# Red Cross Children's Swim Lessons

Keep swimming all year long! The University of Saint Mary is now enrolling children ages 4 and up 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*.

**Fee**: $40.00 per person per course
**Registration**: Ongoing—call to verify openings
**Information**: Call aquatics director, Janet Loewenstein at (913) 682-5151, ext. 6622 or (913) 682-4593

| Dates | Time | Day | Class |
|---|---|---|---|
| Sept 4 – 27 | 6:15 – 6:45 p.m. | Tues/Thurs | Level 1 |
| Sept 4 – 27 | 6:45 - 7:25 p.m. | Tues/Thurs | Level 2 |
| Sept 4 – 27 | 7:25 – 8:00 p.m. | Tues/Thurs | Level 3 |
| Sept 4 – 27 | 8:00 – 8:30 p.m. | Tues/Thurs | Level 4 |
| | | | |
| Oct 2 – 25 | 6:15 – 6:45 p.m. | Tues/Thurs | Level 1 |
| Oct 2 – 25 | 6:45 - 7:25 p.m. | Tues/Thurs | Level 2 |
| Oct 2 – 25 | 7:25 – 8:00 p.m. | Tues/Thurs | Level 3 |
| Oct 2 – 25 | 8:00 – 8:30 p.m. | Tues/Thurs | Level 4 |
| | | | |
| Oct 30 – Nov 27 | 6:15 – 6:45 p.m. | Tues/Thurs | Level 1 |
| Oct 30 – Nov 27 | 6:45 - 7:25 p.m. | Tues/Thurs | Level 2 |
| Oct 30 – Nov 27 | 7:25 – 8:00 p.m. | Tues/Thurs | Level 3 |
| Oct 30 – Nov 27 | 8:00 – 8:30 p.m. | Tues/Thurs | Level 4 |

# Lifeguarding

American Red Cross Lifeguarding course will be offered on Wednesday's from 6:00 – 8:00 p.m., beginning August 29, 2012. Students can earn both high school and college credit for the same course. A non-credit fee is also available.
Students must be 15 years by course end and must pass a pre-requisite skills test which includes a 300-yard continuous swim.

# 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

Participants can expect improvement in strength, flexibility, and cardiovascular fitness from this non-impact workout.  No swimming skills are required.

## 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