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# Spring 2014 UFM Community Learning Center



OR CURRENT RESIDENT

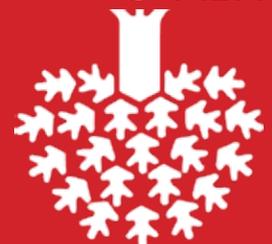
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# Spring 2014 UFM Catalog

UFM Community Learning Center  
1221 Thurston St  
Manhattan, KS 66502



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*COMMUNITY*  
IN EDUCATION!

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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 SPRING 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.

Marie Amthauer	Brett Bruning	Tray Green	Deane Lehmann	Alex Severance
Jenne Andrews	Matt Campbell	Jennifer Guilford	Brian Lorenz	Anna Simoneau
Rusty Andrews	Lynn Chapman	Jeff Gwartz	Ryan Marick	Paul Sodamann
Mary Elizabeth Atwood	Shelli Clarkston	Mary Hager	Jonathan McBee	Larry Storer
Robert Auten	Randi Dale	Mary Hammel	Patricia MacNeil	Mei Hwa (Tina) Terhune
Diane Barker	Shannon Delancy	Cherri Harper	David Moore	Abby Thrash
Ginny Barnard	Bill Dorsett	Kathryn Harth	Debbie Newton	Elsa Toburen
Jessica Barnett	Pat Embers	Palma Holden	Hannah Parker	Laura Vallejo
Carol Barta	Joab Esamwata	Pamela Johansen Tyoshi	Jim Peterson	Likitha Vishnu
Scott Bean	Gregg Eyestone	Amy Jones	Linda Rae	Thomas Weeks
Big Poppi Bicycle Co	Enell Foerster	Brandi (Anola) Kiekel	Kelly Reed-Harkness	Paul Weidhaas
Dan Boyle	Ana Franklin	Jim Kiker	Mandy Ridder	Amy (Nashid) Werner
Jeremy Boyle	Jeff Freeborn	Tom Korte	Earl Robinson	Stan Wilson
Henry Brown	Janet Galloway	Liz Krieger	Daniel Schapaugh	Voices For All, LLC
Charlene Brownson	Jeff Gill	Pam Lathrop	Shelli Schottle	

## 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://www.dce.k-state.edu/courses/registration/policies-withdrawal> or visit <http://courses.k-state.edu/spring2014/information/deadlines.htm>

### 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/spring2014/information/deadlines.htm>

### 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](http://www.k-state.edu/dss), 785.532.6441 or [dss@k-state.edu](mailto: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 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.

## 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 ONEY SAVAGE**

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

KSU Credit Coordinator | **ERIN BISHOP**

Program Assistant | **VAL COLTHARP**

Program Assistant | **SAMANTHA LOVITT**

Mentoring Coordinator | **ANDREW GARVER, MANDY COLTHARP**

Swim Coordinator | **KAYLE CAMPBELL**

Student Assistant | **TEGAN PERKINS**

Lou Douglas Lecture Coordinator | **OLIVIA COLLINS**

## BOARD OF DIRECTORS

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Chuck Havlicek    Casey Culbertson    Fred Newton  
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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 and on weekends, 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.*

## BEGINNING & ENDING DATES

(Levels I-VI, Adult Lessons and Lap Swimming)  
(\*Except Where Noted):

- Session A: Monday, Feb. 3 to April 21  
(No class 2/10, 3/17)
- Session B: Tuesday, Feb. 4 to April 15  
(No class 3/18)
- Session C: Wednesday, Feb. 5 to April 16  
(No class 3/19)
- Session D: Thursday, Feb. 6 to April 17  
(No class 3/20)
- Session \*E: Saturday, Feb. 1 to April 26  
(No classes 2/8, 3/8, 3/15, 3/22, 4/19)
- \*Session E will meet 4 times for 35 minutes for Tot Transition and Parent and Child

## Parent and Child Aquatics (12 mos-3 yrs)

Parent and Child Aquatics introduces basic skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children are introduced to basic skills that lay a foundation to help them learn to swim. Several water safety topics are also introduced that are directed to parents.  
Fee: \$33.00 per session (5 lessons/30 min)

- Monday 6:00 PM to 6:30 PM  
14AAQPA1 Feb. 3 to March 3  
(No class on 2/10, make up class will be held on 2/14)  
14AAQPA2 March 10 to April 14
- Thursday 6:00 PM to 6:30 PM  
14AAQPD1 Feb. 6 to March 6  
14AAQPD2 March 13 to April 17
- Saturday 9:30 AM to 10:05 AM  
14AAQPE1 Feb. 1 to March 1  
14AAQPE2 March 29 to April 26

## Tot Transition (3-4 yrs)

If your toddler is ready to try the water without a parent, but not ready for Level 1, this short class is for them. The primary objective of preschool aquatics is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children. Some of the skills to be introduced include: water entry and exit, breath control and submerging, buoyancy, changing direction and position, treading and swimming on front and back.  
Fee: \$33.00 per session (5 lessons/30 min)

- |           |                      |
|-----------|----------------------|
| Tuesday   | 6:00 PM to 6:30 PM   |
| 14AAQTB1  | Feb. 4 to March 4    |
| 14AAQTB2  | March 11 to April 15 |
| Wednesday | 6:00 PM to 6:30 PM   |
| 14AAQTC1  | Feb. 5 to March 5    |
| 14AAQTC2  | March 12 to April 16 |
| Saturday  | 10:15 AM to 10:50 AM |
| 14AAQTE1  | Feb. 1 to March 1    |
| 14AAQTE2  | March 29 to April 26 |



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

**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](http://www.manhattanmarlins.org)

For more information contact:

Coach Rob Putnam at 303.819.8861 or Drew Venum at 785.236.8802

# AQUATICS

## 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.

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

14AAQ01A	Monday	6:45 PM to 7:25 PM
14AAQ01AA	Monday	6:00 PM to 6:40 PM
14AAQ01B	Tuesday	6:45 PM to 7:25 PM
14AAQ01C	Wednesday	6:45 PM to 7:25 PM
14AAQ01D	Thursday	6:45 PM to 7:25 PM

## 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.

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

14AAQ02A	Monday	6:45 PM to 7:25 PM
14AAQ02B	Tuesday	6:45 PM to 7:25 PM
14AAQ02CC	Wednesday	6:00 PM to 6:40 PM
14AAQ02C	Wednesday	6:45 PM to 7:25 PM
14AAQ02D	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.

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

14AAQ03A	Monday	6:45 PM to 7:25 PM
14AAQ03B	Tuesday	6:45 PM to 7:25 PM
14AAQ03BB	Tuesday	6:00 PM to 6:40 PM
14AAQ03C	Wednesday	6:45 PM to 7:25 PM
14AAQ03D	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.

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

14AAQ04A	Monday	6:45 PM to 7:25 PM
14AAQ04B	Tuesday	6:45 PM to 7:25 PM
14AAQ04C	Wednesday	6:45 PM to 7:25 PM
14AAQ04D	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.

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

14AAQ05A	Monday	6:45 PM to 7:25 PM
14AAQ05C	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.

Fee: \$57.00 per session (10 lessons)

14AAQ06A	Monday	6:45 PM to 7:25 PM
14AAQ06C	Wednesday	6:45 PM to 7:25 PM



## Private Swim Lessons 14AAQ103

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.

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

Beginning and Ending Dates for Private Lessons:

Session A1: Monday Feb. 3 to March 3  
(No class on 2/10, make up class held on 2/14)

Session A2: Monday March 10 to April 14  
(No class on 3/17)

Session B1: Tuesday Feb. 4 to March 4

Session B2: Tuesday March 11 to April 15  
(No class on 3/18)

Session C1: Wednesday Feb. 5 to March 5

Session C2: Wednesday March 12 to April 16  
(No class on 3/19)

Session D1: Thursday Feb. 6 to March 6

Session D2: Thursday March 13 to April 17  
(No class on 3/20)

Session E1: Saturday Feb. 1 to March 1  
(No class on 2/8)

Session E2: Saturday March 29 to April 26  
(No class on 4/19)

Times for Monday - Thursday sessions:  
6:00 PM to 6:30 PM and 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 and 10:45 AM to 11:15 AM

# AQUATICS

## 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.

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

14AAQ22A Monday 6:00 PM to 6:40 PM

## 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)

14AAQLSA Monday 6:00 PM to 7:30 PM  
 14AAQLSB Tuesday 6:00 PM to 7:30 PM  
 14AAQLSC Wednesday 6:00 PM to 7:30 PM  
 14AAQLSD Thursday 6:00 PM to 7:30 PM  
 14AAQLSF\* M, Tu, Wed, Th 6:40 PM to 7:30 PM  
 (\*04/28/2014 to 05/08/2014 Fee: \$15.00 - 8 sessions)

## 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)

14AAQLPA Monday 6:00 PM to 7:30 PM  
 14AAQLPB Tuesday 6:00 PM to 7:30 PM  
 14AAQLPC Wednesday 6:00 PM to 7:30 PM  
 14AAQLPD Thursday 6:00 PM to 7:30 PM  
 14AAQLPE1 Saturday 9:30 AM to 11:00 AM  
 14AAQLPE2 Saturday 9:30 AM to 11:00 AM

## Sunday Family Swim 14AAQ32

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: 02/16/2014 to 03/09/2014 (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 14AAQSHD

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.\*\*

Dates: 01/24/2014 to 5/08/2014  
 (No class 3/17 through 3/20)  
 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, KSU

## Open Swim Appreciation 14AAQ31A

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: 03/09/2014 (Su)  
 Time: 5:00 PM to 7:00 PM  
 Fee: No charge  
 Location: Natatorium, KSU Campus



## Blended Learning: Lifeguard Training 14AAQ07A

Blended Learning: Lifeguard Training gives you the opportunity to complete part of the coursework online. The coursework covers the same materials covered in the full class. You will be contacted via email with login information and directions. Please be sure to check your email frequently and ensure 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  
 Instructor: Abby Thrash

Date: 04/05/2014 to 04/06/2014 (Sa/Su)  
 Time: 8:00 AM to 5:00 PM  
 Fee: \$154.00  
 Location: Natatorium, K-State Campus

## Blended Learning: Lifeguard Training 14AAQ07B

Instructor: Abby Thrash  
 Date: 04/12/2014 to 4/23/2014 (Sa/Su)  
 Time: 8:00 AM to 5:00 PM  
 Fee: \$154.00  
 Location: Natatorium, K-State Campus

## Blended Learning: Lifeguard Training 14AAQ07C

Instructor: Abby Thrash  
 Date: 05/03/2014 to 05/04/2014 (Sa/Su)  
 Time: 8:00 AM to 5:00 PM  
 Fee: \$154.00  
 Location: Natatorium, K-State Campus

Featured UFM  
Instructor  
**Abby Thrash**  
.....

Abby is a School Counselor in Haysville, KS. Abby graduated from Kansas State University in 2005. She began working for UFM as a lifeguard in 2002. She became swim coordinator in 2004 and worked for UFM until she graduated. Abby is certified to teach CPR/ First Aid, Water Safety Instructor, and Lifeguard Training. Abby trains about 70 lifeguards per year. Abby loves the opportunity that UFM provides for her in allowing her to certify and train others. Swim safe!



**WSI-Water Safety Instructor 14BAQ121**

This course is dedicated to developing the skills you will need to instruct and plan courses in the American Red Cross Learn to Swim and Water Safety Programs. Instruction includes Parent and Child classes, Preschool levels 1-3, and Learn to Swim Levels 1-6, Community Water Safety, Basic Water Rescue, and Special Populations. Other training that may be available with additional training: Safety training for Coaches. Please note: The WSI course is NOT designed to teach you the required strokes/skills. Paired practice, coaching and drills are used to refine skills. Be prepared for swimming, reading and homework. Enrollment and certification requirements for this class are listed at [www.tryufm.org](http://www.tryufm.org). Required materials cost \$54.50 and available at UFM, 1221 Thurston St.

Instructor: Abby Thrash

Dates: 06/06/14 to 06/08/14 (F/Sa/Su)  
Time: TBD  
Fee: 190.00  
Location: Natatorium, K-State Campus



**Intro to Sea Kayaking 14AAQ43A**

This class is perfect for those starting out in kayaking or wanting to brush-up on their kayaking skills. After some brief instructions on land, we will work on being comfortable on the water with efficient stroke technique and boat control. Techniques, including wet exits, assisted rescues, and self-rescues, will be practiced. This class will give you the invaluable tools needed to practice and refine your strokes and rescues. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. This is a fun class and you will paddle away learning something new and feeling more confident. For ages 16 and up. Required equipment: Clean touring kayak, PFD (life jacket), bilge pump, paddle float, spray/splash skirt, nose plugs (optional) and swim goggles (optional)

Instructor: Larry Storer, [larrystorer@yahoo.com](mailto:larrystorer@yahoo.com)

Date: 01/26/2014  
Time: 8:00 AM to Noon  
Fee: \$77.00  
Location: Natatorium, K-State Campus

**Intro to Sea Kayaking 14AAQ43B**

Instructor: Larry Storer, [larrystorer@yahoo.com](mailto:larrystorer@yahoo.com)

Date: 02/23/2014  
Time: 8:00 AM to Noon  
Fee: \$77.00  
Location: Natatorium, K-State Campus

**Extended Paddle Roll and Beyond 14AAQ44A**

This class introduces you to the "Extended Paddle Roll" which is a very effective roll to use with a touring/sea kayak. Other skills covered include working on high and low braces as a means of preventing your kayak from rolling over. Learning the skills presented in this class will significantly increase your enjoyment and safety in a touring kayak. Ages 16 and up. Required equipment: Clean touring kayak, PFD (life jacket), bilge pump, paddle float, spray/splash skirt, nose plugs (optional), and swim goggles (optional).

Instructor: Larry Storer, [larrystorer@yahoo.com](mailto:larrystorer@yahoo.com)

Date: 02/09/2014  
Time: 8:00 AM to Noon  
Fee: \$77.00  
Location: Natatorium, K-State Campus

**Extended Paddle Roll and Beyond A14AQ44B**

Instructor: Larry Storer, [larrystorer@yahoo.com](mailto:larrystorer@yahoo.com)

Date: 03/16/2014  
Time: 8:00 AM to Noon  
Fee: \$77.00  
Location: Natatorium, K-State Campus



**Scuba Diving 14AAQ105AZ**

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 \$75.00 will be assessed at the time of check out dives. However, neither UFM nor KSU 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. The cost of equipment ranges from \$100 to \$175. There is a non-refundable material fee of \$50 for withdrawing from the class after the first day. (Available for KSU Credit)

Instructors: Tray Green and Jeff Freeborn

Date: 01/25/2014 to 03/01/2014 (Sa)  
Time: 9:30 AM to 1:30 PM  
Fee: \$257.00 (Available for KSU Credit)  
Location: Natatorium, K-State Campus

**Scuba Diving 14AAQ105BZ**

Instructors: Tray Green and Jeff Freeborn

Date: 01/27/2014 to 03/03/2014 (M)  
Time: 6:00 PM to 10:00 PM  
Fee: \$257.00 (Available for KSU Credit)  
Location: Natatorium, K-State Campus

**Scuba Diving 14AAQ105CZ**

Instructors: Tray Green and Jeff Freeborn

Date: 03/24/2014 to 04/28/2014 (M)  
Time: 6:00 PM to 10:00 PM  
Fee: \$257.00 (Available for KSU Credit)  
Location: Natatorium, K-State Campus

# CAREER & FINANCE

## Snap, Create & Share: **NEW!** iPad for Photos

**14AFC134**

Join us as we explore apps for taking and editing your photos and creating collages and scrapbooks to share with family and friends. Bring your own iPad or use one provided by the Wamego Technology Center.

