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
January 2—28	5:30 – 6:00 p.m.	Mon/Wed	Level 1
January 2—28	6:00 - 6:40 p.m.	Mon/Wed	Level 2
January 2—28	6:40 - 7:25 p.m.	Mon/Wed	Level 3
January 2—28	7:25 - 8:00 p.m.	Mon/Wed	Level 3 or 4

Dates	Time	Day	Class
January 30— February 25	5:30 – 6:00 p.m.	Mon/Wed	Level 1
January 30— February 22	6:00 - 6:40 p.m.	Mon/Wed	Level 2
January 30— February 22	6:40 - 7:25 p.m.	Mon/Wed	Level 3
January 30— February 22	7:25 - 8:00 p.m.	Mon/Wed	Level 3 or 4

Water Safety Instructor

Want to be a swimming teacher?
American Red Cross Water Safety Instructor course will be offered spring semester. Enrollees will meet during the week of Jan.14 to determine future dates and times for classes.
High school students may earn two hours of college credit.
A non-credit fee is also available.
Students must be 16 by May and must pass a pre-requisite Level 4 swim test.
For more information, call aquatics director Janet Loewenstein at (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