

## **NEWS RELEASE**

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# **University of Saint Mary To Offer Lifeguard Training**

(Leavenworth, Kan.) —The University of Saint Mary will offer the American Red Cross lifeguard training course from 6:30 to 8:30 p.m. on Wednesdays beginning August 18. The class is open to the general public and high school students, who may enroll for dual credit or non-credit for \$100. All classes will be held at the heated, indoor Berchmans Pool in Berchmans Hall on the main campus at 4100 South 4<sup>th</sup> Street in Leavenworth, Kan. Evening registration is from 4 to 6 p.m. on Thursday, August 12.

Lifeguard class candidates must be at least 15 years of age by December 8, and be able to pass a prerequisite skills test which includes a 500-yard continuous swim. This course includes CPR training for the professional rescuer and first aid. Lifeguard training is one of many courses in USM's College for High School Program. This program is intended for qualified high school students who wish to earn both high school and college credit for the same course.

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. Participants can expect improvement in strength, flexibility and cardiovascular fitness from this non-impact workout. No swimming skills are required. Cost is \$40 for a six-week session.

Red Cross swim lessons for children ages 4 and up begin Sept. 7. Cost is \$35 for a five-week session.

For more information, call aquatics director Janet Loewenstein at (913) 682-5151, ext. 6622.

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