Instructor: Mary Hammel, mhammel@ksu.edu

Date: 02/25/2014 (T)  
Time: 6:30 PM to 8:00 PM  
Fee: \$19.00  
Location: Wamego High School Library  
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. She loves to share tools, new gadgets and helpful apps during the iPad Users Group at KSU.

## Lights, Camera, Action: **NEW!** Creating Movies with an iPad

**14AFC135**

Explore your filmmaking skills and see how easy it is to make short movies to share with family and friends. Bring your iPad or use one from the Wamego Technology Center.

Instructor: Mary Hammel, mhammel@ksu.edu

Date: 03/04/2014 (T)  
Time: 6:30 PM to 8:00 PM  
Fee: \$19.00  
Location: Wamego High School Library  
801 Lincoln Street, Wamego



## Computer Skills 101 **14AFC119A**

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: 03/04/2014 to 04/01/2014 (T)  
(No class 3/18)  
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.

## Computer Skills 101 **14AFC119B**

Instructor: Liz Krieger

Date: 04/15/2014 to 05/06/2014 (T)  
Time: 7:30 PM to 8:30 PM  
Fee: \$14.00  
Location: Manhattan Public Library  
Computer Classroom  
629 Poyntz Ave.

## 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. Deadline TBA. An additional \$20 fee for materials after the deadline.

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



## Starting Your Own Business: **NEW!** The Basics **14AFC132**

Learn the basics of starting and operating your own business in just six weeks! Classes will cover creating a business plan, identifying your target market, formation, choice of entity, business contracts, licenses and permits, advertising, tax issues and employees.

Instructor: Shelli Clarkston

Date: 02/04/2014 to 03/11/2014 (T)  
Time: 6:00 PM to 7:30 PM  
Fee: \$29.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

Shelli Clarkston received her Juris Doctorate and Masters of Law in Taxation from the University of Missouri - Kansas City, her Masters of Arts in Management from Doane College and Bachelors of Science in Merchandising and Marketing from the University of Nebraska-Lincoln. Shelli has more than ten years of experience in the financial industry and has worked for a Fortune 500 company assisting clients with complex business tax issues. Currently, Shelli owns and operates Clarkston Law Firm, LLC which services the Manhattan and Kansas City areas.

## LSAT Prep Course **14AFC24**

Law School Admission Test Review Course. Comprehensive 28-hour review, in-class & at-home study materials, analytical lectures and test-taking strategies. Materials included in fee. Deadline one week prior to class or \$20 extra class fee to order materials.

Date: TBD  
Time: TBD  
Fee: \$290.00  
Location: TBD

# CREATIVE FREE TIME

## **Guitar Private Instruction 14ACF199**

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: 01/21/2014 to 05/09/2014  
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

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

## **Bass Guitar Private Instruction 14ACF200**

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: 01/21/2014 to 05/09/2014  
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

## **Introduction to Adobe Lightroom 14ACF140**

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

Date: 01/28/2014 to 02/06/2014 (T/Th)  
Time: 7:00 PM to 9:00 PM  
Fee: \$53.00  
Location: UFM Computer Lab  
1221 Thurston St., 2nd floor

## **Introduction to Adobe Photoshop 14ACF65**

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. Scott Bean

Date: 02/18/2014 to 02/27/2014 (T/Th)  
Time: 7:00 PM to 9:00 PM  
Fee: \$53.00  
Location: UFM Computer Lab  
1221 Thurston St., 2nd floor

Scott Bean has been enjoying the hobby of nature photography for several years.

## **Introduction to Digital Photography: The Basics 14ACF190**

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 (Thursdays) and 3 optional field trips (Saturdays) to practice what we cover in the class meetings. Exact times of the field trips will be discussed at the first class, but will be on Saturday evening a few hours before sunset. Participants will be responsible for their own transportation to the field trips. Instructor: Scott Bean

Date: 03/06/2014 to 04/03/2014 (Th/Sa)  
(No class 3/20, 3/22)  
Time: 7:00 PM to 9:00 PM  
Fee: \$68.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

Celebrate the beauty of Kansas  
STRECKER-NELSON GALLERY

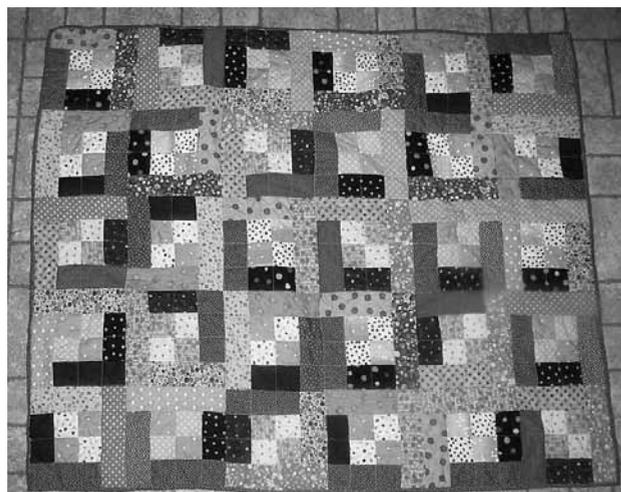


406 POYNTZ AVE  
MANHATTAN, KS 66502  
(785)537-2099  
strecker-nelsongallery.com

"Silver Lined Clouds" George Jerkovich



## CREATIVE FREE TIME



### Mask Work! 14ACF210

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. On 4/23/14 class meets from 5:30pm to 6:30pm and 4/30/14 from 5:30pm to 7:00pm.

Instructor: Mary Elizabeth Atwood

Date: 04/23/2014 to 04/30/2014 (W)  
 Time: 5:30 PM to 6:30 PM  
 Fee: \$57.00 Class fee indiv + material  
 Location: 1500 N. 9th St.  
 Manhattan, KS

### Shoes for Spiders 14ACF220

Does the pitter-patter of little spider feet bother you at night? Do you wish to find a stylish way to accessorize your spider? Worried about buying shoes without breaking the budget? Look no further! In this class we will discuss where to find shoes for your spider, how to make your own spider shoes, and how to measure spider feet for the perfect fit. We will focus on your spiders' individual style and what shoes would benefit not only their needs, but yours as well. Please bring your spider and a ruler with nanometers to get an accurate foot size.

Instructor: Dr. Arack N. Fobia, Entomologist

Date: 01/21/2014 to 05/06/2014 (T)  
 Time: 5:30 PM to 7:30 PM  
 Fee: \$-1.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

### NEW! Quilting for the Beginner 14ACF213A

It's cold outside so now is the time to learn the art of quilting and make a quilt to keep you warm on those cold winter nights! Log cabin quilts are a traditional quilt pattern that allow for originality in the quilt block layout for a unique look for each participant. We will work together to craft a beautiful 42" x 56" log cabin quilt. The instructor will provide and prepare the fabric ready to begin the day quilting. The method we will use allows for participants to quickly construct a quilt using fabric strips sewn continuously together. When we finish we will have a completed quilt top and we will discuss finishing options. Participants will need: sewing machine (including bobbins), white thread and scissors. Optional items: rotary cutter, cutting ruler and cutting mat. Instructor will email you once registered with additional information regarding class.

Instructor: Mandy Ridder, (785)341-2687,  
 number10mandy@gmail.com

Date: 01/25/2014 (Sa)  
 \* Registration deadline 01/17  
 Time: 8:00 AM to 4:00 PM  
 Fee: \$52.00  
 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.

### Quilting for the Beginner 14ACF213B

Instructor: Mandy Ridder, (785)341-2687

Date: 02/22/2014 (Sa)  
 \* Registration deadline 02/14  
 Time: 8:00 AM to 4:00 PM  
 Fee: \$52.00  
 Location: UFM Multipurpose Room  
 1221 Thurston St.



### NEW! Weaving for Wannabes 14ACF215

This class is for people who want to learn about weaving. We will work on small table looms to learn the basics of weaving, and will cover some ways to make patterns in simple weavings. Students will leave with a sampler of weaves, or with usable "mug rugs" in various weavings. We will cover the basics of preparing a loom and there will be information given on where to find looms, yarns, equipment, and classes for further study.

Instructor: Marie Amthauer

Date: 03/29/2014 (Sa)  
 Time: 8:30 AM to 11:00 AM  
 Fee: \$32.00  
 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, classes for 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.

### NEW! Origami Cranes 14ACF214

Learn how to make origami cranes. Bring to class some colorful paper to make your birds along with some small beads so that you can string and hang your birds & beads for display. Making paper beads to accent your project will also be covered. Anyone can learn how to fold paper to create these fun little paper birds - Ages 8 to adult. Traditional Japanese origami cranes - A thousand paper cranes are traditionally given as a wedding gift by the father, who is wishing a thousand years of happiness and prosperity upon the couple. They can also be given to a new baby for long life and good luck. Hanging them in your home is thought to be a lucky and benevolent charm.

Instructor: Charlene Brownson

Date: 04/15/2014 (T)  
 Time: 6:30 PM to 8:00 PM  
 Fee: \$12.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

Charlene enjoys working with a variety of arts and crafts. She has a degree in Art Education and likes to share her hobbies with others.



**The Art of Awareness: Found Object Assemblage** **NEW!** 14ACF216

Clean out your "junk" drawer, closet, or garage and bring found objects to recycle into a piece of art. We will learn to appreciate that which has been discarded and use it to create something we love. Working with the metaphor of junk into treasure, we will explore our past "failures" and transform them into a viable future. Be sure that all objects can be attached with a hot glue gun or Elmer's glue (we will not be welding!). Supports and a huge variety of additional materials will be provided. No previous art experience is required as the focus is on creating a piece of self-expression rather than making a refined final product.

Instructor: Linda Rae, lindarae@lindaraestudio.com

Date: 02/08/2014 (Sa)  
 Time: 10:00 AM to 3:00 PM  
 Fee: \$87.00  
 Location: UFM Solar Addition  
 1221 Thurston St.

Linda Rae has a Bachelor's Degree in Studio Art and a Master's Degree in Art Therapy. She teaches art technique to youth and adults at the Manhattan Arts Center. She also has a private art therapy practice in Manhattan.

**The Art of Awareness: Mask Making** **NEW!** 14ACF217

In this workshop we will explore issues of identity and self-expression by creating plaster masks on our faces and then decorating them with paint and collage materials. We will incorporate sound, movement, and writing with our finished creations to fully express ourselves. This is a fun and lively workshop in which you learn about yourself in a playful spirit. Come prepared to be messy. No previous art experience is necessary as the focus is on the process of creative expression rather than making a polished final product. A huge variety of materials will be provided. Instructor: Linda Rae, lindarae@lindaraestudio.com

Date: 03/29/2014 (Sa)  
 Time: 9:30 PM to 3:00 PM  
 Fee: \$102.00 Class fee indiv + material  
 Location: UFM Solar Addition  
 1221 Thurston St.



**Freedom Painting** **NEW!** 14ACF218

Feeling creatively blocked lately? Come and join us for a deep experience of self-expression through the fluidity of paint. We will work on large paintings that are intuitively created. We are not going to learn technique. We are going to paint from the soul. Set yourself free to express your deepest desires, your hidden taboos, or anything in between. This is a sacred experience in which all subject matters are embraced. Nothing is too strange or untouchable. No previous art experience is required as the focus is on the process of self-expression rather than on creating a polished final product. All materials are provided. Instructor: Linda Rae, lindarae@lindaraestudio.com

Date: 04/19/2014 (Sa)  
 Time: 10:00 AM to 4:00 PM  
 Fee: \$102.00 Class fee indiv + material  
 Location: Manhattan Arts Center  
 1522 Poyntz



**The Art of Awareness: My Spirit/My Self** 14ACF204

In this two-hour workshop we will learn to identify with our spirit through a direct imaginative experience of guided meditation. We will express this experience with a choice of art materials to fully embody our spiritual dimension. Finally we will engage in a written imaginative dialogue with our spiritual expression in order to tap into the inner intuitive guidance that is always available to us. No previous art experience is necessary. The focus is on the creative process rather than the end product. All art materials are provided. Instructor: Linda Rae, lindarae@lindaraestudio.com

Date: 05/10/2014 (Sa)  
 Time: 2:00 PM to 4:00 PM  
 Fee: \$71.00 Class fee indiv + material  
 Location: UFM Solar Addition  
 1221 Thurston St.

**Manhattan Arts Center**  
**Spring 2014 Season**

<p style="text-align: center;"><i>Theatre</i></p> <p><b>Harvey Joseph and the Amazing Technicolor Dreamcoat</b> Feb 28-Mar 2, Mar 7-9                  Apr 25-27, May 1-4</p> <p style="text-align: center;"><i>MACademy Youth Theatre</i></p> <p>Missoula Childrens' Theatre: <b>The Wizard of Oz</b> Jan 18                  Paul Mesner Puppets: <b>Old Mother Hubbard</b> Mar 15</p>	<p style="text-align: center;"><i>Galleries</i></p> <p><b>Gene Ernst Memorial Exhibit</b> Jan 11-Feb 15  <b>Columbian Artists</b> Feb 22-Apr 5  <b>Kansas Gourd Artists</b> Apr 12-May 24  <b>MAC Watercolor &amp; Oils Studios</b> opens May 30</p>
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*BirdHouse fine acoustic music*

<p><b>Anne &amp; Pete Sibley</b> Jan 25  <b>Trace Bundy</b> Feb 14  <b>Guy Davis &amp; Fabrizio Poggi</b> Feb 22  <b>The Matt Flinger Trio</b> Apr 11</p>	<p><i>Plus: Art &amp; Music Classes, Clay &amp; Painting Studios, Summer Camps &amp; more!</i></p>
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1520 Poyntz Ave, Manhattan, KS 785-537-4420 [www.manhattanarts.org](http://www.manhattanarts.org)

## CREATIVE FREE TIME

### Intro to Voiceovers Workshop

**NEW!**

**14ACF219**

This fun and empowering 2 hour introductory workshop covers the different types of voiceovers and what tools are needed to find success. You'll be coached as you read a script, and be recorded so you can 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.

Date: 03/17/2014 (M)  
Time: 6:00 PM to 8:00 PM  
Fee: \$49.00  
Early Bird Fee \$39.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

### A One on One Introduction to Voiceovers 14ACF129

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 01/21/14 and 05/09/14. Enroll before February 21st for \$24 or after for \$30. Once registered, or for any questions concerning the course, please contact Voices For All at [support@voicesforall.com](mailto:support@voicesforall.com), or call 518-261-1664.

