Red Cross Children's Swim Lessons

Keep swimming all year long! The University of Saint Mary is now enrolling children ages 4 and up and adults for evening lessons in the RED CROSS Learn-To-Swim Program.
Classes will meet twice a week for 30-45 minutes for four weeks. Enrollment limit: 6 participants per class. Class times are subject to change.

Instructor: Angela Wiley
Fee: $40.00 per person per course
Registration: Ongoing. Visit www.stmary.edu/aquatics for registration forms
Information: Call aquatics director, Janet Loewenstein at (913) 682-5151, ext. 6622 or (913) 682-4593 for space availability

Dates	Time	Day	Class
March 24— April 16	5:30 – 6:00 p.m.	Mon/Wed	Level 1
March 24— April 16	6:00 - 6:40 p.m.	Mon/Wed	Level 2
March 24— April 16	6:40 - 7:25 p.m.	Mon/Wed	Level 2
March 24— April 16	7:25 - 8:00 p.m.	Mon/Wed	Level 3
March 24— April 16	8:00 – 8:30 p.m.	Mon/Wed	Level 3/4

Red Cross Summer Swim Lessons 2014

University of Saint Mary offers Red Cross swimming lessons for children from the **LEARN TO SWIM PROGRAM.** Daytime classes run two weeks with daily lessons Monday through Thursday. Evening classes meet twice a week for four weeks. All classes except Level 1 meet for 45 minutes. Enrollment limit: 6 participants per class.

Registration: Wednesday, May 14, 6:30-8:00 p.m. Walnut Room, 2nd Floor-Mead Hall
Fee: $40.00 per person per course
Information: Call aquatics director Janet Loewenstein, (913) 682-5151, ext. 6622

Aqua-Fitness

On-going morning and evening aqua-fitness classes for adults are designed to benefit all fitness levels, with exercises that can be modified to meet specific needs. A hydraulic chair lift is available for those who have difficulty with ladders.

Session I: Tuesday & Thursday mornings, 9:15 – 10 a.m.
Session II: Monday & Wednesday afternoons, 4:45 – 5:30 p.m.
Session III: Tuesday & Thursday evenings, 5:30 – 6:15 p.m.
Class fee: $45 per six-week session
Drop-in fee: $5