

NEWS RELEASE

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University of Saint Mary & American Red Cross Offer Fall Aquatics Classes

(Leavenworth, Kan.)— The University of Saint Mary and the American Red Cross are teaming up to offer swim lessons for children ages 4 and up and aqua-fitness classes for adults. All classes will be held at USM'S heated indoor pool in Berchmans Hall on the main campus at 4100 S. 4th St. in Leavenworth, Kan.

Levels 1, 2, 3, and 4 of the Red Cross Learn-to-Swim Program will be offered on Monday and Wednesday evenings beginning October 17. Children's lessons meet twice a week for five weeks from 6:15-6:45 p.m. and 6:45-7:30 p.m. The cost is \$35 for the 10 lessons. Enrollment is limited to six participants per class. Call Janet Loewenstein, USM aquatics director, at 913-682-4593.

Ongoing morning and evening aqua-fitness classes for adults 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. Classes 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. Call 913-682-4593 for more information.

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