Date: 01/21/2014 to 05/09/2014 (T)  
Time: See class description  
Fee: \$24.00 (Before February 21)  
\$30.00 (After February 21)  
Location: Online

Voices For All, LLC, The Voices For All Voice Coach/ Producer/Instructors are known for their fun and informative presenting methods. Our Coaches have many years experience in the Voiceover Industry, and are masters at teaching all of the information pertinent to making it in Voice Acting. Whether it be speaking, presenting, writing, producing, or announcing, Voices For All has it covered. With hundreds of Regional & National Commercials, and Public Service Announcements under their belts, our instructors not only deliver the highest quality education and coaching to their students, but their unique enthusiasm and expertise bring an element of fun and excitement to the virtual classroom as well.

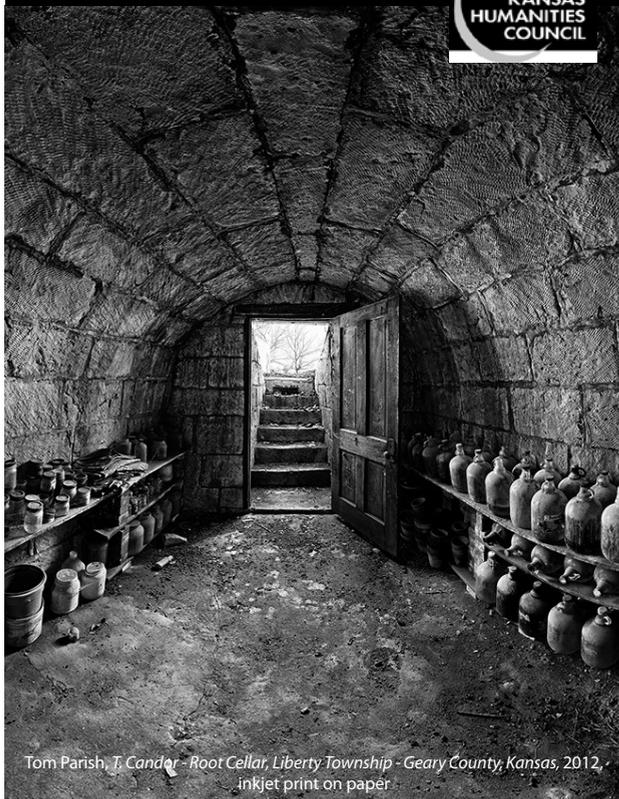


**KANSAS STATE UNIVERSITY**

### Take Shelter: An Installation by Tom Parish

2014 Friends of the Beach Museum of Art Gift Print Artist

**February 4 – May 25, 2014**



Tom Parish, *T. Cander - Root Cellar, Liberty Township - Geary County, Kansas, 2012*, inkjet print on paper

**BEACH MUSEUM OF ART**

FREE admission and parking | 14th & Anderson  
785.532.7718 | [beach.k-state.edu](http://beach.k-state.edu) | Tues.-Wed., Fri.-Sat. 10-5 | Thurs. 10-8 | Sun. 12-5

*Lou Douglas*  
**LECTURES**

Lou Douglas Lecture Series on Public Issues

“Looking for Leadership from Our Leaders: What’s Needed”

**John Hofmeister**

Founder and Chief Executive  
Citizens for Affordable Energy, Washington, D.C.  
and Former President, Shell Oil Company,  
Houston, Texas



Tuesday, February 11, 2014

7:00 p.m.

Town Hall,

Leadership Studies Building

Kansas State University Campus

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

# EARTH & NATURE

## Fly Fishing

**14AEN04AZ**

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.

Paul Sodamann

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

\* Class meets in Ahearn Fieldhouse (3/4, 3/5)



## Home Landscape Design

**14AEN08**

Learn the basics of landscaping your home! Locally available resources will be presented. Property values can be increased by as much as 10-20% by smart landscape design. This course is a must for residents new to the Manhattan community or those of us with "brown thumbs." Single home owner and/or couples are encouraged to enroll.

Instructor: Gregg Eyestone

Date: 02/12/2014 to 02/26/2014 (W)  
 Time: 7:00 PM to 9:00 PM  
 Fee: \$21.00 Class fee - Individual  
 \$30.00 Class fee - Couple  
 Location: Pottorf Hall at Cico Park Clover Room

Gregg has been instructing others on gardening practices for 22 years through K-State Research and Extension. A native of Manhattan, he has been gardening his whole life. His orchard contains just about one of everything.

## Basic Solar Water Heating

**14AEN100**

In this class, different ways of solar heating water and storing the heat for later in the day will be discussed. Mostly, desired temperatures are well within the reach of simple hardware that we can make ourselves. The class will emphasize the simplest, least costly ways of making the sun work for us: from drain-back and batch water heaters to freeze protection. Sponsored by the Flint Hills Resilience Coalition [www.fhrconline.org](http://www.fhrconline.org)

Instructor: Bill Dorsett

Date: 02/15/2014 (Sa)  
 Time: 10:00 AM to 12 N  
 Fee: No Charge  
 Location: UFM Solar Addition 1221 Thurston St.

## Water Purification

**14AEN108**

Water from the tap is so universal we are likely not to be prepared for those times when the system isn't working. Whether it is a boil order from the municipal water department or back country adventure there are some easy and reliable ways of making certain your water is safe to drink.

Bill Dorsett, Carol Barta

Date: 04/20/2014 (Su)  
 Time: 5:00 PM to 7:00 PM  
 Fee: No Charge  
 Location: UFM Solar Addition 1221 Thurston St.

Bill Dorsett has been working in solar energy since 1975, both in passive and active thermal systems and in solar electric applications.

Carol Barta is a founding member of the Flint Hills Resilience Coalition, permaculturist and certified permaculturist.



## Spring Plant Swap

**14AEN109**

Please participate in the fourth annual People's Grocery plant exchange and giveaway. We welcome house, yard, and garden plants. If you have extra plants, please bring them. If you need plants, please come check out our selection. In the past we have had a wide variety of plants and this year I anticipate even more. If you have questions, please contact Deane Lehmann at 785.341.6154 or [deanelehmann@gmail.com](mailto:deanelehmann@gmail.com)

Instructor: Deane Lehmann

Date: 05/09/2014 to 05/10/2014 (F/Sa)  
 Time: F 6:00 PM to 8:00 PM &  
 Sa 9:00 AM to Noon  
 Fee: No Charge  
 Location: People's Grocery 523 South 17th St



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



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 \*Bulk Herbs/Teas\*  
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 785.539.4811  
<http://www.peoplesgrocery.biz>

# EARTH & NATURE

## **Solar Electricity 101: <sup>NEW!</sup> for Your Home & Business** 14AEN114

If your image of solar energy is flattened beer cans and shrink wrap think again. New electronics have revolutionized power-line connected solar, making it profitable in rapidly growing regions of our country. In the US, it has exploded 500% in the last seven years. Whether you are concerned about energy independence, climate change, national security or just your own pocketbook, renewable energy is enormously popular for people from all political parties and backgrounds. We will also discuss lessons learned from eight different Manhattan systems... some of the first in Kansas. With step-by-step photos of designing and installing solar electric systems using the latest hardware, we're going to discuss the advantages and disadvantages of various choices. We can also talk about how these systems compare with battery backup or independent systems. Come with questions and new information for discussion. We'll follow this session with an introduction to our Solar buyers' cooperative.

Instructor: Bill Dorsett, wmdorsett@sbcglobal.net

Date: 02/01/2014 (Sa)  
Time: 9:00 AM to 10:30 AM  
Fee: No Charge  
Location: UFM Solar Addition  
1221 Thurston St.

## **Introduction to: <sup>NEW!</sup> Flint Hills Renewable Energy & Efficiency Cooperative** 14AEN115

The cost of the equipment has come way, way down making this option affordable for many more folks. Our Coop, (FHREEC--pronounced "freak") buys solar and efficiency hardware in bulk and Our Community Sun Raisers are modeled after a "barn-raising" following the tradition of neighbor helping neighbor. At first, we will be installing Solar Electric and solar hot water systems. So, we have much lower to no installation costs. Come learn about photovoltaic basics and about the Coop that can help you make this happen at your place. Sponsored by the Flint Hills Resilience Coalition [www.fhrconline.org](http://www.fhrconline.org)  
Instructor: Bill Dorsett, wmdorsett@sbcglobal.net

Date: 02/01/2014 (Sa)  
Time: 10:00 AM to 12 N  
Fee: No Charge  
Location: UFM Solar Addition  
1221 Thurston St.

## **Making Fire and <sup>NEW!</sup> Primitive Cordage** 14AEN116A

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 the following Saturday.

Instructor: Daniel Schapaugh, dts9765@ksu.edu

Date: 03/22/2014 (Sa)  
Registration deadline 3/15/14  
Time: 2:00 PM to 5:00 PM  
Fee: \$25.00  
Location: Wildcat County Park

## **Making Fire and Primitive Cordage** 14AEN116B

Instructor: Daniel Schapaugh, dts9765@ksu.edu

Date: 04/05/2014 (Sa)  
Registration deadline 3/15/14  
Time: 2:00 PM to 5:00 PM  
Fee: \$25.00  
Location: Wildcat County Park

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

## **Backcountry Navigation <sup>NEW!</sup>** 14AEN117

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 one mile on uneven terrain. Make-up date due to inclement weather will be the following Saturday.

Instructor: Daniel Schapaugh, dts9765@ksu.edu

Date: 04/19/2014 (Sa)  
Time: 2:00 PM to 5:00 PM  
Fee: \$25.00  
Location: Carnahan Park

## **Wildflower Walk at Tuttle Creek Lake** 14AEN69

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

Date: 05/17/2014 (Sa)  
Time: 10:00 AM to 12 N  
Fee: No Charge  
Location: Tuttle Creek Lake Visitor Center  
5020 Tuttle Creek Blvd

## Manhattan Community Gardens

### Spring Sign-up dates and times

#### Returning Gardeners:

Last returning gardener sign-up:  
January 9 (Thursday) 6 - 8 pm at UFM, 1221 Thurston

The Community Garden has a total 280 gardening plots!

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

New Gardeners:  
January 25 (Saturday) 1 - 3 pm at Pottorf Hall in Cico Park  
February 6 (Thursday) 5 - 7 pm at UFM  
February 24 (Monday) 5 - 7 pm at UFM

See the UFM website  
[www.tryufm.org/community\\_garden.htm](http://www.tryufm.org/community_garden.htm)  
for detailed information about volunteer service, plot rent and garden maps.

# EARTH & NATURE

## Food Forests and Plant Guilds: Not Just Another Gardening Class **14AEN74**

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](http://www.fhrconline.org)  
Instructor: Carol Barta

Date: 03/23/2014 (Su)  
Time: 7:00 PM to 9:00 PM  
Fee: No Charge  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Bicycle Ed 101 **14AEN75A**

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: 03/07/2014 (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 **14AEN75B**

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: 03/14/2014 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: \$10.00  
Location: Big Poppi Bicycle Co  
1126 Moro St.

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

## Bicycle Core Concepts: Drive-train Mechanics **14AEN76**

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, and the clunky performance and leave you with nothing but crisp, smooth, quiet shifting all the live long day. Topics covered include: drive-train cleaning & lubrication, front & rear deraileur installation, front & rear deraileur cable adjustment, front & rear deraileur limit adjustment, chain installation & maintenance and shifter maintenance & cleaning.

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

Date: 03/09/2014 (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 **14AEN77**

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: 03/16/2014 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: \$60.00  
Location: Big Poppi Bicycle Co  
1126 Moro St.

## Bicycle Major Bearing Systems **14AEN78**

Four areas on the bike are key to smooth, efficient forward movement. Without good bearing adjustment you will go no where 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: 03/23/2014 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: \$100.00  
Location: Big Poppi Bicycle Co  
1126 Moro St.

## Bicycle Wheel Systems **14AEN79**

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.

Big Poppi Bicycle Co D: (785) 537-3737

Date: 03/30/2014 (Su)  
Time: 5:00 PM to 7:00 PM  
Fee: \$10.00 or \$125.00  
Location: Big Poppi Bicycle Co  
1126 Moro St.

## Bicycle Triage **14AEN111**

No one wants to walk 10 miles back home or inconvenience their significant other for a ride when some fluke issues arises while out riding. This class will showcase a number of makeshift fixes, and minimum necessary tools for common mechanical problems that happen while out riding. With a limited number of tools, quick thinking, and creative solutions are a must to get home safe and sound and our professional mechanics have volumes of knowledge and a number of simple tips to make your ride as smooth as possible.

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

Date: 03/21/2014 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: \$45.00  
Location: Big Poppi Bicycle Co  
1126 Moro St.



# FUN FOODS

## Pickle Party

**NEW!**

**14AFF118**

Let's get together and celebrate our love of all things pickled. Whether it's fruits or vegetables, canned or fermented, we'll try it. So bring your successes and non-toxic failures or just bring yourself and we'll have a pickle party. People's Grocery and UFM have collaborated to bring you this class.

Instructors: Deane Lehmann & Jennifer Guilford, [wellness@peoplesgrocery.biz](mailto:wellness@peoplesgrocery.biz)

Date: 02/22/2014 (Sa)  
Time: 2:00 PM to 4:00 PM  
Fee: No Charge  
Location: UFM Solar Addition  
1221 Thurston St.

Jenny Guilford is the Wellness Manager at Peoples Grocery Cooperative in Manhattan, with a Bachelor's of Science in Horticulture with an emphasis on organic and sustainable agriculture.



## Let it Soak

**14AFF119**

Learn about the benefits of soaking nuts, seeds, grains and beans. Learn about tools and techniques to soak and prepare these whole foods. People's Grocery and UFM have collaborated to bring you this class.

Instructors: Deane Lehmann & Jennifer Guilford, [wellness@peoplesgrocery.biz](mailto:wellness@peoplesgrocery.biz)

Date: 04/12/2014 (Sa)  
Time: 2:00 PM to 4:00 PM  
Fee: No Charge  
Location: UFM Solar Addition  
1221 Thurston St.

## Introduction to Vegetable Fermentation

**NEW!**

**14AHW164**

This is a class to introduce people to basic salt fermentation. We will discuss the benefits of fermented foods and the role of salt in our diet. We will make Sauerkraut and kimchi and discuss techniques and equipment. People's Grocery and UFM have collaborated to bring you this class.

Instructor: Deane Lehmann

Date: 03/15/2014 (Sa)  
Time: 2:00 PM to 4:00 PM  
Fee: No Charge  
Location: UFM Solar Addition  
1221 Thurston St.

