

## NEWS RELEASE

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# Water Aquatics Program Sure to Wash Winter Blues Away

*University of Saint Mary Announces Winter Aquatics Program*

(Leavenworth, Kan.)— Looking for something to melt away those winter blahs? The University of Saint Mary heated indoor pool might do the trick. The University of Saint Mary and the American Red Cross are teaming up to help splash your way to summer with the Winter Aquatics Program. Classes include the American Red Cross Water Safety Instructor (WSI) course, Aqua-fitness Classes for adults and Red Cross Swimming lessons for children ages 4 and up. All classes will be held at USM's heated indoor pool in Berchmans Hall on the main campus at 4100 S. 4<sup>th</sup> Street Trafficway in Leavenworth, KS. Early enrollment for each class is encouraged.

**Water Safety Instructor (WSI)** The deadline for registration is Jan. 14 and class size is limited. Early enrollment is encouraged. Those who enroll will meet the week of Jan. 17<sup>th</sup>. Classes will be offered the spring 2005 semester. Participants must be 16 years old by May 2005 and must pass a pre-course written test and Level IV swimming test. Upon successful completion of the course, participants will be certified to teach water safety, Basic Water Rescue course, six levels of the Learn to Swim and Parent and Child Aquatics. Enrolling high school students may earn two hours of college credit at the rate of \$200. The non-credit rate is \$120.

**Morning and Evening Aqua-Fitness Classes for Adults** meet on Mondays and Wednesdays from 4:45-5:30 p.m. and 5:30-6:15 p.m. or on Tuesdays and Thursdays from 9:15-10:00 a.m. and 5:30-6:15 p.m. Cost is \$40 for the six-week session. 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.

**Red Cross Children's Swim Lessons** for children ages 4 and up begin January 3<sup>rd</sup>. Enrollment is limited to six participants per class. The cost is \$35 for the 10 lessons. Morning and afternoon classes will meet on Monday and Wednesday and include levels 1-4. The evening session will meet Monday and Wednesday, and Tuesday and Thursday beginning January 24<sup>th</sup> and 25<sup>th</sup> covering levels 1-4. Children's lessons meet twice a week for five weeks.

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