

NEWS RELEASE

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University of Saint Mary, Red Cross Make Learning to Swim a 'Splash'

Registration begins at 6:30 – 8:30 p.m. Monday, May 16

(Leavenworth, Kan.)— The University of Saint Mary and the Red Cross are teaming up once again for the annual Learn-to-Swim Summer Program. Lessons begin May 31 and are held at the University of Saint Mary heated indoor pool, located on the ground-level of Berchmans Hall, 4100 South 4th Street, Leavenworth, Kan. There is a \$35 enrollment fee and classes are limited to only six participants. To view the schedule of dates and times, visit www.stmary.edu and click on future students, then click on class schedules. Call 682-5151 extension 6622 for more information.

Registration begins at 6:30 p.m. to 8:30 p.m., Monday, May 16 in the University of Saint Mary Walnut Room, second floor Mead Hall. Enrollment is on a first-come first-serve basis. The 2005 Learn-to-Swim Summer Program features recent revised Red Cross guidelines that include additional requirements for each skill level. To master the additional requirements, participants may want to repeat the level they most recently completed.

Level one classes meet for 30 minutes, while the more advanced classes meet for 45 minutes. Daytime lessons meet Monday through Friday for two consecutive weeks. Evening classes meet two times per week for five consecutive weeks. Both daytime and evening sessions begin on Tuesday, May 31.

According to Janet Loewenstein, University of Saint Mary aquatics director, there is a distinct advantage of learning to swim at Saint Mary. Just like all the programs at Saint Mary, personal, individualized attention is the most important part of the Learn-to-Swim Summer Program. "We pride our program on having small class sizes and increased instructor-to-student attention," Loewenstein said. "This allows our swimmers to gain the most of their experience, in a safe, friendly environment."

The University of Saint Mary also offers continuous morning and evening aqua-fitness classes for adults. Call 682-5151, extension 6622 for more information.

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