## Easy Indian Cooking

**NEW!**

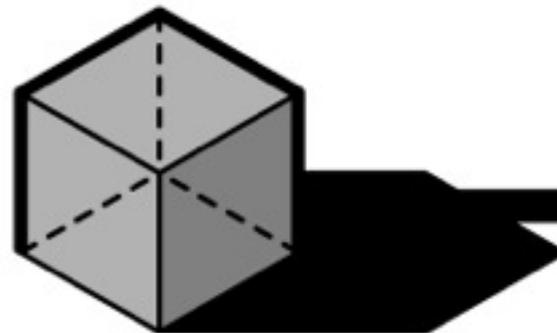
**14AFF121**

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](mailto:likithavishnu.1986@gmail.com)

Date: 04/03/2014 (Th)  
Time: 6:00 PM to 8:00 AM  
Fee: \$24.00 Class fee - Individual  
\$44.00 Class fee - Couple  
Location: Box Lab Kitchen  
407 Poyntz Avenue

Downtown Manhattan, Kansas  
**boxlab**  
design studio + showroom



PLAY • INHABIT • DESIGN • CONSTRUCT

## Agave Distillate Appreciation (Tequila Night)

**NEW!**

**14AFF120**

We often associate tequila with wild parties and cheap margaritas. But this liquor has a much more sophisticated side, similar to Scotch. In this class we'll learn about the history of this Mexican adult beverage, how it's made, and ways to use it. We'll try a tequila or two that can be sipped straight and practice making the famous margarita, along with a mixology trick or two. We'll also take a look at a lesser-known tequila accompaniment, sangrita, which is the pride of many tequila-themed restaurants in Mexico as well as a few places in the the U.S. \*Must be 21 years old to participate in this class

Instructors: Rusty Andrews & Jenne Andrews

Date: 03/11/2014 (T)  
Time: 7:00 PM to 8:30 PM  
Fee: \$27.00 Class fee - Individual  
\$48.00 Class fee - Couple  
Location: Box Lab Kitchen  
407 Poyntz Avenue

## Beer Tasting

**14AFF39**

Tallgrass Brewing Company's Brewmaster will guide students through a beer tasting of various beer styles from around the world. Students will learn about the influence of barley, wheat, hops, water, and yeast on the flavor of beer, and how to recognize those flavors in fine beers. Class will be held at Tallgrass Brewing Company. Every participant gets a souvenir Tallgrass Brewing Co. tasting glass! \*Participants must be 21 years and older.

Instructor: Jeff Gill

Date: 02/28/2014 (F)  
Time: 6:30 PM to 8:30 PM  
Fee: \$10.00  
Location: Tallgrass Brewing Company  
\* Directions: 8845 Quail Lane, Suite 1. East on US-24, Left on Dempsey Road, Continue on Green Valley Road then turn right on Quail Lane.



# ONLINE LEARNING

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

**14AHW70A**

Reduce classroom time for CPR, First Aid, and AED Training in half by using Blended Learning. Blended Learning combines a program which combines 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 \$20 non-refundable deposit.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/25/2014 (Sa)  
Time: 1:00 PM to 2:00 PM  
Fee: \$61.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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

**14AHW70B**

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/25/2014 (Sa)  
Time: 2:00 PM to 3:00 PM  
Fee: \$61.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

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

**14AHW70C**

Instructor: Kelly Reed-Harkness

Date: 04/26/2014  
Time: 9:30 AM to 11:00 AM  
Fee: \$61.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## **Blended Learning: Lifeguard Training**

**14AAQ07A**

Blended Learning: Lifeguard Training gives you the opportunity to complete part of the coursework online. The coursework covers the same materials covered in the full class. You will be contacted via email with login information and directions. Please be sure to check your email frequently and ensure 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

Instructor: Abby Thrash

Date: 04/05/2014 to 04/06/2014 (Sa/Su)  
Time: 8:00 AM to 5:00 PM  
Fee: \$154.00  
Location: Natatorium, K-State Campus

## **Blended Learning: Lifeguard Training**

**14AAQ07B**

Instructor: Abby Thrash

Date: 04/12/2014 to 4/23/2014 (Sa/Su)  
Time: 8:00 AM to 5:00 PM  
Fee: \$154.00  
Location: Natatorium, K-State Campus

## **Blended Learning: Lifeguard Training**

**14AAQ07C**

Instructor: Abby Thrash

Date: 05/03/2014 to 05/04/2014 (Sa/Su)  
Time: 8:00 AM to 5:00 PM  
Fee: \$154.00  
Location: Natatorium, K-State Campus

## **A One on One**

## **Introduction to Voiceovers 14ACF129**

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 01/21/14 and 05/09/14. Enroll before February 21st 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.

Voices For All, LLC, The Voices For All Voice Coach/Producer/Instructors are known for their fun and informative presenting methods. Our Coaches have many years experience in the Voiceover Industry, and are masters at teaching all of the information pertinent to making it in Voice Acting. Whether it be speaking, presenting, writing, producing, or announcing, Voices For All has it covered. With hundreds of Regional & National Commercials, and Public Service Announcements under their belts, our instructors not only deliver the highest quality education and coaching to their students, but their unique enthusiasm and expertise bring an element of fun and excitement to the virtual classroom as well.

Date: 01/21/2014 to 05/09/2014 (T)  
Time: See class description  
Fee: \$24.00 (Before February 21)  
\$30.00 (After February 21)  
Location: Online



# HEALTH & WELLNESS

## Women's Self Defense 14AHW118AZ

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

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

Date: 01/25/2014 to 02/22/2014 (Sa)  
Time: 1:00 PM to 4:00 PM  
Fee: \$70.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

Tyoshi 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 14AHW118BZ

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

Date: 02/23/2014 to 03/09/2014 (Su/Sa)  
Time: 1:00 PM to 4:00 PM  
Fee: \$70.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Women's Self Defense 14AHW118CZ

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

Date: 04/05/2014 to 04/19/2014 (Sa/Su)  
Time: 1:00 PM to 4:00 PM  
Fee: \$70.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

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

## Beginning Tai Chi Chaun 14AHW31

Practiced by millions of people around the world, the ancient and gentle Chinese martial art of tai chi offers the perfect balance of mind and body, strength and flexibility, grace and agility. Its smooth, fluid movements offer exercisers of all ages improved fitness, stress reduction, and total relaxation. In this class, we will introduce the Yang style short form, which can be practiced by young and old, anytime, anyplace.

Instructor: Mei Hwa (Tina) Terhune

Date: 02/19/2014 to 03/12/2014 (W)  
Time: 5:30 PM to 6:30 PM  
Fee: \$48.00  
Location: UFM Banquet Room  
1221 Thurston St.

Mei Hwa Terhune (Tina) is a native of China where she acquired her knowledge of Tai Chi Chaun while attending Ming Chuang University in Taipei, Taiwan. She is a certified instructor for Tai Chi for Arthritis and Yogafit. She specializes in 24 movement Beijing style, and "Cheng Man-Ching" Yang style.

## Restorative Yoga 14AHW140A

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

Date: 01/26/2014 to 02/23/2014 (Su)  
Time: 6:30 PM to 7:30 PM  
Fee: \$29.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

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

## Restorative Yoga 14AHW140B

Instructor: Debbie Newton

Date: 03/02/2014 to 04/06/2014 (Su)  
(No class 3/16)  
Time: 6:30 PM to 7:30 PM  
Fee: \$29.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Restorative Yoga 14AHW140C

Instructor: Debbie Newton

Date: 04/13/2014 to 05/18/2014 (Su)  
(No class 4/20, 5/11)  
Time: 6:30 PM to 7:30 PM  
Fee: \$29.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Evening Yoga 14AHW88A

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

Date: 01/27/2014 to 02/17/2014 (M)  
Time: 5:00 PM to 7:30 PM  
Fee: \$27.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Evening Yoga 14AHW88B

Instructor: Debbie Newton

Date: 03/03/2014 to 04/07/2014 (M)  
(No class 3/17)  
Time: 5:00 PM to 7:30 PM  
Fee: \$29.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Evening Yoga 14AHW88C

Instructor: Debbie Newton

Date: 04/14/2014 to 05/12/2014 (M)  
Time: 5:00 PM to 7:30 PM  
Fee: \$29.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Morning Yoga 14AHW89A

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

Instructor: Debbie Newton

Date: 01/25/2014 to 02/22/2014 (Sa)  
(No class 11/30)  
Time: 9:30 AM to 11:00 AM  
Fee: \$29.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

# HEALTH & WELLNESS

## Morning Yoga

**14AHW89B**

Instructor: Debbie Newton

Date: 03/01/2014 to 04/05/2014 (Sa)  
(No class 3/22)  
Time: 9:30 AM to 11:00 AM  
Fee: \$29.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Morning Yoga

**14AHW89C**

Instructor: Debbie Newton

Date: 04/12/2014 to 05/10/2014 (Sa)  
(No class 11/30)  
Time: 9:30 AM to 11:00 AM  
Fee: \$29.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Chair Yoga

**NEW!**

**14AHW156A**

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

Date: 01/21/2014 to 02/18/2014 (T)  
Time: 1:30 PM to 2:30 PM  
Fee: \$29.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Chair Yoga

**14AHW156B**

Instructor: Debbie Newton

Date: 02/25/2014 to 04/01/2014 (T)  
(No class 3/18)  
Time: 1:30 PM to 2:30 PM  
Fee: \$29.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Chair Yoga

**14AHW156C**

Instructor: Debbie Newton

Date: 04/08/2014 to 05/06/2014 (T)  
Time: 1:30 PM to 2:30 PM  
Fee: \$29.00  
Location: UFM Solar Addition  
1221 Thurston St.



## Gentle Yoga for All

**NEW!**

**14AHW99A**

(Formerly 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, yogaconnection@gmail.com

Date: 01/07/2014 to 02/25/2014 (T)  
(No class 11/12)  
Time: 5:30 PM to 6:45 PM  
Fee: \$89.00  
Location: Heart Space Yoga  
321 Poyntz Ave, Ste A

## Gentle Yoga for All

**14AHW99B**

Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 04/01/2014 to 05/20/2014 (T)  
(No class 11/12)  
Time: 5:30 PM to 6:45 PM  
Fee: \$89.00  
Location: Heart Space Yoga  
321 Poyntz Ave, Ste A

## Yoga

**14AHW15AZ**

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.

Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 01/21/2014 to 03/11/2014 (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

**14AHW15BZ**

Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 01/22/2014 to 03/12/2014 (W/M)  
Time: 10:30 AM to 11:30 AM  
Fee: \$99.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Yoga

**14AHW15CZ**

Instructor: Ana Franklin, yogaconnection@gmail.com

Date: 01/22/2014 to 03/12/2014 (W/M)  
Time: 5:30 PM to 6:30 PM  
Fee: \$99.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

# HEALTH & WELLNESS



## Yoga **14AHW15DZ**

Instructor: Ana Franklin, [yogaconnection@gmail.com](mailto:yogaconnection@gmail.com)

Date: 03/13/2014 to 05/08/2014 (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 **14AHW15EZ**

Instructor: Ana Franklin, [yogaconnection@gmail.com](mailto:yogaconnection@gmail.com)

Date: 03/24/2014 to 05/07/2014 (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 **14AHW15FZ**

Instructor: Ana Franklin, [yogaconnection@gmail.com](mailto:yogaconnection@gmail.com)

Date: 03/24/2014 to 05/07/2014 (M/W)  
 Time: 5:30 PM to 6:30 PM  
 Fee: \$99.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor



**Heart Space**  
**yoga**

**Ana Franklin**

321 Poyntz Avenue  
 Suite A  
 Manhattan, KS 66505

**785-341-9908**

[www.yogaconnection.byregion.net](http://www.yogaconnection.byregion.net)

## Past, Present & Future **NEW!** Uses of Essential Oils **14AHW160**

First session - Introduction 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](mailto:foerbande@gmail.com)

Date: 02/22/2014 (Sa)  
 Time: 10:00 AM to 12 N  
 Fee: \$22.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

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

## Nine Everyday Young Living **NEW!** Essential Oils **14AHW161**

Second Session - Building a Natural Medicine Cabinet for First Aid: How to use 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 - 14AHW160  
 Instructor: Enell Foerster, (785) 537-0977, [foerbande@gmail.com](mailto:foerbande@gmail.com)

Date: 03/08/2014 (Sa)  
 Time: 10:00 AM to 12 N  
 Fee: \$12.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

## Essential Oils for a Healthy Home **NEW!** and Environment **14AHW162**

Thirds session - Using the Essential Oils for mold and helping keep our bodies healthy and home clean. This session will include a CD presentation, discussion, hand out materials and Essential Oil samples. \*Prerequisite - Session 1 - 14AHW160

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

Date: 03/29/2014 (Sa)  
 Time: 10:00 AM to 12 N  
 Fee: \$12.00  
 \$10.00 - completed sessions 1 & 2  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

## Spring into Action (Spring cleaning for body and mind) **14AHW139**

When the seasons are changing our bodies are under stress because of changing temperatures and longer or shorter days/nights. February, March or even April 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](mailto:yogaconnection@gmail.com)

Date: 03/29/2014 (Sa)  
 Time: 11:30 AM to 1:30 PM  
 Fee: No Charge  
 Location: Heart Space Yoga  
 321 Poyntz Ave, Ste A

Ana is a certified Natural Health Consultant.

## Let's Talk about Gluten **NEW!** **14AHW163**

Come learn more about terms such as celiac disease, leaky gut syndrome, gluten sensitivity, etc., as well as why these conditions are on the rise. We will discuss current research findings, tips for living gluten free, and more! People's Grocery and UFM have collaborated to bring you this class.

Instructor: Lynn Chapman

Date: 03/22/2014 (Sa)  
 Time: 6:00 PM to 8:00 PM  
 Fee: No Charge  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

Lynn Chapman currently works at People's Grocery Co-op part time while finishing her master's degree in Dance/Movement Therapy and Counseling. She has been gluten free for over eight years and is passionate about cultivating wellness in her life and the lives of others through natural, holistic means.

**Introduction to Vegetable Fermentation****NEW!****14AHW164**

This is a class to introduce people to basic salt fermentation. We will discuss the benefits of fermented foods and the role of salt in our diet. We will make sauerkraut and kimchi and discuss techniques and equipment. People's Grocery and UFM have collaborated to bring you this class.

Instructor: Deane Lehmann

Date: 03/15/2014 (Sa)  
 Time: 2:00 PM to 4:00 PM  
 Fee: No Charge  
 Location: UFM Solar Addition  
 1221 Thurston St.

**Introduction to Spiritual Intuitive Consulting****NEW!****14AHW157**

Are you pretty sure of the direction you're headed, yet you'd like another perspective? Is something stressing you out? Intuitive consulting can help you in your personal life and with your business. In this group session, you'll gain useful insight and guidance from a professional intuitive consultant to begin maximizing your success, happiness and overall wellness. Bring your questions, and an open mind.

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

Date: 02/26/2014 (W)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$36.00  
 Location: UFM Solar Addition  
 1221 Thurston St.

Palma Holden, M.S., brings light to people's lives through her one-on-one intuitive consulting and workshops. She creates safe, loving space for others to explore and release worries, connect to inner strengths and feel better, lighter and brighter about life.

**Guided Meditation: Series of Three****14AHW146**

Register for this class and participate in all three of the Guided Meditation classes. See class descriptions listed with individual classes: Guided Meditation: Introduction to Meditation; Journey to the Seven Directions; Shifting Into Compassion (savings of \$10.00).

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

Date: 03/06/2014 to 03/25/2014 (Th)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$98.00 Class fee - Series Indivi  
 Location: UFM Solar Addition  
 1221 Thurston St.

**Guided Meditation: Introduction to Meditation****14AHW158**

For beginners and non-beginners alike! We'll discuss setting sacred space, varying the breath and grounding, before moving into a relaxation exercise.

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

Date: 03/06/2014 (Th)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$36.00  
 Location: UFM Solar Addition  
 1221 Thurston St.

**Guided Meditation: Journey to the Seven Directions****14AHW159**

We start by relaxing & grounding, then move into a guided meditation tape to the seven directions led by the voice of Marcellus Bear Heart Williams, a native American shaman. Feel free to take notes.

