

**NEWS RELEASE**

May 25, 2005

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## Openings Still Available for the University of Saint Mary Summer Swim Program

(Leavenworth, Kan.)— Openings for the University of Saint Mary Red Cross Learn to Swim program are still available. Openings are available for daytime sessions, levels 1 - 6. In the evenings, openings are available for levels 1 - 4. Lessons begin May 31, and continue through Aug 5.

Morning and evening Aqua-Fitness classes begin for adults June 11 – 12. Sessions are divided into groups that meet on Mondays and Wednesdays, and another group that meets on Tuesdays and Thursdays. The Monday and Wednesday classes meet 4:45 p.m. - 5:30 p.m. and 5:30 p.m. - 6:15 p.m. Tuesday and Thursday classes meet mornings 7:45 a.m. - 8:30 a.m. and evenings 5:30 p.m. - 6:15 p.m. Aqua-Fitness 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.

Call Janet Loewenstein at 913-682-5151, extension 6622 for details.

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