

## NEWS RELEASE

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# University of Saint Mary Extends Enrollment for Summer Aquatics Program

(Leavenworth, Kan.) —The University of Saint Mary is extending enrollment for Aqua-Fitness classes and children’s Red Cross swim lessons for ages 4 and up. All classes will be held at the heated, indoor Berchmans Pool, Berchmans Hall on the campus at 4100 South 4<sup>th</sup> Street in Leavenworth, Kan.

Aqua-Fitness classes meet twice a week and are designed to benefit all fitness levels, with exercise that can be modified to meet specific needs. A hydraulic chair lift is available for those who have difficulty with ladders. Participants can expect improvement in strength, flexibility and cardiovascular fitness from this no-impact workout. No swimming skills are required and interested persons may join at any time.

Session one is offered from 4:45 – 5:30 p.m. and 5:30 – 6:15 p.m. on Mondays and Wednesdays. Session two classes are offered from 7:45 -8:30 a.m. and 5:30 – 6:15 p.m. Tuesdays and Thursdays. Cost is \$40 for a six-week session.

Space is still available for children’s daytime swim lessons for Level 1 through Level 5; evening classes have openings for Level 1 through Level 4. Daytime classes from the Red Cross “Learn to Swim Program” run two weeks with daily lessons Monday through Friday. Evening classes meet twice a week for five weeks. All classes except Level 1 meet for 45 minutes. Cost is \$35 for the five-week session.

To enroll or for further information go to [www.stmary.edu](http://www.stmary.edu) and click on class schedules or contact Janet Loewenstein at (913) 682-5151, ext. 6622.

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