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

Date: 03/11/2014 (T)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$36.00  
 Location: UFM Solar Addition  
 1221 Thurston St.

**Guided Meditation: Shifting Into Compassion****14AHW143**

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: 03/25/2014 (T)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$36.00  
 Location: UFM Solar Addition  
 1221 Thurston St.

**Movement-Based Empowerment Workshop****14AHW153**

This movement-based class will empower kids 5 years and older, adults of any age, groups of kids or adults, school classrooms, teachers and family members to move with confidence and focus on needed tasks. "Movement is the door to learning", motto of Brain Gym International, is the key insight and outcome in learning the kinds of movements and concepts taught in this class. You can speed up, cool down, figure things out, and have more fun when brain and body are in sync from doing these simple, integrated movements. Learn and move with us doing: (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 Skills (www.rhythmicmovement.com). Maximum of 6 kids are welcome, 5 years & older, accompanied by an adult, one child per adult. All ages will benefit including young children, teens, younger and older adults who will all learn brain/body integrated movements that fit their needs and wishes. Wear comfortable clothes for movement exercise. Class limit 30 people. Contact class contact/instructor, Pat Embers, with questions or for CEU information and form on this workshop. This form states the class objectives, schedule and instructors' names for signatures needed to collect CEUs for health and other practitioners. Enrollment Deadline: February 14, 2014

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

This event is co-sponsored by the Flint Hills Resilience Coalition.

Instructor: Pat Embers

Date: 02/22/2014 (Sa)  
 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

**Teach a class at UFM!****\*Share** a hobby or skill**\*Meet** new people**\*Enhance** your business

## HEALTH & WELLNESS

### **Mental Health First Aid 14AHW130A**

Mental Health First Aid is designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid training helps a layperson assist someone experiencing a mental health crisis.

Mental Health First Aid certification provides trainees with:

\* Knowledge of the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, eating disorders, substance use disorders, and self-injury

\* A 5-step action plan encompassing the skills, resources and knowledge to assess the situation, to select and implement appropriate interventions, and to help the individual in crisis connect with appropriate professional care

\* An understanding of the prevalence of various mental health disorders in the U.S. and the need for reduced stigma in their communities

\* Working knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.

Instructors: Shelli Schottle & Brett Bruning, (785) 587-4300, Mary.Heath@pawnee.org

Date: 01/21/2014 to 01/28/2014 (T)  
\* Registration deadline 4/25  
Time: 8:00 AM to 12 N  
Fee: \$25.00  
Location: 427 Houston St  
Manhattan, KS

### **Mental Health First Aid 14AHW130B**

Instructors: Shelli Schottle & Brett Bruning, (785) 587-4300, Mary.Heath@pawnee.org

Date: 04/29/2014 to 05/06/2014 (T)  
\* Registration deadline 4/25  
Time: 8:00 AM to 12 N  
Fee: \$25.00  
Location: 427 Houston St  
Manhattan, KS

Shelli Schottler, MSW, Community Based Services Supervisor has been with Pawnee since 2002. She has both her bachelor and master degrees in Social Work from Washburn University

Brett Bruning, MFT, Community Support Services Case Manager received his bachelor's degree in Psychology and a master's degree in Marriage and Family Therapy from Kansas State University.

### **Basic Parenting 14AHW131A**

Parents will participate in six two-hour sessions led by Jeremy Boyle, Ph.D., LCMFT, CFLE. Sessions cover a variety of topics fundamental to good parenting such as personal stress management, understanding children, and helping children learn. These sessions are appropriate for parents of children of any age. Child care is offered for children of attendee's ages 18 months to 12 years. If you are in the need of childcare advanced notice must be provided. City of Manhattan residents are eligible for a scholarship to help cover the cost of the workshop.

Instructor: Jeremy Boyle, (785) 587-4300, Mary.Heath@pawnee.org

Date: 01/30/2014 to 03/20/2014 (Th)  
\* Registration deadline 1/24  
(No class 2/13, 3/6)  
Time: 6:30 PM to 8:30 PM  
Fee: \$65.00  
Location: Pawnee Mental Health  
2001 Claflin, Manhattan, KS

Jeremy Boyle, Ph.D., LCMFT, CFLE, Therapy and Evaluation Services Supervisor at Pawnee Mental Health Services is a Licensed Clinical Marriage and Family Therapist.

### **Basic Parenting 14AHW131B**

Instructor: Jeremy Boyle, (785) 587-4300, Mary.Heath@pawnee.org

Date: 04/17/2014 to 06/05/2014 (Th)  
\* Registration deadline 4/11  
(No class 5/1, 5/22)  
Time: 6:30 PM to 8:30 PM  
Fee: \$65.00  
Location: Pawnee Mental Health  
2001 Claflin, Manhattan, KS

### **Youth Mental Health First Aid Course NEW! 14AHW165A**

Youth Mental Health First Aid is a public education program which introduces participants to risk factors and warning signs of mental health problems in youth 12-18, such as anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorders. Participants will learn how to help a youth in crisis, or experiencing a mental health or substance abuse challenge.

Instructors: Shelli Schottle & Brett Bruning, (785) 587-4300, Mary.Heath@pawnee.org

Date: 02/18/2014 (T)  
\* Registration deadline 2/14  
Time: 8:00 AM to 5:00 PM  
Fee: \$25.00  
Location: 427 Houston St, Manhattan, KS

### **Youth Mental Health First Aid Course 14AHW165B**

Instructors: Shelli Schottle & Brett Bruning, (785) 587-4300, Mary.Heath@pawnee.org

Date: 05/20/2014 (T)  
\* Registration deadline 5/16  
Time: 8:00 AM to 5:00 PM  
Fee: \$25.00  
Location: 427 Houston St  
Manhattan, KS

### **Refuse To Be A Victim® 14AHW202**

Safety experts agree the single most important step toward ensuring your personal safety is making the conscious decision to Refuse To Be A Victim®. You stand a much better chance of preventing criminal attack if you develop a safety plan before you need it. That is why the National Rifle Association is offering the Refuse To Be A Victim® crime prevention seminar. The seminar teaches easy-to-understand methods you can use to increase awareness and prevent criminal confrontation. In just three to four hours, you will get the tools you need to develop your own personal safety strategy, including information about:

- The Psychology of the Criminal Mind
- Home & Phone Security
- Automobile & Travel Security
- Personal & Technological Security
- Self-Defense Devices and Training Options
- And more!

Instructor: Robert Auten

Date: 04/19/2014 (Sa)  
Time: 9:00 AM to 12 N  
Fee: \$37.00 - Includes Materials  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

Robert Auten is full time staff at Kansas State University as well as a NRA certified instructor in many disciplines including Refuse To Be A Victim®.





## Responding to Emergencies

**14AHW19AZ**

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  
Instructor: Henry Brown

Date: 02/01/2014 to 02/15/2014 (Sa/Su)  
Time: Noon to 6:30 PM  
Fee: \$154.00  
Location: UFM Banquet Room  
1221 Thurston St.

Full Instructor biographies  
are available on our website  
[www.tryufm.org](http://www.tryufm.org)

## Blended Learning: CPR/First Aid

**14AHW70A**

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 \$20 non-refundable deposit.

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/25/2014 (Sa)  
Time: 1:00 PM to 2:00 PM  
Fee: \$61.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Blended Learning: CPR/First Aid

**14AHW70B**

Instructor: Abby Thrash, abbythrash@gmail.com

Date: 01/25/2014 (Sa)  
Time: 2:00 PM to 3:00 PM  
Fee: \$61.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Blended Learning: CPR/First Aid

**14AHW70C**

Instructor: Kelly Reed-Harkness

Date: 04/26/2014 (Sa)  
Time: 9:30 AM to 11:00 AM  
Fee: \$61.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

## Community CPR, First Aid & AED

**14AHW25**

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: 04/26/2014 (Sa)  
Time: 11:00 AM to 7:00 PM  
Fee: \$61.00  
Location: UFM Conference Room  
1221 Thurston St., 2nd floor

“LIKE”

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



Connect with UFM on  
[Facebook.com/UFMCLC](https://www.facebook.com/UFMCLC)

# LANGUAGE

## Swahili Language and Cultures of Africa

14ALA53

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: 03/28/2014 to 04/25/2014 (F)  
(No Class 7/5)  
Time: 5:30 PM to 7:00 PM  
Fee: \$34.00  
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.



## Introduction to Spanish

14ALA33

This class will give a basic introduction to the Spanish Language and will apply the language to real life situations. Basic vocabulary, numbers, grammar and sentence structure will be covered. Students are encouraged to bring a notebook, pencil and note cards to class. Ages 13 and up are welcome.

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

We want YOU!  
Contact UFM about teaching a class.  
Call 785.539.8763  
or email [info@tryufm.org](mailto:info@tryufm.org).

## Get started on the path to a career or learn something new!

Tuition is very reasonably priced and varies by class topic.  
Most classes run 6 weeks for under \$300!



Manhattan Area Technical College is offering Spring 2014 continuing education classes on the following topics:

Electrical, carpentry, plumbing, welding, refrigeration, geographic information systems, supervisory skills, industrial technology, craft beer brewing, CNA/CMA, phlebotomy and more!



*"Here's a career  
where the sparks fly!"*

3136 Dickens Avenue  
Manhattan, Kansas 66503  
800-352-7575 • 785-587-2800

For more information, visit:

<http://www.manhattantech.edu/continuing-education>

*Welding Technology*

# MARTIAL ARTS

## Tae Kwon Do I

**14AMA01Z**

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+.

Instructor: David Moore

Date: 01/21/2014 to 05/08/2014 (T/Th)  
(No class 3/18, 3/20)  
Time: 5:00 PM to 6:00 PM  
Fee: \$72.00  
Location: Sun Yi's Academy  
1650 Hayes Dr.

## Karate & Self-Defense

**14AMA10**

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: Pamela Johansen Tyoshi,  
pam@midamerica-karate.com

Date: 01/25/2014 to 03/08/2014 (Sa)  
Time: 11:30 AM to 12:30 PM  
Fee: \$74.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Judo I

**14ARF08Z**

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.

Instructor: Jim Kiker

Date: 01/23/2014 to 05/08/2014 (Th/M)  
(No classes 3/17, 3/20)  
Time: 8:00 PM to 9:00 PM  
Fee: \$75.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Judo II

**14AMA09Z**

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.

Instructor: Jim Kiker

Date: 01/23/2014 to 05/08/2014 (Th/M)  
(No class 3/17, 3/20)  
Time: 8:00 PM to 9:30 PM  
Fee: \$75.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor



**NEW!**

## The White Phoenix System **14AMA18**

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.

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.

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

Date: 02/03/2014 to 05/05/2014 (M)  
(No class 3/17)  
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](http://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

## Being a Responsible Dog Owner

14API126

Owning a dog is not just a privilege—it's a responsibility. Dogs depend on us to provide food, water, grooming, exercise, training, medical care, companionship and love. In addition to basic care there are also other responsibilities to keep your dog from infringing on the rights of your neighbors and the public such as appropriate confinement, leash and muzzle requirements, registration, reporting, insurance, neutering, and proper identification. Dog ownership requires a long-term emotional and financial commitment to that dog. If you already have a dog, this class will help you understand all your obligations as its owner. If you are considering getting a dog, this class will supply you with information that will start you off on the right foot with your new friend. This class fulfills the training requirements for the Manhattan Municipal Courts Required Responsible Dog Ownership Class. Please leave your dog at home. Call UFM for details on class dates and times. Instructor: Mary Hager

Date: Call UFM for more information  
Time: Call UFM for more information  
Fee: \$27.00  
Location: UFM Solar Addition  
1221 Thurston St.

## Reliable Recalls for Your Dog 14API124

Calling your dog multiple times with no success can be frustrating and time-consuming. Plus, an off-leash dog without a good recall is a safety risk for itself, other animals, and people. What is a reliable recall? It's when you call your dog once and it runs straight toward you as fast as it can. It then stops within reach so you can grab the collar and clip on a leash if necessary. A solid recall may save your dog's life and your sanity. Dogs who master this skill have more freedom because they have the privilege of being off-leash on occasions when it is safe and legal. As the owner, you can relax knowing that your dog is just a call away. The recall command is one of the five basic pet behaviors that every dog should know. Bring your dog and let's begin! Requirements: Your dog must be up-to-date on all vaccinations. Records must be provided to UFM Community Learning Center at the time of enrollment. Records can be faxed to 785-539-9460.

Instructor: Mary Hager

Date: 04/26/2014 (Sa)  
Time: 9:00 AM to 11:00 AM  
Fee: \$27.00  
Location: UFM Solar Addition  
1221 Thurston St.

## AKC Canine Good Citizen Titling Test (CGC) **NEW!**

14API127A

Does your dog have some training? Are you ready to test its knowledge? Join us for the Canine Good Citizen Test. The AKC Canine Good Citizen Program is designed to recognize dogs who have good manners at home and in the community. This program stresses responsible dog ownership for owners and basic training and good manners for dogs. As of January 1, 2013, Canine Good Citizen has become an official AKC title that can appear on the title records of dogs registered or listed with AKC. Dog owners who complete the CGC as a title process may list the suffix "CGC" after the dog's name. There will be a title fee of \$20.00 paid to AKC in addition to the class fee. To earn the AKC Canine Good Citizen title, dogs must have an AKC number (AKC registration number, PAL number, or AKC Canine Partners number). All dogs, including mixed breeds, can get an AKC number that is used to attach titles to the dog's record. Requirements: Your dog must be up-to-date on all vaccinations. Records must be provided to UFM Community Learning Center at the time of enrollment. Records can be faxed to 785-539-9460. You and your dog will need to be able to pass these tests:

[http://www.akc.org/events/cgc/training\\_testing.cfm](http://www.akc.org/events/cgc/training_testing.cfm)  
Instructor: Mary Hager

Date: 03/22/2014 (Sa)  
Time: 9:00 AM to 10:30 AM  
Fee: \$27.00  
Location: UFM Solar Addition  
1221 Thurston St.



## AKC Canine Good Citizen Titling Test (CGC)

14API127B

Date: 05/03/2014 (Sa)  
Time: 9:00 AM to 10:30 AM  
Fee: \$27.00  
Location: UFM Solar Addition  
1221 Thurston St.

## AKC Community Canine Titling Test (CGCA) **NEW!**

14API128A

AKC Community Canine expands on CGC skills and lays the beginning foundation for obedience, rally and therapy dog work. While Canine Good Citizen tests are simulations of real world skills, the goal of AKC Community Canine is to test the dog's abilities in a natural setting. For this test, we will start at UFM and walk to Aggieville and back. Your dog will need to be able to pass these tests:

[http://www.akc.org/dogowner/training/akc\\_community\\_canine/test\\_items.cfm](http://www.akc.org/dogowner/training/akc_community_canine/test_items.cfm)

Requirements: To earn the AKC Community Canine title, dogs must have a CGC certificate or CGC title on record at AKC, and they must have an AKC number (AKC registration number, PAL number, or AKC Canine Partners number). All dogs, including mixed breeds, can get an AKC number that is used to attach titles to the dog's record. Your dog must be up-to-date on all vaccinations. Records must be provided to UFM Community Learning Center at the time of enrollment. Records can be faxed to 785-539-9460. There will be a title fee of \$20.00 paid to AKC in addition to the class fee.

