

NEWS RELEASE

July 29, 2011

Contact: John Shultz (913) 758-6165
Email: shultz35@stmary.edu



University of Saint Mary to Offer Red Cross Lifeguarding & Swim Classes

Children's Swim Classes Begin Aug. 8, Lifeguarding Classes Begin Aug. 31

(Leavenworth, Kan.)—Lifeguarding classes are being offered by the American Red Cross and the University of Saint Mary starting on Wednesday, Aug. 31, at Berchmans indoor heated pool on the USM main campus at 4100 South 4th Street, Leavenworth, Kan. Classes run from 6 to 8 p.m. on Wednesdays for 10 weeks. The deadline for enrollment is Aug. 24.

Lifeguarding candidates must be at least 15-years-old by Dec.1, 2011, and must be able to pass a prerequisite test which includes a 300-yard continuous swim.

The comprehensive training program will teach lifeguards the skills needed to prepare for and respond appropriately to drowning victims. The program also teaches skills to prevent injuries, to respond to injuries, to respond to breathing or cardiac emergencies, first aid, and professional rescuer CPR/AED training.

Lifeguarding is one of many courses in USM's College for High School Program. For a fee, students can earn both high school and college credit for the same course. A non-credit free is also available.

USM offers Red Cross swim lessons for children ages four and up, with daytime classes that meet Monday through Thursday for two-week sessions scheduled to begin Aug. 8, and evening classes held two nights a week for four-week sessions to begin Aug. 30. The cost is \$40 for per session.

The university also offers on-going morning and evening aqua-fitness classes for adults. These classes 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. No swimming skills are required. New sessions begin Aug. 22 and 23.

Session 1 meets from 9:15 - 10 a.m. Tuesday and Thursday mornings.

Session 2 meets from 4:45 - 5:30 p.m. Monday and Wednesday afternoons.

Session 3 meets from 5:30 - 6:15 p.m. Tuesday and Thursday evenings.

The cost is \$45 for a six-week session.

All classes will be held at the University of Saint Mary's indoor pool in Berchmans Hall on the main campus, 4100 South 4th Street in Leavenworth, Kan. Call aquatics director Janet Loewenstein at (913) 682-5151 ext. 6622 for details.

The University of Saint Mary is a Catholic co-educational applied liberal arts university founded and sponsored by the Sisters of Charity of Leavenworth. The University of Saint Mary is located at 4100 South 4th Street, Leavenworth, Kan., with additional locations in Overland Park and Kansas City, Kan. Visit www.stmary.edu for more information.

###