K.O Boxing
16422 - Boxing 1	6:30-7:30PM	10/16/2014 to 12/11/2014 (T/Th)	\$438.00	K.O. Boxing
16447 - Boxing 1	2:00-3:00PM	10/20/2014 to 12/10/2014 (M/W)	\$438.00	K.O. Boxing
16968 - Boxing 1	4:20-5:20PM	10/20/2014 to 12/10/2014 (M/W)	\$438.00	K.O. Boxing
16448 - Boxing 1	6:30-7:30PM	10/20/2014 to 12/10/2014 (M/W)	\$438.00	K.O. Boxing
16429 - Boxing 2	12:00-1:00PM	8/25/2014 to 10/15/2014 (M/W)	\$438.00	K.O. Boxing
16449 - Boxing 2	12:00-1:00PM	10/20/2014 to 12/10/2014 (M/W)	\$438.00	K.O. Boxing
16430 - Boxing 3	12:00-1:00PM	10/16/2014 to 12/11/2014 (T/Th)	\$438.00	K.O. Boxing
16431 - Boxing 3	12:00-1:00PM	8/26/2014 to 10/14/2014 (T/Th)	\$438.00	K.O Boxing
16433 - Boxing 4	7:30-8:30PM	8/25/2014 to 10/15/2014 (M/W)	\$438.00	K.O Boxing
16434 - Boxing 4	7:30-8:30PM	8/26/2014 to 10/14/2014 (T/Th)	\$438.00	K.O. Boxing
16432 - Boxing 4	7:30-8:30PM	10/16/2014 to 12/11/2014 (T/Th)	\$438.00	K.O. Boxing
16446 - Boxing 4	7:30-8:30PM	10/20/2014 to 12/10/2014 (M/W)	\$438.00	K.O. Boxing
16871 - First Aid/CPR/AED	Noon-7:30PM	9/6/2014 and 9/7/2014 (Sat/Sun)	\$408.00	UFM
16872 - First Aid/CPR/AED	Noon-7:30PM	9/13/2014 and 9/14/2014 (Sat/Sun)	\$408.00	UFM
16875 - First Aid/CPR/AED	Noon-7:30PM	9/20/2014 and 9/21/2014 (Sat/Sun)	\$408.00	UFM
16877 - First Aid/CPR/AED	Noon-7:30PM	10/26/2014 and 11/2/2014 (Sun)	\$408.00	UFM
16878 - First Aid/CPR/AED	Noon-7:30PM	11/8/2014 and 11/9/2014 (Sat/Sun)	\$408.00	UFM
16879 - First Aid/CPR/AED	Noon-7:30PM	11/15/2014 and 11/16/2014 (Sat/Sun)	\$408.00	UFM
16880 - First Aid/CPR/AED	Noon-7:30PM	12/6/2014 and 12/7/2014 (Sat/Sun)	\$408.00	UFM
16444 - Fly Fishing	6:00-8:00PM	11/3/2014 to 11/13/2014 (M/T/W/Th)	\$336.10	Durland Hall
16336 - Golf	5:30-7:30PM	8/27/2014 to 10/15/2014 (W)	\$448.00	Wamego Country Club
16333 - Golf	1:30-3:30PM	8/28/2014 to 10/16/2014 (Th)	\$448.00	Wamego Country Club
16335 - Golf	1:30-3:30PM	8/29/2014 to 10/17/2014 (F)	\$448.00	Wamego Country Club
16443 - Golf in Junction City	5:30-7:30PM	8/26/2014 to 10/14/2014 (T)	\$448.00	Rolling Meadows
16661 - Judo I	8:00-9:00PM	8/25/2014 to 12/11/2014 (M/Th)	\$328.10	Ahearn 301
16660 - Judo II	8:00-9:30PM	8/25/2014 to 12/11/2014 (M/Th)	\$328.10	Ahearn 301
16874 - RTE	Noon-6:30PM	10/5/2014 to 10/19/2014 (Sat/Sun)	\$816.00	UFM
16437 - Scuba Diving	6:00-10:00PM	8/25/2014 to 10/6/2014 (M)	\$484.10	Natatorium
16436 - Scuba Diving	6:00-10:00PM	10/13/2014 to 11/17/2014 (M)	\$484.10	Natatorium
16891 - Women's Self Defense	1:00-4:00PM	9/6/2014 to 9/20/2014 (Sat/Sun)	\$328.10	Ahearn 301
16889 - Women's Self Defense	1:00-4:00PM	10/11/2014 to 10/26/2014 (Sat/Sun)	\$328.10	Ahearn 301
16944 - Women's Self Defense	1:00-4:00PM	11/2/2014 to 11/16/2014 (Sat/Sun)	\$328.10	Ahearn 301
16812 - Fund. of Canoeing	8:30AM-4:30PM	9/27/2014 to 9/28/2014 (Sat/Sun)	\$430.00	UFM
17292 - Backcountry Skills	12:30-6:00PM	10/11/2014, 10/12, 10/19 (Sat/Sun)	\$408.00	UFM
17293 - Backcountry Skills	12:30-6:00PM	11/8/2014, 11/12, 11/16 (Sat/Sun)	\$408.00	UFM

Addresses:

Ahearn 301 and 304, Ahearn Complex, 3rd floor, Gymnasium door entry, College Heights Rd

Body First Tennis and Fitness, 3615 Claflin Rd

Durland Hall, KSU, Room 1061

Junction City Golf Course Rolling Meadows, 6514 Old Milford Rd, Milford, KS

K.O. Boxing, 2303 Tuttle Creek Blvd.

Max Fitness, 3011 Anderson Ave #503

Natorium, K-State pools in Ahearn Complex, KSU

Pro Fitness, 1125 Laramie St, Lower Level

Sun Yi's Academy, 1650 Hayes Drive

Wamego Country Club Golf Course, 1900 Country Club Drive, Wamego, KS

UFM Building, 1221 Thurston Street

Union Bowling Alley, Union Student Center, KSU

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Manhattan, KS 66502.

Stop by the UFM House at 1221 Thurston between 8:30-Noon & 1:00-5:00 PM (M - F).
After-hours drop box available.

Class registration confirmations will be sent via email.



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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+ _____

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By enrolling in this class, I hereby agree, for myself and for the enrollee, to UFM Community Learning Center's liability statement and acknowledge and understand the potential risk(s) of injury associated with participation in recreational sports and fitness activities. Participants should voluntarily assume all risks of loss, damage or injury that may be sustained while using Kansas State University or UFM facilities or participating in programs. K-State Continuing Education/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 University facilities or participation in programs. It is recommended that all participants have a complete physical before engaging in any physical recreation program.

Signature (Signature of Parent or Guardian required for minors)

Date

UFM Refund and Cancellation Policies

We will provide a full refund if 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. When we cancel or reschedule a class, you will be notified. Therefore, it is extremely important that we have a daytime and an evening phone number where we may reach you or leave a message. We reserve the right to cancel any class.