Instructor: Mary Hager

Date: 03/22/2014 (Sa)  
Time: 10:30 AM to noon  
Fee: \$27.00  
Location: UFM Solar Addition  
1221 Thurston St.

## AKC Community Canine Titling Test (CGCA)

14API128B

Instructor: Mary Hager

Date: 05/03/2014 (Sa)  
Time: 10:30 AM to noon  
Fee: \$27.00  
Location: UFM Solar Addition  
1221 Thurston St.

Mary has been training dogs for over 30 years. With her own personal dogs, Mary has competed at some of the highest levels in conformation, obedience, and dog sports. She is a member of APDT and is an AKC Canine Good Citizen Evaluator.



**The Design, Construction, and Use of Wood Fired Masonry Ovens** **14API111**

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: 05/04/2014 (Su)  
 Time: 1:00 PM to 4:00 PM  
 Fee: \$10.00  
 Location: 1624 Osage  
 Manhattan, KS 66502

Matt Campbell earned his Bachelors and Masters in Mechanical Engineering degrees at K-State. Matt's interest in brick ovens comes from a growing interest in traditional baking and cooking, an interest in design and construction and maybe most of all an interest in community development.

Full Instructor biographies are available on our website [www.tryufm.org](http://www.tryufm.org)

**France at War: At Exploration of History Through Film** **14API129** **NEW!**

Join the KSU Cine-club, a division of the French Club, in exploring French history through film. You will learn about the real historic context of four films that take place in France during World Wars I and II. The class will take an in-depth look at each film and how it reflects the lives of the French people and the affect that war had on their lives. Instructor: Jessica Barnett

Date: 02/01/2014 to 02/22/2014 (Sa)  
 Time: 3:00 PM to 5:00 PM  
 Fee: \$12.00  
 No Charge - Student or Senior (over 65)  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor



**Politically Relevant Film** **14API179**

This course will investigate relevant political and current events through viewing blockbuster movies. The class will vote on topics and the films will be determined. After viewing, a discussion will take place with a knowledgeable guest speaker invited to elaborate on the session's particular subject. The class aims to promote a global cultural and political awareness through the exploration of movies. All interested in film, politics, and current events are welcome.

Instructor: Alex Severance

Date: 03/30/2014 (Su)  
 Time: 4:00 PM to 8:00 PM  
 Fee: \$12.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

Alex is an avid fan of movies, politics and a consumer of news.

**Making Homemade Laundry Detergents and Bath Bar** **14API72**

We will discuss how to make both powdered and concentrated liquid forms of laundry detergents and a coconut oil bath bar. Homemade laundry detergents are effective, inexpensive, and they are quick and easy to make out of safe and available household ingredients. We will demonstrate some of the methods used to make these products. Some free samples will be available to participants, so you will be able to try them at home in your own washer. Feel free to bring your own recipes of homemade products to share with others. Come join the fun. Sponsored by Flint Hills Resilience Coalition [www.fhronline.org](http://www.fhronline.org) Instructor: Cherri Harper & Shannon Delancy

Date: 02/16/2014 (Su)  
 Time: 5:00 PM to 7:00 PM  
 Fee: No Charge  
 Location: UFM Solar Addition  
 1221 Thurston St.

**Cyber Security: It Affects You, Too!** **14API107**

Do you know how to stay safe on the Internet? This course is for anyone with little or no cyber security experience and teaches important concepts and technology that every Internet user should know. In this class, you will learn about many different threats, antivirus programs, firewalls, anti-spyware, identity theft, Phishing, how to create strong passwords and more. Your personal cyber security awareness will increase and give you the basic skills you need to protect yourself from various threats on the Internet whether you are at home, on the road or at work. Parents are strongly encouraged to attend this informational class. The class will be taught by an Information & Network Technology student at Manhattan Area Technical College.

Date: TBA  
 Time: TBD  
 Fee: No Charge  
 Location: Manhattan Public Library  
 Groesbeck Meeting Room  
 629 Poyntz Avenue

Located on the second floor on the west side of the library near the Adult Services desk

**We want YOU!**  
 Contact UFM about teaching a class.  
 Call 785.539.8763 or email [info@tryufm.org](mailto:info@tryufm.org).

# RECREATION & FITNESS

## Marathon Training

**14ARF68**

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 5:30-6:30pm at UFM, 1221 Thurston and work outs will be Thursday from 5:30-6:30pm at Memorial Stadium outdoor track meet at south end.

Instructor: Dan Boyle

Date: 03/25/2014 to 05/15/2014 (T/Th)  
 Time: 5:30 PM to 6:30 PM  
 Fee: \$140.00  
 Location: UFM Multipurpose Room  
 1221 Thurston St.

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](http://www.tryufm.org).



## Run Happy! Run For Life!

**14ARF72**

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

Date: 03/24/2014 to 05/02/2014 (M/W/F)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$145.00  
 Location: K-State Ahearn Field House  
 Indoor Track

## Golf in Junction City

**14ARF30AZ**

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: 03/11/2014 to 05/06/2014 (T)  
 (No class on 3/18)  
 Time: 5:30 PM to 7:30 PM  
 Fee: \$146.00  
 Location: Rolling Meadows Golf Course,  
 6514 Old Milford Rd.  
 Junction City

## Golf in Junction City

**14ARF30BZ**

Instructor: Jim Peterson

Date: 03/12/2014 to 05/07/2014 (W)  
 (No class on 3/19)  
 Time: 5:30 PM to 7:30 PM  
 Fee: \$146.00  
 Location: Rolling Meadows Golf Course,  
 6514 Old Milford Rd.  
 Junction City



## Introduction to Golf

**14ARF04A**

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 Lorenze

Date: 04/03/2014 to 04/17/2014 (Th)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$41.00  
 Location: Stagg Hill Golf Club  
 4441 Fort Riley Blvd.

## Introduction to Golf

**14ARF04B**

Instructor: Brian Lorenze

Date: 05/01/2014 to 05/15/2014 (Th)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$41.00  
 Location: Stagg Hill Golf Club  
 4441 Fort Riley Blvd.

## Archery for Adults

**14ARF01AZ**

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.

Instructor: Tom Korte, (785) 494-8889

Date: 02/03/2014 to 04/14/2014 (M)  
(No class 3/17)

Time: 7:00 PM to 8:20 PM

Fee: \$101.00

Location: 608 Pottawatomie Ave.

\* Directions: South on Juliette Ave (past Fort Riley Blvd) left on Potawatomie Ave 608 Pottawatomie in on the left (next to BHS Construction.)

## Archery for Adults

**14ARF01BZ**

Instructor: Tom Korte, (785) 494-8889

Date: 02/03/2014 to 04/14/2014 (M)  
(No class 3/17)

Time: 8:30 PM to 9:50 PM

Fee: \$101.00

Location: 608 Pottawatomie Ave.

## Level I: Basic Belly Dance

**14ARF09**

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: 03/06/2014 to 05/01/2014 (Th)  
(No Class 3/21)

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. She completed her JtE1 Certification training under Sahra Saeeda and is working on completing her JtE2. Nashid is 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

**14ARF161**

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: 03/24/2014 to 05/05/2014 (M)  
(No class 3/18, 4/1)

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 II:

### Modern Traditional Belly Dance

**14ARF10**

Level II Modern/Traditional will continue to work on basic moves and really focus on the muscles that drive them. We will work on combining and layering the basics to create a whole new world of possibilities for choreographies! Of course there will be lots of shimmy drills as well! You will need a set of zills for this level!

Brandi (Anola) Kiekel Email: bnkiekel@gmail.com

Date: 01/27/2014 to 03/10/2014 (M)  
(No class 3/18)

Time: 6:45 PM to 7:45 PM

Fee: \$64.00 - Individual

Location: K-State Ahearn Room 301

College Heights St., 3rd floor

In Fall 2004 Anola found Belly Dance. Studying under Maya Zahira she was hooked instantly. She joined the Eyes of Bastet troupe in Spring of 2010.

## Level III:

### Advanced Belly Dance

**14ARF11**

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: 02/05/2014 to 03/12/2014 (W)

Time: 6:45 PM to 7:45 PM

Fee: \$52.00

Location: K-State Ahearn Room 301

College Heights St., 3rd floor

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## Beginning Ballet for Adults 14ARF160

This is a basic ballet class for adults with little or no experience. 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: 01/21/2014 to 04/29/2014 (T)  
(No Class 3/18)  
Time: 6:45 PM to 7:45 PM  
Fee: \$54.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

## Intermediate Ballet for Adults 14ARF122

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: 01/24/2014 to 05/02/2014 (F)  
(No class 3/21)  
Time: 5:00 PM to 6:45 PM  
Fee: \$54.00  
Location: K-State Ahearn Room 301  
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.

## Salsa Dance 14ARF121Z

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: Janet Galloway

Date: 03/26/2014 to 05/07/2014 (W)  
Time: 7:00 PM to 9:00 PM  
Fee: \$75.00  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor



## Intro to Contemporary Dance 14ARF162

So 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: 01/23/2014 to 02/27/2014 (Th)  
Time: 5:15 PM to 6:15 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 K-State theatre and dance productions, Manhattan Arts Center, Columbian Theatre and The Kansas Dance Festival in Wichita.



## Ballroom, Swing and Salsa 14ARF100

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: Hannah Parker

Date: 03/28/2014 to 05/02/2014 (F)  
Time: 7:00 PM to 8:00 PM  
Fee: \$50.00 - Individual  
Location: K-State Ahearn Room 301  
College Heights St., 3rd floor

Hannah and Chris Parker have been dancing together since high school and have had a variety of opportunities to learn from talented teachers over the past 7 years. They love to share their knowledge with anyone wanting to explore the wonderful world of dance!

## Introduction to Country Swing Dancing 14ARF117

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: 01/29/2014 to 02/19/2014 (W)  
Time: 6:00 PM to 8:00 PM  
Fee: \$58.00 - Individual  
Location: K-State Ahearn Gym, 2nd 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.

Full Instructor biographies  
are available on our website  
[www.tryufm.org](http://www.tryufm.org)

## Intro to Irish Dance **NEW!** 14ARF158A

Irish dancing is a fun way to stay active and is appropriate for all ages. In this class we will learn basic Irish dance steps and traditional soft shoe and ceili dances. No previous dance experience or special shoes are needed, beginners are welcome. Course content may vary depending on size and interests of the class.

Instructor: Patricia MacNeil

Date: 02/11/2014 to 03/11/2014 (T)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$50.00 - Individual  
 Location: K-State Ahearn Room 304  
 College Heights St., 3rd floor

Patricia MacNeil is a championship level Irish dancer who has participated in dance competitions in the Western United States as well as Europe for the past 15 years.

## Intro to Irish Dance 14ARF158B

Instructor: Patricia MacNeil

Date: 03/25/2014 to 04/22/2014 (T)  
 Time: 6:00 PM to 7:00 PM  
 Fee: \$50.00 - Individual  
 Location: K-State Ahearn Room 304  
 College Heights St., 3rd floor

## Hula Hooping for Fitness 14ARF118A

It was fun when you were a kid. It's still fun now. Come join us for an hour of hula hooping. No fancy tricks. Just good cardio/toning techniques. Please bring your own hula hoop. If you are over 5'8", a larger hoop might work better for your body. Ages 13+.

Instructor: Pam Lathrop

Date: 02/06/2014 to 03/13/2014 (Th)  
 Time: 7:00 PM to 7:50 PM  
 Fee: \$20.00  
 Location: College Avenue United Methodist  
 1609 College Ave



## Hula Hooping for Fitness 14ARF118B

Instructor: Pam Lathrop

Date: 03/27/2014 to 05/01/2014 (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.

## QiForze 14ARF116

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

Date: 01/21/2014 to 05/06/2014 (T)  
 Time: 5:30 PM to 6:30 PM  
 Fee: \$75.00  
 Location: K-State Ahearn Room 301  
 College Heights St., 3rd floor

## Beginning Fencing 14ARF21Z

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

Instructor: Jeff Gwartz

Date: 01/27/2014 to 05/05/2014 (M)  
 (No class 3/17)  
 Time: 6:00 PM to 7:30 PM  
 Fee: \$60.00 - Has equipment  
 \$93.00 - Use instructor's  
 Location: K-State Ahearn Fieldhouse



## Intermediate Fencing 14ARF22Z

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: 01/27/2014 to 05/05/2014 (M)  
 (No class 3/17)  
 Time: 7:30 PM to 9:00 PM  
 Fee: \$60.00 - Has equipment  
 \$93.00 - Use instructor's  
 Location: K-State Ahearn Fieldhouse

## Beginning Tennis 14ARF164Z

The focus of this beginning tennis class will be to introduce the students to proper technique 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: Ryan Marick

Date: 02/04/2014 to 04/22/2014 (T)  
 Time: 1:30 PM to 3:00 PM  
 Fee: \$99.00  
 Location: Body First Tennis and Fitness  
 3615 Claflin Rd

## Intermediate Tennis 14ARF165Z

The focus of this intermediate tennis class will be to improve the 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: Ryan Marick

Date: 02/05/2014 to 04/23/2014 (W)  
 Time: 1:30 PM to 3:00 PM  
 Fee: \$99.00  
 Location: Body First Tennis and Fitness  
 3615 Claflin Rd

## SilverSneakers® Classic 14ARF113A

Just how beneficial is fitness for older adults? Regular exercise can reduce the risk of heart disease by up to 50%. Muscle strength can be doubled in 3 to 4 months. Balance can be improved, decreasing your risk of falls. And these are just a few examples of what exercise can do for you. SilverSneakers® is the nation's leading fitness program created to provide low-impact exercise for older adults. For more information, check out [www.silversneakers.com](http://www.silversneakers.com). Join us for our SilverSneakers® Classic class. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for seated and/or standing support. (All levels welcome)  
Instructor: Anna Simoneau

Date: 01/21/2014 to 02/20/2014 (T/Th)  
Time: 10:10 AM to 11:10 AM  
Fee: \$70.00  
Location: Maximum Performance Physical Therapy and Fitness Center  
426A McCall Road

Anna Simoneau is a certified SilverSneakers® instructor, certified personal trainer, and certified athletic trainer at Maximum Performance Physical Therapy and Fitness. Anna holds degrees in Kinesiology and Athletic Training from K-State and earned her Master's degree in Educational Leadership from Iowa State University.

