

NEWS RELEASE

Dec. 15, 2005

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University of Saint Mary Announces Winter Aquatics Program

(Leavenworth, Kan.)— The University of Saint Mary and American Red Cross are teaming up to help you shake away the winter blahs with the Winter Aquatics Program. The Winter Aquatics Program includes the American Red Cross Water Safety Instructor (WSI) courses, Aqua-Fitness Classes for adults and Red Cross Swim Lessons for children ages 4 and up.

Water Safety Instructor (WSI) courses will be offered for the spring 2006 semester. Participants must be 17 years old as of May 2006 and must pass a pre-course written test and Level VI swimming test. Upon successful completion of the course, participants will be certified to teach the Parent and Child Aquatics Program, Learn to Swim Levels I through VI and Basic Water Rescue Courses. Deadline for registration is Jan. 17. Enrollees will meet the week of Jan. 16 to determine class dates and times. Enrolling high school students may earn two hours of college credit at the rate of \$100 per credit hour. The non-credit rate is \$125. Class size is limited; early enrollment is encouraged.

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 start Jan. 9 and 10. Cost is \$45 for the six-week session.

Red Cross Children's Swim Lessons for children ages 4 and up returns this January as well. Starting Jan. 9, for Levels I through IV of the "Learn to Swim" Program will meet Monday and Wednesday evenings starting at 6:15 p.m. Cost is \$35 for the five-week session. Registration deadline is Jan. 9.

Where: Berchmans Pool
University of Saint Mary Campus
4100 South 4th Street
Leavenworth, Kan.

Call Janet Loewenstein, University of Saint Mary aquatics director, at 913-682-5151 extension 6622 or 913-682-4593 for details.

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