## SilverSneakers® Classic 14ARF113B

Instructor: Anna Simoneau

Date: 01/22/2014 to 02/21/2014 (W/F/M)  
Time: 1:30 PM to 2:30 PM  
Fee: \$100.00  
Location: 4201 B Anderson Ave, Suite 1

## SilverSneakers® Classic 14ARF113C

Instructor: Anna Simoneau

Date: 02/25/2014 to 04/03/2014 (T/Th)  
(No class 3/18, 3/20)  
Time: 10:10 AM to 11:10 AM  
Fee: \$70.00  
Location: Maximum Performance Physical Therapy and Fitness Center  
426A McCall Road

## SilverSneakers® Classic 14ARF113D

Instructor: Anna Simoneau

Date: 03/03/2014 to 04/11/2014 (M/W/F)  
(No Class 3/17, 3/19, 3/21)  
Time: 1:30 PM to 2:30 PM  
Fee: \$100.00  
Location: 4201 B Anderson Ave, Suite 1

## SilverSneakers® Classic 14ARF113E

Instructor: Anna Simoneau

Date: 04/08/2014 to 05/08/2014 (T/Th)  
Time: 10:10 AM to 11:10 AM  
Fee: \$70.00  
Location: Maximum Performance Physical Therapy and Fitness Center  
426A McCall Road

## SilverSneakers® Classic 14ARF113F

Instructor: Anna Simoneau

Date: 04/14/2014 to 05/16/2014 (M/W/F)  
Time: 1:30 PM to 2:30 PM  
Fee: \$100.00  
Location: 4201 B Anderson Ave, Suite 1

## SilverSneakers® Circuit 14ARF114A

Just how beneficial is fitness for older adults? Regular exercise can minimize age-related physical deterioration, increase your daily living activities to stay independent, and increase your sense of well-being. Join us in these classes to get fit and stay fit! SilverSneakers® is the nation's leading fitness program created to provide multi-level, equipment-based, total-body conditioning classes for older adults. For more information, check out [www.silversneakers.com](http://www.silversneakers.com). Join us for our SilverSneakers® Circuit class. Combine fun & fitness to increase your cardiovascular & muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, & a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, & complete relaxation in a comfortable position. (Participants should be comfortable standing for 30-40 minutes of exercise.)  
Instructor: Anna Simoneau

Date: 01/22/2014 to 02/21/2014 (W/F/M)  
Time: 10:10 AM to 11:10 AM  
Fee: \$100.00  
Location: Maximum Performance Physical Therapy and Fitness Center  
426A McCall Road

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!

## SilverSneakers® Circuit 14ARF114B

Instructor: Anna Simoneau

Date: 02/24/2014 to 04/04/2014 (M/W/F)  
(No class 3/17, 3/19, 3/21)  
Time: 10:10 AM to 11:10 AM  
Fee: \$100.00  
Location: Maximum Performance Physical Therapy and Fitness Center  
426A McCall Road

## SilverSneakers® Circuit 14ARF114C

Instructor: Anna Simoneau

Date: 04/07/2014 to 05/09/2014 (M/W/F)  
Time: 10:10 AM to 11:10 AM  
Fee: \$100.00  
Location: Maximum Performance Physical Therapy and Fitness Center  
426A McCall Road

"LIKE"

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



Connect with UFM on  
[Facebook.com/UFMCLC](http://Facebook.com/UFMCLC)

# YOUTH

## Archery for Youth

**14AYO01A**

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: 02/04/2014 to 02/25/2014 (T)  
 Time: 7:00 PM to 8:00 PM  
 Fee: \$35.00  
 Location: UFM Solar Addition  
 1221 Thurston St.

## Archery for Youth

**14AYO01B**

Instructor: Tom Korte, (785) 494-8889

Date: 04/08/2014 to 04/29/2014 (T)  
 Time: 7:00 PM to 8:00 PM  
 Fee: \$35.00  
 Location: UFM Solar Addition  
 1221 Thurston St.



## Intermediate Youth Archery

**NEW!**

**14AYO82A**

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: 02/04/2014 to 02/25/2014 (T)  
 Time: TBD - 7:00 PM to 8:00 PM  
 Fee: \$35.00  
 Location: UFM Solar Addition  
 1221 Thurston St.

## Intermediate Youth Archery

**14AYO82B**

Instructor: Tom Korte, (785) 494-8889

Date: 04/08/2014 to 04/29/2014 (T)  
 Time: TBD - 7:00 PM to 8:00 PM  
 Fee: \$35.00  
 Location: UFM Solar Addition  
 1221 Thurston St.

## American Red Cross Babysitter's Clinic

**14AYO23**

The Babysitter's Training course gives 11 to 15 year olds the skills and confidence to safely and responsibly care for children and infants. Through hands-on activities, interactive video and lively discussions, the course teaches young people how to:

- \* Care for children and infants.
  - \* Be good leaders and role models.
  - \* Make good decisions and solve problems.
  - \* Keep the children they babysit & themselves safe.
  - \* Handle emergencies such as injuries, illnesses and household accidents.
  - \* Write resumes and interview for jobs.
- \*\*Materials included in fee and students will have lunch from 12-1 pm. Please bring a light lunch with you.\*\*

Instructor: Kelly Reed-Harkness

Date: 05/10/2014 (Sa)  
 Time: 9:00 AM to 4:00 PM  
 Fee: \$46.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

Ask us about our scholarship opportunities!



Have Fun!



## {Teen Mentoring!}

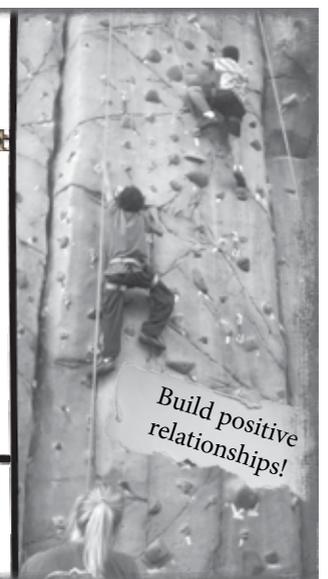
High School - Tuesdays  
 Starting Feb. 4

Middle School - Wednesdays  
 Starting Feb. 5

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](http://www.tryufm.org) or email [mandy@tryufm.org](mailto:mandy@tryufm.org) or [andrew@tryufm.org](mailto:andrew@tryufm.org)



Build positive relationships!



**Junior Chefs: Taste of Germany** **NEW!** **14AYO78**

Kids will learn about some of the tastes and sounds of Germany in this hands-on cooking class. Junior chefs will make potato pancakes with applesauce and pretzels.

Instructor: Ginny Barnard

Date: 02/09/2014 (Su)  
 Time: 2:30 PM to 4:30 PM  
 Fee: \$10.00  
 Location: Pottorf Hall at Cico Park  
 Clover Room

Ginny Barnard is the Riley County Extension Agent for Family and Consumer Sciences. She works with community partners to provide educational programs and skill-based workshops for people of all ages to improve their health.

**Junior Chefs: Taste of Africa** **NEW!** **14AYO79**

Experience some of the foods and spices of African cooking. Junior Chefs will make Ethiopian lentils, couscous and cucumber salad and practice grinding wheat berries using a hand crank grain mill.

Ginny Barnard,

Date: 03/16/2014 (Su)  
 Time: 2:30 PM to 4:30 PM  
 Fee: \$10.00  
 Location: Pottorf Hall at Cico Park  
 Clover Room

**Junior Chefs: Taste of France** **NEW!** **14AYO80**

Bonjour! French cuisine is not just for the fancy-schmancy chefs. Junior chefs will have fun making traditional ratatouille and strawberry crepes.

Instructor: Ginny Barnard

Date: 04/13/2014 (Su)  
 Time: 2:30 PM to 4:30 PM  
 Fee: \$10.00  
 Location: Pottorf Hall at Cico Park  
 Clover Room

**Origami Cranes** **NEW!** **14ACF214**

Learn how to make origami cranes. Bring to class some colorful paper to make your birds along with some small beads so that you can string and hang your birds & beads for display. If you would like to also make some paper beads for your project that will also be covered in class. Anyone can learn how to fold paper to create these fun little paper birds - Ages 8 to adult. Traditional Japanese origami cranes - A thousand paper cranes are traditionally given as a wedding gift by the father, who is wishing a thousand years of happiness and prosperity upon the couple. They can also be given to a new baby for long life and good luck. Hanging them in your home is thought to be a lucky and benevolent charm. Ages 8 years and up.

Instructor: Charlene Brownson

Date: 04/15/2014 (T)  
 Time: 6:30 PM to 8:00 PM  
 Fee: \$12.00  
 Location: UFM Conference Room  
 1221 Thurston St., 2nd floor

Charlene enjoys working with a variety of arts and crafts. She has a degree in Art Education and likes to share her hobbies with others.



**Pre-School Dance** **14AYO63**

This class is designed for boys and girls ages 4-7. 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

Date: 01/22/2014 to 01/29/2014 (W)  
 Time: 5:45 PM to 6:15 PM  
 Fee: \$14.00  
 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 Ballet and Tap Dancing** **14AYO73**

This class introduces ballet and tap techniques to boys and girls ages 5-10. A ballet routine from the classical story ballet Sleeping Beauty will be taught. A fun tap routine will be introduced. Students with little experience as well as first time dancers are welcome. No formal dance wear is needed. Tennis shoes can be used for tap shoes. Students can continue the class.

Instructor: Randi Dale

Date: 01/22/2014 to 01/29/2014 (W)  
 Time: 6:15 PM to 6:45 PM  
 Fee: \$14.00  
 Location: UFM Banquet Room  
 1221 Thurston St.



# OSHER

*Osher*  
LIFELONG LEARNING INSTITUTE

KU  
THE UNIVERSITY OF  
KANSAS

## Days of Our Lives

*Presented by Jill Frese*

Mondays, February 10, 17 & 24 - 2:00pm to 4:00pm  
Blue Valley Memorial Methodist Church  
835 Church Avenue, Manhattan  
\$40.00

The "Days of Our Lives" through Genealogy, one of the fastest growing hobbies in the United States. This course will show you how you can research your own family history through sound genealogical processes. We will cover basic skills, how to construct timelines and their use in genealogy, preservation of keepsakes, how to conduct oral history interviews and how to use online sources. This course is designed for the rank amateur to the most seasoned genealogist.

## Children on the Move:

### The Orphan Train Era, 1854–1929

*Presented by Amanda Wahlmeier*

Wednesdays, Mar. 19, 26 & Apr. 2 - 7:00pm to 9:00pm  
Meadowlark Hills Community Room  
2121 Meadowlark Road, Manhattan  
\$40.00

The Orphan Train Movement lasted from 1854 to 1929 and resettled more than 250,000 children in the U.S. and Canada. We'll explore this little-known era by examining the living conditions in NYC, the development of the NY Children's Aid Society and NY Foundling Hospital. We will discuss how the children fared in their new families. The course concludes with a discussion of the eventual decline of Orphan Trains and rise of the modern foster-care system.

## The Wonderful Wizard of Oz: A Distinctly American Fairy Tale

*Presented by Clint Stueve*

Wednesdays, February 12, 19 & 19 - 2:00pm to 4:00pm  
Meadowlark Hills Community Room  
2121 Meadowlark Road, Manhattan  
\$40.00

The Wonderful Wizard of Oz, written by L. Frank Baum and illustrated by W.W. Denslow, was published in 1900 and has been inextricably linked with our culture ever since. The story was soon produced on the stage and then by the movie industry beginning with silent films. Learn about the author, the series of books, the 1939 MGM film and its stars, and how the classic fairy tale has impacted our lives today.

## Ike: Kansan, Soldier, President

*Presented by Roy Bird*

Wednesdays, Apr. 9, 16 & 30 - 2:00pm to 4:00pm  
Meadowlark Hills Community Room  
2121 Meadowlark Road, Manhattan  
\$40.00

While most people know the important role Kansan Dwight D. Eisenhower played during World War II and as president of the United States, few understand the ways in which his character was shaped in Abilene, how he grew as a soldier from World War I until the defeat of the Nazis, and how his past experiences and his strong guiding hand made him one of the most important U.S. presidents. Join others from the generation that grew up with Ike and knew him as a world leader as we explore the greatest Kansan of the greatest generation.

## World War II:

### The Conflicts in Europe and Asia

*Presented by Robert Smith, Ph.D.*

Thursdays, March 6 & 13 - 2:00pm to 4:00pm  
Manhattan Arts Center  
1520 Poyntz Avenue, Manhattan  
\$40.00

First, the course will focus on the origins of WWII and the conflicts in Europe from 1939 to December 1941. The second session continues with the war in Europe from 1941 to the fall of Nazi Germany. The third session concentrates on the war in the Pacific with special emphasis on the island-hopping campaigns by the United States. We'll conclude with a discussion of the post-war world.

## Hail to the Chief: The American Presidency from Washington to Obama

*Presented by William McKale*

Tuesdays, Apr. 22, 29 & May 6 - 2:00pm to 4:00pm  
First Baptist Church  
2121 Blue Hills Road, Manhattan  
\$40.00

This course offers a special treat, the chance to view the instructor's collection of objects and memorabilia associated with political campaigns and personalities from the 1820s to the present. During the first two sessions, we'll discuss what shaped America and the presidency from 1789 to 1877, the evolution of political principles and the events that transformed the country and the office. In the third session, we'll look at how political philosophies and the presidency continued to evolve from 1877 to the present.



Special Event:

## Needle in the Bone:

### How a Holocaust Survivor & Polish Resistance Fighter Beat the Odds

Tuesday April 1, 7:00pm to 8:30pm  
Meadowlark Hills Community Room  
2121 Meadowlark Road, Manhattan  
\$10.00

Lou Frydman and Jarek Piekalkiewicz both lost their homeland, much of their family and their world, but after the war found the strength and vision to create a new life and family in America and a lasting friendship with each other after meeting at KU.

Special Event:

## Tour of World War II Exhibit at the Eisenhower Presidential Center

8:30 a.m. ————— 3:30 p.m.  
Friday, May 2

- Charter coach departs from Manhattan Town Center, parking lot west of Dillard's
- With an additional stop at Meadowlark Hills main entrance
- Approximate return to Manhattan

Fee: \$55 includes coach transportation, tour admission and lunch at Brookville Hotel.

Tour the Eisenhower Presidential Museum in Abilene and see the acclaimed exhibition, World War II Remembered: Leaders, Battles and Heroes.

These Recreation, Dance, and Fitness Credit courses are offered for KSU credit through the DIVISION OF CONTINUING EDUCATION 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](http://www.tryufm.org) OR <http://www.dce.k-state.edu/courses/recreational.html>.

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

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<b><u>DANCE 599</u></b>				
16075 - Ballroom Dancing	8:00 PM to 9:00 PM	01/21/2014 to 05/06/2014 (TU)	\$315.00	Ahearn 301
16163 - Mid Eastern Dance	6:45 PM to 7:45 PM	01/23/2014 to 05/08/2014 (TH)	\$333.00	Ahearn 301
16164 - Hip Hop Hustle	4:00 PM to 5:00 PM	01/21/2014 to 03/11/2014 (T/TH)	\$413.00	Max Fitness
16572 - Hip Hop Hustle	4:00 PM to 5:00 PM	03/13/2014 to 05/08/2014(T/TH)	\$413.00	Max Fitness
16182 - Salsa Dance	7:00 PM to 9:00 PM	03/26/2014 to 05/07/2014 (W)	\$315.00	Ahearn 301
16160 - Yoga	10:30 AM to 11:30 AM	01/22/2014 to 03/12/2014 (M/W)	\$333.00	Ahearn 301
16161 - Yoga	5:30 PM to 6:30 PM	01/22/2014 to 03/12/2014 (M/W)	\$333.00	Ahearn 301
16159 - Yoga	10:30 AM to 11:30 AM	01/21/2014 to 03/11/2014 (T/TH)	\$333.00	Ahearn 301
16162 - Yoga	10:30 AM to 11:30 AM	03/24/2014 to 05/07/2014 (M/W)	\$333.00	Ahearn 301
16580 - Yoga	5:30 PM to 6:30 PM	03/24/2014 to 05/07/2014 (M/W)	\$333.00	Ahearn 301
16165 - Yoga	10:30 AM to 11:30 AM	03/13/2014 to 05/08/2014 (T/TH)	\$333.00	Ahearn 301
16170 - Zumba Dance	10:00 AM to 11:00 AM	01/22/2014 to 03/12/2014 (M/W)	\$413.00	Max Fitness
16514 - Zumba Dance	10:00 AM to 11:00 AM	03/24/2014 to 05/07/2014 (M/W)	\$413.00	Max Fitness
16171 - Zumba Dance	1:00 PM to 2:00 PM	01/22/2014 to 03/12/2014 (M/W)	\$413.00	Max Fitness
16175 - Zumba Dance	1:00 PM to 2:00 PM	03/24/2014 to 05/07/2014 (M/W)	\$413.00	Max Fitness
16176 - Zumba Dance	1:00 PM to 2:00 PM	01/21/2014 to 03/11/2014 (T/TH)	\$413.00	Max Fitness
16573 - Zumba Dance	1:00 PM to 2:00 PM	03/13/2014 to 05/08/2014 (T/TH)	\$413.00	Max Fitness
16569 - QiForze	5:30 PM to 6:30 PM	01/21/2014 to 05/06/2014 (T)	\$333.00	Ahearn 301
<b><u>KIN 101</u></b>				
16303 - Bootcamp Fitness	Noon to 1:00 PM	01/22/2014 to 03/12/2014 (M/W)	\$413.00	Pro Fitness
16306 - Bootcamp Fitness	Noon to 1:00 PM	03/24/2014 to 05/07/2014 (M/W)	\$413.00	Pro Fitness
16307 - Bootcamp Fitness	9:30 AM to 10:30 AM	01/21/2014 to 03/11/2014 (T/TH)	\$413.00	Pro Fitness
16308 - Bootcamp Fitness	9:30 AM to 10:30 AM	03/13/2014 to 05/08/2014 (T/TH)	\$413.00	Pro Fitness
16313 - Bootcamp Fitness	4:00 PM to 5:00 PM	01/21/2014 to 03/11/2014 (T/TH)	\$413.00	Pro Fitness
16310 - Bootcamp Fitness	4:00 PM to 5:00 PM	03/13/2014 to 05/08/2014 (T/TH)	\$413.00	Pro Fitness
16309 - Yogilates	9:00 AM to 10:00 AM	01/22/2014 to 03/12/2014 (M/W)	\$413.00	Pro Fitness
16301 - Yogilates	9:00 AM to 10:00 AM	03/24/2014 to 05/07/2014 (M/W)	\$413.00	Pro Fitness
16305 - Yogilates	1:30 PM to 2:30 PM	01/22/2014 to 03/12/2014 (M/W)	\$413.00	Pro Fitness

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<b><u>KIN 101 (continued)</u></b>				
16300 - Yogilates	1:30 AM to 2:30 AM	03/24/2014 to 05/07/2014 (M/W)	\$413.00	Pro Fitness
16312 - Total Body Toning	1:30 PM to 2:30 PM	01/21/2014 to 03/11/2014 (T/TH)	\$413.00	Pro Fitness
16302 - Total Body Toning	1:30 PM to 2:30 PM	03/13/2014 to 05/08/2014 (T/TH)	\$413.00	Pro Fitness
16311 - Intro to Crossfit	3:30 PM to 4:45 PM	01/21/2014 to 03/11/2014 (T/TH)	\$333.00	Nat 4
16299 - Intro to Crossfit	3:30 PM to 4:45 PM	03/13/2014 to 05/08/2014 (T/TH)	\$333.00	Nat 4
16304 - Marathon Training	5:00 PM to 6:15 PM	03/24/2014 to 05/08/2014 (M/W)	\$333.00	GYM 7
17023 - Indoor Cycling	10:30 AM to 11:30 AM	01/21/2014 to 03/11/2014 (T/TH)	\$413.00	Max Fitness
17090 - Indoor Cycling	10:30 AM to 11:30 AM	03/13/2014 to 05/08/2014 (T/TH)	\$413.00	Max Fitness
<b><u>KIN 102</u></b>				
16314 - Fitness Swimming	6:00 PM to 7:30 PM	01/21/2014 to 03/11/2014 (T/TH)	\$319.00	Nat
16752 - Fitness Swimming	6:00 PM to 7:30 PM	03/13/2014 to 05/08/2014 (T/TH)	\$319.00	Nat
16371 - Lifeguard Training	Varies	03/11/2014 to 03/29/2014 (Varies)	\$334.80	Nat
<b><u>RRES 200</u></b>				
15760 - First Aid/CPR/AED	Noon to 7:30 PM	01/25/2014 to 01/26/2014 (SA/SU)	\$389.00	UFM
16255 - First Aid/CPR/AED	Noon to 7:30 PM	02/22/2014 to 02/23/2014 (SA/SU)	\$389.00	UFM
16246 - First Aid/CPR/AED	Noon to 7:30 PM	03/01/2014 to 03/02/2014 (SA/SU)	\$389.00	UFM
16245 - First Aid/CPR/AED	Noon to 7:30 PM	03/08/2014 to 03/09/2014 (SA/SU)	\$389.00	UFM
16248 - First Aid/CPR/AED	Noon to 7:30 PM	03/29/2014 to 03/30/2014 (SA/SU)	\$389.00	UFM
16251 - First Aid/CPR/AED	Noon to 7:30 PM	04/05/2014 to 04/06/2014 (SA/SU)	\$389.00	UFM
16252 - First Aid/CPR/AED	Noon to 7:30 PM	04/12/2014 to 04/13/2014 (SA/SU)	\$389.00	UFM
16253 - First Aid/CPR/AED	Noon to 7:30 PM	04/26/2014 to 04/27/2014 (SA/SU)	\$389.00	UFM
16254 - First Aid/CPR/AED	Noon to 7:30 PM	05/03/2014 to 05/04/2014 (SA/SU)	\$389.00	UFM
16954 - Archery	7:00 PM to 8:20 PM	02/03/2014 to 04/14/2014 (M)	\$414.00	See addresses p. 39
16953 - Archery	8:30 PM to 9:50 PM	02/03/2014 to 04/14/2014 (M)	\$414.00	See addresses p. 39
16256 - Beg. Fencing	6:00 PM to 7:30 PM	01/27/2014 to 05/05/2014 (M)	\$315.00	AH FH
16291 - Inter. Fencing	7:30 PM to 9:00 PM	01/27/2014 to 05/05/2014 (M)	\$315.00	AH FH
16265 - Bowling	2:30 PM to 3:20 PM	01/21/2014 to 05/06/2014 (T)	\$313.00	Union
16249 - Bowling	10:30 AM to 11:20 AM	01/21/2014 to 05/06/2014 (T)	\$313.00	Union
16250 - Bowling	10:30 PM to 11:25 PM	01/27/2014 to 05/05/2014 (M)	\$313.00	Union
16257 - Bowling	2:30 PM to 3:20 PM	01/22/2014 to 05/07/2014 (W)	\$313.00	Union
16258 - Boxing 1	2:00 PM to 3:00 PM	01/22/2014 to 03/12/2014 (M/W)	\$419.00	K.O.
16259 - Boxing 1	2:00 PM to 3:00 PM	03/24/2014 to 05/07/2014 (M/W)	\$419.00	K.O.
16192 - Boxing 1	6:30 PM to 7:30 PM	01/22/2014 to 03/12/2014 (M/W)	\$419.00	K.O.
16260 - Boxing 1	6:30 PM to 7:30 PM	03/24/2014 to 05/07/2014 (M/W)	\$419.00	K.O.

Reference # - TITLE	TIME	DATE	FEE	LOCATION
<b><u>RRES 200 (continued)</u></b>				
16293 - Boxing 1	2:00 PM to 3:00 PM	01/21/2014 to 03/11/2014 (T/TH)	\$419.00	K.O. Boxing
15761 - Boxing 1	2:00 PM to 3:00 PM	03/13/2014 to 05/08/2014 (T/TH)	\$419.00	K.O. Boxing
16247 - Boxing 1	6:30 PM to 7:30 PM	01/21/2014 to 03/11/2014 (T/TH)	\$419.00	K.O. Boxing
16199 - Boxing 1	6:30 PM to 7:30 PM	03/13/2014 to 05/08/2014 (T/TH)	\$419.00	K.O. Boxing
16262 - Boxing 2	Noon to 1:00 PM	01/22/2014 to 03/12/2014 (M/W)	\$419.00	K.O. Boxing
16263 - Boxing 2	Noon to 1:00 PM	03/24/2014 to 05/07/2014 (M/W)	\$419.00	K.O. Boxing
16264 - Boxing 3	Noon to 1:00 PM	01/21/2014 to 03/11/2014 (T/TH)	\$419.00	K.O. Boxing
16276 - Boxing 3	Noon to 1:00 PM	03/13/2014 to 05/08/2014 (T/TH)	\$419.00	K.O. Boxing
16244 - Boxing 4	7:30 PM to 8:30 PM	01/22/2014 to 03/12/2014 (M/W)	\$419.00	K.O. Boxing
16278 - Boxing 4	7:30 PM to 8:30 PM	03/24/2014 to 05/07/2014 (M/W)	\$419.00	K.O. Boxing
16277 - Boxing 4	7:30 PM to 8:30 PM	01/21/2014 to 03/11/2014 (T/TH)	\$419.00	K.O. Boxing
15762 - Boxing 4	7:30 PM to 8:30 PM	03/13/2014 to 05/08/2014 (T/TH)	\$419.00	K.O. Boxing
16261 - Fly Fishing	6:00 PM to 8:00 PM	03/03/2014 to 03/13/2014 (M-TH)	\$323.00	Durland Rm 1061
16421 - Golf	2:30 PM to 4:30 PM	03/11/2014 to 05/06/2014 (T)	\$429.00	Colbert Hills
16418 - Golf	5:30 PM to 7:30 PM	03/12/2014 to 05/07/2014 (W)	\$429.00	Colbert Hills
16423 - Golf	1:30 PM to 3:30 PM	03/13/2014 to 05/08/2014 (TH)	\$429.00	Colbert Hills
16422 - Golf	3:00 PM to 5:00 PM	03/14/2014 to 05/09/2014 (F)	\$429.00	Colbert Hills
16346 - Golf in Junction City	5:30 PM to 7:30 PM	03/11/2014 to 05/06/2014 (T)	\$429.00	Rolling Meadows
16341 - Golf in Junction City	5:30 PM to 7:30 PM	03/12/2014 to 05/07/2014 (W)	\$429.00	Rolling Meadows
16290 - Judo I	8:00 PM to 9:00 PM	01/23/2014 to 05/08/2014 (M/TH)	\$294.00	Ahearn 301
16289 - Judo II	8:00 PM to 9:30 PM	01/23/2014 to 05/08/2014 (M/TH)	\$294.00	Ahearn 301
16287 - Intro. To River Canoeing	8:30 AM to 4:30 PM	04/05/2014 to 04/06/2014 (SA/SU)	\$421.00	UFM
16292 - Fund. Of Canoeing	8:30 AM to 4:30 PM	03/29/2014 to 03/30/2014 (SA/SU)	\$421.00	UFM
16279 - RTE	Noon to 6:30 PM	02/01/2014 to 02/15/2014 (SA/SU)	\$778.00	UFM
16390 - Scuba Diving	9:30 AM to 1:30 PM	01/25/2014 to 03/01/2014 (S)	\$471.00	Nat
16424 - Scuba Diving	6:00 PM to 10:00 PM	01/27/2014 to 03/03/2014 (M)	\$471.00	Nat
16391 - Scuba Diving	6:00 PM to 6:00 PM	03/24/2014 to 04/28/2014 (M)	\$471.00	Nat
16288 - Tae Kwon Do	5:00 PM to 6:00 PM	01/21/2014 to 05/08/2014 (T/TH)	\$389.00	Sun Yi's
16343 - Beginning Tennis	1:30 PM to 3:00 PM	02/04/2014 to 04/22/2014 (T)	\$397.00	Body First
16342 - Intermediate Tennis	1:30 PM to 3:00 PM	02/05/2014 to 04/23/2014 (W)	\$397.00	Body First
16294 - Women's Self Defense	1:00 PM to 4:00 PM	01/25/2014 to 02/22/2014 (SA)	\$333.00	Ahearn 301
16293 - Women's Self Defense	1:00 PM to 4:00 PM	02/23/2014 to 03/09/2014 (SA/SU)	\$333.00	Ahearn 301
16280 - Women's Self Defense	1:00 PM to 4:00 PM	04/05/2014 to 04/19/2014 (SA/SU)	\$333.00	Ahearn 301

**Addresses:**

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

Archery meets - 608 Pottawatomie Ave

Body First Tennis and Fitness, 3615 Claflin Rd

Colbert Hills Golf Course, 5200 Colbert Hills Dr

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

Natatorium, K-State pools in Ahearn Complex, KSU

Pro Fitness, 1125 Laramie St, Lower Level

Sun Yi's Academy, 1650 Hayes Drive

UFM Building, 1221 Thurston Street

Union Bowling Alley, Union Student Center, KSU

## Your education. Your terms.

### K-State has options for your education.



### Evening College

Evening College offers the opportunity to take classes after the traditional workday schedule. Classes are offered on the K-State campus in Manhattan in both 8- and 16-week schedules between 5:30 and 10:30 p.m.



### Online Classes

K-State offers online classes for bachelor's degree completion, master's, Ph.D. and certificate programs.



### Intercession

Accelerate in your program by enrolling in Intercession during January, May, and August on the K-State Manhattan campus or online. Intercession now offers online classes!

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# ENROLL TODAY!

Visit UFM's secure website: [www.tryufm.org](http://www.tryufm.org)  
>CLICK on non-credit classes  
>VIEW the list of currently scheduled courses  
>CHOOSE course group

Call UFM at 785.539.8763 or fax registration form(s) to 785.539.9460.  
We gladly accept Debit, Mastercard, Visa and Discover.

Complete the registration form and mail it with your check, money order or credit card information to:  
UFM Class Registrations  
1221 Thurston St.  
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.



## UFM REGISTRATION FORM

1221 Thurston St | Manhattan KS 66502

785.539.8763 | (F) 785.539.9460 | [www.tryufm.org](http://www.tryufm.org) | [info@tryufm.org](mailto:info@tryufm.org)



Student Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone (\_\_\_\_\_) \_\_\_\_\_ Evening Phone (\_\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

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+ \_\_\_\_\_

Course Code	Session	Course Name	Fee \$
Example: 14API111	A	The Design, Construction, and Use of Wood Fired Masonry Ovens	10.00

Tax Deductible Donation \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

### Method of Payment (All fees must be paid at the time of registration)

Check or Money Order (Make check payable to UFM) \_\_\_\_\_ Cash \_\_\_\_\_

I hereby authorize the use of my Visa \_\_\_\_\_ Mastercard \_\_\_\_\_ Discover \_\_\_\_\_ Card number \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_

Name on card (please print) \_\_\_\_\_

Where did you obtain your catalog? \_\_\_\_\_ A class I would like offered \_\_\_\_\_

### UFM Liability Participant Statement

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.